

Trail Rail Run June 6, 2020

Runner Instructions Event Weekend

Runner Awards

All runners receive an event t-shirt, BBQ lunch provided by the Trail Rail Run, and a microbrew if you are 21+.

Finishers will receive a railroad spike memento.

50-Mile finishers receive a Patagonia Houdini jacket.

Race Day

Please make sure you get to St. Regis early enough to catch your bus. Or drive to the starting line to help with social distancing.

Parking is at the St. Regis Park by the finish line and at the loop by the pond just before the park turnoff, both are less than ½ mile from St. Regis Travel Center.

Give yourself plenty of time to get from the parking area back to the St. Regis Travel Center, if you are catching a bus.

50 Mile Bus to Start Leaves at 6:00 a.m. Montana Time

50K Bus to Start Leaves at 6:30 a.m. Montana Time

30K Bus to Start Leaves at 8:00 a.m. Montana Time

12K Bus to Start Leaves at 9:15 a.m. Montana Time

5K Bus to Start Leaves at 9:30 a.m. Montana Time

Bus times may vary, please double check at packet pick-up

Cut Off Times:

Everyone must cross the finish line by **9 pm**.

In order to assure that happens, 50 Mile, 50 Mile Relay, and 50K runners must meet the following cutoff times:

Brimstone Creek Aid Station: 11:30am
14.5 miles in 4.5 hours, roughly a 3.22 mph pace

DeBorgia Aid Station: 4:30 pm
19.5 miles in 5 hours, roughly a 3.9 mph pace

St. Regis Finish Line: 9:00 pm
16.5 miles in 4.5 hours, roughly a 3.6 mph pace

You must be out of the aid station at the published cut-off time, to the second, according to the race clock. Cut-offs will be strictly enforced for your safety! Runners who do not make the cut off times will be pulled from the course and returned to the medical tent in St. Regis park to be checked in as “not lost.” No refunds for those who miss cut-off times!!!

AID Stations:

Not counting the finish line or the 50 Mile starting line, there are 10 aid stations along the Trail Rail Run.

50 Mile Starting Line: Lookout Pass: 50 miles
Aid Station 1: Lookout Pass: 42.5 miles
Aid Station 2: Brimstone Creek: 36 miles Cutoff #1
Turnaround Point for 50 Mile Runners: Past Taft exit along the railroad grade
Aid Station 3: Dominion Trestle: 30.5 miles Drop Bags
Aid Station 4: Saltese: 25.5 miles
Aid Station 5: Haugan/Savenac: 19.5 miles 30K Start
Aid Station 6: DeBorgia: 16.5 miles Cutoff #2 Drop Bags
Aid Station 7: Henderson: 13 miles
Aid Station 8: Ward Creek: 7.5 miles 12K Start
Aid Station 9: Two Mile: 3.5 miles 5K Start
Aid Station 10: Little Joe Road: --1.5 miles from the finish
Finish Line: St. Regis Community Park!

Aid stations will be fully stocked with nutritional snacks, HAMMER products, water, moleskin, various medical supplies, and a porta-potty.

There are HAM Operators at every aid station. There are also ATV monitors on the course. If you need assistance of any kind, don't hesitate to ask these volunteers. They can get to the next aid station and get you help. There will be a QRU on standby at the Savenac/Haugan Aid station and a fully stocked medical tent with a medical professional and AEMT at the finish line.

If you need to quit the race before crossing the finish line, IT IS IMPERATIVE THAT YOU CHECK IN AT THE MEDICAL TENT WHERE WE WILL MARK YOU AS "NOT LOST." If we think you are lost we will go looking for you and if that involves anything like helicopters or other things that cost great deals of money, you will be charged. DO NOT have your spouse come and pick you up.

Runners, including at least one member of each relay team must go through every aid station. If you are on the railroad grade and decide not to stop in DeBorgia or Haugan, you'll be marked as DNF. You MUST go to all aid stations to be checked in, because that is the real distance of the course, and because who wouldn't want to stop in those great historic railroad towns!?! It's part of the event.

