

Dirty Spokes Race Day Protocol:

As Mentioned in the Previous email we Promise to be Socially Responsible and Will NOT Give any Hugs or High Fives Pre-Race, During Race or Post Race!

We want Everyone's Experience to be Safe and Enjoyable!

For Your Safety and Ours... Please Look Over Our Race Day Protocol!

WHAT TO EXPECT... AID STATIONS (50K/21K RUNNERS):

***AS YOU APPROACH AN AID STATION (50K/21K RUNNERS) YOU MUST WEAR A MASK (NO EXCEPTIONS). WE UNDERSTAND THIS MIGHT BE AN INCONVENIENCE FOR YOU BUT FOR THE SAFETY OF OUR VOLUNTEERS... PLEASE FOLLOW THE RULES AND GUIDELINES (IF YOU CAN'T ABIDE BY THE SAFETY RULES PLEASE SIT THIS ONE OUT). WE ARE TRYING TO MINIMIZE HAND TO HAND AND PERSON TO PERSON CONTACT FOR THE SAFETY OF THE RUNNERS AND THE SAFETY OF OUR VOLUNTEERS. IT'S A TEAM EFFORT AND WE ALL MUST MAKE SACRIFICES IN ORDER FOR THIS TO BE SUCCESSFUL. WE WILL HAVE HAND SANITIZER AT THE AID STATIONS. WE WILL NOT HAVE FOOD SET OUT ON THE TABLE FOR YOU TO PICK THROUGH AND CHOOSE FROM (IT WILL NOT BE AN ALL OUT BUFFET). WE WILL HAVE ITEMS LIKE (BUT NOT LIMITED TO): WATER, BANANAS, OREOS, SALTY CHIPS, PRETZELS, M&M'S, CHEEZE IT'S, CLIF BARS AND COKE (WE WILL HAVE INDIVIDUAL CUPS FOR THE COKE). WE WILL HAVE A LIST OF FOOD ITEMS TO CHOOSE FROM (YOU LET OUR VOLUNTEERS KNOW WHAT YOU WOULD LIKE AND THEY WILL HAND IT TO YOU). ALL FOOD ITEMS WILL BE INDIVIDUALLY WRAPPED. THIS WILL BE A "CUPLESS" RACE... YOU ARE RESPONSIBLE TO PROVIDE YOUR OWN HYDRATION PACK, WATER BOTTLE, COLAPSABLE CUP, ETC