Yes, we do have a volunteer standing at the aid stations to check your race number off on a sheet as you arrive. **Check in each aid station.** We are tracking you by your bib number, so wear your bib with your number very visible from the front. You may call out your number to the aid station official, be sure you hear confirmation. Not being logged in at an aid station is grounds for disqualification. Also, there are real safety concerns out there on the course, you must let an official know if you drop.

Trekking Poles are allowed for runners. Dogs may be on the trail if they are on a leash at all times and kept out of the way of other runners.

If using headphones please be sure for everyone's safety that one earbud is left out so you can hear what is going on around your surroundings.

You may want to bring water with you as there is quite a distance between some aid stations.

Crews and Spectators:

Running crews and spectators may go to the following aid stations only: Lookout Pass (8 miles), Saltese Trestle (29 miles), Haugan/Savenac (35 miles), DeBorgia (37 miles), Ward Creek (44 miles), Two Mile (47 miles), Little Joe (48.5 miles) and of course the St. Community Park Finish Line!

Please park well off the roads and observe all directions given by flaggers and aid station workers. Speed limits are strictly enforced, seatbelts are expected to be worn on both main and sideroads! If you bring your dog please keep it on a leash and out of the way of other runners.

Wildlife:

You may see wildlife, including moose and/or bears. For those of you aren't familiar, moose can be very dangerous. If you see a moose, wait for it to move off the trail before continuing.

If you feel the need to you may carry bear spray with you.

Please let the next aid station representative or sweeper know if you encounter any large wildlife along the trail.

Decisions/DNF/Disqualifications:

All decisions regarding the rules, especially disqualifications, shall be at the discretion of the race officials, who consist of the Race Director, members of the Race Committee.

Aid Station Captains, Medical Volunteers, and Official Sweepers may make a recommendation for disqualification but it must be approved by the Race Director or Race Committee member. An exception to this is a serious injury or illness needing immediate medical attention.

Starting Line Change:

Due to varying COVID19 regulations, the 50 Mile starting line and 50 Mile Relay starting line will be at Lookout Pass (Exit 0).

There will be an added loop at the Taft area, 50Mile runners will be directed to continue down the railroad grade for a distance then turn around and loop back to Taft and then continue on to Dominion Trestle. This distance will put the race at 50Miles but will take out much of the elevation gain that the first seven miles typically has.

50 Mile Trail Rail Run Participants

All 50 Mile Runners must pick up their race packet on Friday, June 5th, at the St. Regis Visitor's Center between 2pm and 9pm. You can also pick your packet up race morning at the St. Regis Travel Center, or at the Starting line at Lookout Pass. Goody bags are not part of the Saturday morning packet pick up. You'll have to get it at the finish line in St. Regis.

There are two drop bag locations on the course: Aid Station #3: Dominion Trestle (mile 20) and Aid Station #7: DeBorgia (mile 34). You must leave your Drop Bags in St. Regis at the time of packet pick up. Late bags will be accepted on Saturday morning at the shuttle bus pickup. On Saturday morning the Drop Bag truck will leave right after the 50K bus departs. Make sure your bags are easily identifiable, well-marked, and closed securely. We are not responsible for any lost or stolen items from the drop bags. Drop Bags will be returned to the finish area and ready for you to pick up in the St. Regis Park.

Bus departure to the starting line is 6:00 am **Montana Time from the St. Regis Travel Center (Exit 33). You need a bus ticket. You can't miss the St. Regis Travel Center as it is at the 4 way stop when you come off the interstate. You must park near the St. Regis Park and make your way to the St. Regis Travel Center. Please avoid parking at the St. Regis Travel Center.

You may also have a Gear Bag that you may leave at the starting line. Gear Bags will be returned to the finish area after your race begins and ready for you to pick up when you finish in St. Regis Park. We are not responsible for any lost or stolen items from gear bags.

IT IS VERY IMPORTANT THAT YOU RECOGNIZE THAT THERE IS A TIME CHANGE AT THE IDAHO BORDER/LOOKOUT PASS. There is a one hour time difference, with Idaho being Pacific Standard Time and one hour earlier than Montana, which is Mountain Standard Time. Race Start is 6:00 am IDAHO TIME, which is 7:00 am MONTANA TIME.

The race start is in the Lookout Pass Ski Area Parking Lot (Exit 0).

There are 10 Aid Stations along the 50 mile course. Two of those aid stations are NOT on the railroad grade, and you need to leave the grade and run into Haugan/Savenac and DeBorgia.

You may see wildlife, including moose. For those of you who aren't familiar, moose can be dangerous. If you see a moose, wait for it to move off the trail before continuing.

Everyone must cross the finish line in St. Regis by 9pm. In order to assure that happens, runners who don't make the cut-off time at Brimstone by 11:30 am or the DeBorgia Aid Station by 4:30 pm, will be pulled from the course and returned to the medical tent in St. Regis Park.

50K Trail Rail Run Participants:

All 50K Runners must pick up their race packet on Friday, June 5th, at the St. Regis Visitor's Center/Community Center between 2pm and 9pm, or Saturday morning at 5am at the St. Regis Travel Center. If you elect for Saturday morning packet pickup, you won't receive your goody bag at that time. You will pick it up at the finish line in St. Regis.

There is one Drop Bag location on the 50K course: Aid Station #6 in DeBorgia. You must leave your Drop Bag in St. Regis at the time of packet pick up, or the following morning before your shuttle bus leaves. Make sure it is easily identifiable, well marked, and closed securely. We are not responsible for any lost or stolen items from drop bags.

Bus departure to the starting line is 6:30 am from the St. Regis Travel Center (Exit 33). You can't miss the St. Regis Travel Center as it is at the 4 way stop when you come off the interstate. You must park near the St. Regis Park and make your way to the St. Regis Travel Center. Please avoid parking at the St. Regis Travel Center.

You may also have a Gear Bag that you leave for us at the starting line. Gear Bags will be returned to the finish area after your race begins and ready for you to pick up when you finish. We are not responsible for any lost or stolen items from gear bags.

Race Start is 8:00 am MONTANA TIME (Mountain Standard Time). The race start is at the TAFT exit (Exit 5) off Interstate 90. There is a flat area next to the wetlands and a new building. Hopefully you're taking the bus so you won't have any difficulty finding it. There'll be a cheerful volunteer ready to check you in.

There are 8 Aid Stations along the 50K course. Two of those aid stations are NOT on the railroad grade, and you need to leave the grade and run into Haugan/Savenac and DeBorgia.

You may see wildlife, including moose. For those of you who aren't familiar, moose can be dangerous. If you see a moose, wait for it to move off the trail before continuing.

Everyone must cross the finish line by 9pm. In order to assure that happens, runners who don't make the DeBorgia Aid Station by 4:30 pm, will be pulled from the course and returned to the medical tent at the St. Regis Park.

30K Trail Rail Run Participants

All 30K Runners must pick up their race packet on Friday, June 5th, at the St. Regis Visitor's Center/Community Center between 2pm and 9pm, or Saturday morning starting at 5am at the St. Regis Travel Center. If you elect for Saturday morning packet pickup, you won't receive your goody bag at that time. You will pick it up at the finish line in St. Regis.

There are NO drop bags for the 30K course.

Bus departure to the starting line is 8:00 am from the St. Regis Travel Center (Exit 33). You can't miss the St. Regis Travel Center as it is at the 4 way stop when you come off the interstate. You must park near the St. Regis Park and make your way to the St. Regis Travel Center. Please avoid parking at the St. Regis Travel Center.

You may have a Gear Bag that you leave for us at the starting line. Gear Bags will be returned to the finish area after your race begins and ready for you to pick up when you finish. We are not responsible for any lost or stolen items from gear bags.

Race Start is 9:00 am MONTANA TIME (Mountain Standard Time). The race start is at the HAUGAN?SAVENAC exit (Exit 16) off Interstate 90. Turn right on the frontage road and you will see Savenac and a park like area in the front. Hopefully you're taking the bus so you won't have any difficulty finding it.

There are 5 Aid Stations along the 30K course. One of those aid stations are NOT on the railroad grade, and you need to leave the grade and run into DeBorgia.

You may see wildlife, including moose. For those of you who aren't familiar, moose can be dangerous. If you see a moose, wait for it to move off the trail before continuing.

Everyone must cross the finish line by 9pm.

12K Trail Rail Run Participants

All 12K Runners must pick up their race packet on Friday, June 5th, at the St. Regis Visitor's Center/Community Center between 2pm and 9pm, or Saturday morning starting at 5am at the St. Regis Travel Center. If you elect for Saturday morning packet pickup, you won't receive your goody bag at that time. You will pick it up at the finish line in St. Regis.

There are NO drop bags for the 12K course.

Bus departure to the starting line is 9:15 am from the St. Regis Travel Center (Exit 33). You can't miss the St. Regis Travel Center as it is at the 4 way stop when you come off the interstate. You must park near the St. Regis Park and make your way to the St. Regis Travel Center. Please avoid parking at the St. Regis Travel Center.

You may have a Gear Bag that you leave for us at the starting line. Gear Bags will be returned to the finish area after your race begins and ready for you to pick up when you finish. We are not responsible for any lost or stolen items from gear bags.

Race Start is 10:00 am MONTANA TIME (Mountain Standard Time). The race start is at the Ward Creek Exit (Exit 26) . This is a one way exit off of I-90 and is only in the East Bound lane. If you are coming from St. Regis you must drive to the Drexel Exit and turnaround to drive back to the Ward Creek exit. Please take this exit slow as it has a sharp turn. The starting line is just over the bridge on the railroad grade. There is limited parking.

There are 2 Aid Stations along the 12K course.

You may see wildlife, including moose. For those of you who aren't familiar, moose can be dangerous. If you see a moose, wait for it to move off the trail before continuing.

Everyone must cross the finish line by 9pm.

5K Trail Rail Run Participants

All 5K Runners must pick up their race packet on Friday, June 5th, at the St. Regis Visitor's Center/Community Center between 2pm and 9pm, or Saturday morning starting at 5am at the St. Regis Travel Center. If you elect for Saturday morning packet pickup, you won't receive your goody bag at that time. You will pick it up at the finish line in St. Regis.

There are NO drop bags for the 5K course.

There is 1 Aid Station for the 5K course.

Bus departure to the starting line is 9:30 am from the St. Regis Travel Center (Exit 33). You can't miss the St. Regis Travel Center as it is at the 4 way stop when you come off the interstate. You must park near the St. Regis Park and make your way to the St. Regis Travel Center. Please avoid parking at the St. Regis Travel Center.

You may have a Gear Bag that you leave for us at the starting line. Gear Bags will be returned to the finish area after your race begins and ready for you to pick up when you finish. We are not responsible for any lost or stolen items from gear bags.

Race Start is 10:15 am MONTANA TIME (Mountain Standard Time). The race start is at the TWO MILE Exit (Exit 30). You will go over the bridge on the South Side of the highway and the race start will be on the railroad grade.

You may see wildlife, including moose. For those of you who aren't familiar, moose can be dangerous. If you see a moose, wait for it to move off the trail before continuing.

Everyone must cross the finish line by 9pm.

50 Mile Relay Trail Rail Run Participants

All 50 Mile Runners must pick up their race packet on Friday, June 5th, at the St. Regis Visitor's Center between 2pm and 9pm. You can also pick your packet up race morning in St. Regis, or at the Starting line at Lookout Pass. Goody bags are not part of the Saturday morning packet pick up. You'll have to get it at the finish line in St. Regis.

There are two drop bag locations on the course: Aid Station #3: Dominion Trestle (mile 20) and Aid Station #7: DeBorgia (mile 34). You must leave your Drop Bags in St. Regis at the time of packet pick up. Late bags will be accepted on Saturday morning at the shuttle bus pickup. On Saturday morning the Drop Bag truck will leave right after the 50K bus departs. Make sure your bags are easily identifiable, well-marked, and closed securely. We are not responsible for any lost or stolen items from the drop bags. Drop Bags will be returned to the finish area and ready for you to pick up in the St. Regis Park.

Your first runner may wish to take the bus to the start. Bus departure to the starting line is 6:00 am **Montana Time from the St. Regis Travel Center (Exit 33). You need a bus ticket. You can't miss the St. Regis Travel Center as it is at the 4 way stop when you come off the interstate. You must park near the St. Regis Park and make your way to the St. Regis Travel Center. Please avoid parking at the St. Regis Travel Center.

You may also have a Gear Bag that you may leave at the starting line. Gear Bags will be returned to the finish area after your race begins and ready for you to pick up when you finish in St. Regis Park. We are not responsible for any lost or stolen items from gear bags.

IT IS VERY IMPORTANT THAT YOU RECOGNIZE THAT THERE IS A TIME CHANGE AT THE IDAHO BORDER/LOOKOUT PASS. There is a one hour time difference, with Idaho being Pacific Standard Time and one hour earlier than Montana, which is Mountain Standard Time. Race Start is 6:00 am IDAHO TIME, which is 7:00 am MONTANA TIME.

The race start is in the Lookout Pass Ski Area Parking Lot (Exit 0).

There are 10 Aid Stations along the 50 mile course. Two of those aid stations are NOT on the railroad grade, and you need to leave the grade and run into Haugan/Savenac and DeBorgia.

ONE MEMBER OF REACH TEAM MUST CHECK IN AT EACH AND EVERY AID STATION. We are using the honor system that at least one member of your team runs the entire course. There will be no split times or leg regulations.

The final runner - the one who will cross the finish line - will wear the chip for timing.

Please see http://trailrailrun.com/fun_relay_questions for additional details!

You may see wildlife, including moose. For those of you who aren't familiar, moose can be dangerous. If you see a moose, wait for it to move off the trail before continuing.

Everyone must cross the finish line in St. Regis by 9pm. In order to assure that happens, runners who don't make the cut-off time at Brimstone by 11:30 am or the DeBorgia Aid Station by 4:30 pm, will be pulled from the course and returned to the medical tent in St. Regis Park.

Starting Line Change:

Due to varying COVID19 regulations the 50 Mile starting line and 50 Mile Relay starting line will be at Lookout Pass (Exit 0).

There will be an added loop at the Taft area, 50Mile runners will be directed to continue down the railroad grade for a distance then turn around and loop back to Taft and then continue on to Dominion Trestle. This distance will put the race at 50Miles but will take out much of the elevation gain that the first seven miles typically has.

COVID19 UPDATES GUIDELINES

After removing out of state participants and offering deferrals/refunds for participants who are at risk or do not feel comfortable coming to this year's event we are at less than half the capacity of our annual event. We typically have 350 runners signed up at this time, increasing every year and we currently have approximately 150 runners registered.

Governor/Health Department Guidelines:

- **Out of state guests/participants will not be permitted at the event**
- Maintain social distancing - minimum 6ft distance between participants, volunteers, staff, etc. at all times
- No hugs/high fives/hand shakes etc. (unless household members)
- Staff volunteers available to answer questions
- Individuals at higher risk for severe illness include those who are 65 or older, or those of any age who have high blood pressure, chronic lung disease, asthma, diabetes, obesity, or have an immunosuppressive condition or take medication that causes the immune system to be compromised will be asked not to participate. These individuals will be asked to stay in their vehicles if they are dropping off or picking up runners.
- Hand sanitizer will be available at all tables, aid stations, bathrooms and finish line areas
- No finish line party/group event, individuals may spread out to stretch and wait for other individuals in their group but may not congregate with other groups
- No shared food or beverages will be allowed

Packet PickUp

- Packet pickup hours will be extended from 3pm-7pm to **2pm-9pm** to better accommodate staggered visitors
- Packet pickup will be curbside. Participants will pull up to the Community Center porch and a volunteer will go in to pick up their bib, tshirt and runners packet and bring it back out to their vehicle.
- A second station will be set up to exchange tshirt sizes if needed with another volunteer to go inside and pick it up and bring it out to you.
- Hand sanitizer will be available

Volunteer Packet PickUp

- Volunteers will be asked to pick up packets at a separate entrance, coming through the covered porch in the kitchen at scheduled times to ensure social distancing guidelines.
- Aid station workers will have scheduled times to pick up their supplies and meet to go over expectations and guidelines rather than all coming in at the end of packet pickup
- Hand sanitizer will be available

Transportation

- Runners will be encouraged to bring a driver to take them to their designated starting lines rather than taking a shuttle bus
- Runners that have no other option rather than the bus will be separated by every other diagonal bus seat/these will be marked off by ribbons prior to the event
- An extra bus has been offered by the church to help us with any overflow and with the 50 mile start line moving, our initial shuttle distance will be much shorter
- A volunteer will be joining each bus to check temperatures of participants before they board and to sanitize the bus between shuttles.

Temperature Checks

- A bus volunteer will be checking each participant's temperature before they board the shuttle bus. (The thermometer will be sanitized with alcohol swabs between each temperature check)
 - Participants with a temperature below 100-degrees will be given a green sticker on their right hand, indicating to the race director and start line helpers that the participant has had their temperature checked and fit within the guidelines to participate. They will then be permitted to load onto the bus.
 - Participants with a temperature above 100-degrees will not be allowed on the shuttle bus and will not be permitted to start the race.
 - Participants who refuse to have their temperature checked will also not be allowed on the shuttle bus and will not be permitted to start the race.
- Starting line volunteers will be checking temperatures of racers who did not arrive on the shuttle and will be checking for the green stickers on racers' right hands who did arrive on the shuttle.
 - Participants with a temperature below 100-degrees will be given a green sticker on their right hand, indicating to the race director and start line helpers that the participant has had their temperature checked and fit within the guidelines to participate.

- Participants with a temperature above 100-degrees will not be allowed on the shuttle bus and will not be permitted to start the race.
- Participants who refuse to have their temperature checked will also not be allowed on the shuttle bus and will not be permitted to start the race.

Starting Line

- Participants will be required to maintain 6ft social distancing guidelines throughout the race and specifically at the starting line. Extra lines will be marked out to remind runners of the six foot distance and staff and volunteers will be available to enforce these rules.
- To remain in compliance with state boundaries due to current COVID19 guidelines the 50-Mile starting line will be **moved to Montana** at exit 0 on Lookout Pass, an extra loop to make up the distance will be added to the Montana side for the 50-Mile racers

Aid Stations

- Aid station snacks will be separated into separate dixie cups/ziplocks to ensure no cross contamination. No open containers will be available to participants.
- Cups will be filled by volunteers only, not by participants. Volunteers will be wearing gloves and utilizing hand sanitizer.
- Hand sanitizer will be available to participants
- Participants will be required to maintain 6ft social distancing guidelines at aid stations

Finish Line

- There will be no finish line event
- Finish line meal will be put into togo box containers and given to runners by volunteers to take with them as they complete their event.
- Any drinks for the finish line meal will be bottled/canned and given to the runners with their meal as they leave.
- In the event that a runner is cramping and needing electrolytes, there will be some available to staff/medical personnel to obtain for the runner, not for the runner to get for themselves.
- Runners may spread out throughout the park to stretch out and wait for other runners in their party only, then leave as their running party finishes. They may not group up and comingle with other runners.
- Runner certificates and awards will be mailed to participants after the event. An award ceremony will not be completed as in past years.
- Jackets will be given to 50Mile finishers as they cross the line.

Common Areas

- Outhouses will be sanitized frequently throughout the race, at the finish line and at aid stations.
- Tables/benches used by runners to stretch or regain strength after completing their event will be sanitized after each person
- 6ft social distancing guidelines will be enforced
- Hand sanitizer will be available

Additional Answered Questions/Concerns:

How are you going to social distance people at first aid stations?

Aside from an injured runner being attended to, which is in the job description of the medical personnel so that contact is allowed, runners will be asked to keep distance from the aid station. The aid stations will be marked off at 6ft and each item available to runners will be bagged individually. Aid station volunteers will be asked to wear gloves and utilize hand sanitizer and will give out aid station supplies much like how the packet pickup goes. Aid station workers will be filling the water cups for runners to ensure there is no cross contamination between the water jug and the spout. With talking with the Health Department, this outdoor plan greatly minimizes the risk of exposure due to the fact that they are outside and COVID is very difficult to catch outside.

Will you exceed groups of 50 people or less at start lines or other designated spots?

The largest starting group has 32 people in it this year at this time. We aren't having a large finish line party this year and will be asking people not to stick around to cheer in other runners like they normally do. They will be getting their post race meal in a togo container, beer in a can and aside from stretching out or waiting for family members they will be asked to leave after finishing.

Where is the extra loop you are pursuing to make up the distance from not starting in Idaho?

To keep it simple runners will continue down the railroad grade along the highway at Taft then turn around and go back and up the hill to Dominion Trestle. This will mean I will need a few people to help guide runners and turn them around in these areas. However, it will be the most simple as far as mileage counting being consistent and won't add any serious incline like other options would have. In areas where runners may congregate, in groups much less than 50. Reminder signs will be posted just as they are in any other

establishment. Extra lines will be marked at the starting lines to indicate a six foot distance. There will be signage at aid stations as well.

How are you taking the temperature of runners? With what kind of thermometer? Are you taking the volunteers temperatures as well?

As detailed in our plan with the Health Department, runners and volunteers will have their temperatures checked prior to the event. For those riding the busses a volunteer will be present on the bus to check their temperature before letting them on the bus. If their temperature is above 100 degrees they will not be allowed on the bus. If their temperature is below 100 degrees they will be given a green sticker to place on their right hand notifying starting line personnel that they have had their temperature checked and are allowed to participate. I will have three extra thermometers at the starting lines to check temperatures of runners who are arriving in their own vehicle seems this is being encouraged this year. Runners must have a green sticker on their right hand to be allowed to start the event.

Volunteers will be given a form to check in. They will be asked to check their temperatures prior to the event and fill out and sign the form before participating for the day. If they do not own a thermometer they will be asked to check in at the bus pickup area.

How do you plan to clean restrooms and benches/tables after each person? How are you going to implement that?

Restrooms will be sanitized frequently and busses and bench surfaces will follow the following protocol: We will be using the sanitizer spray between each person/use. It is sprayed on the surfaces, left to sit for 1-3 minutes and then wiped down. I am obtaining extra volunteers at each station.

What procedures and personal protective equipment are the cooks and people preparing the food following?

The cooks and individuals preparing the food are trained professionals who have been following all COVID19 guidelines from the start as they work in the school kitchen and put out meals for children daily and over the weekend. They will use gloves, etc. the way they have been appropriately trained to avoid cross contamination. They will be cooking and preparing food in the school kitchen which is beyond up to code and sanitized daily through their protocols at the local Health Department level and above.

Map of St. Regis:

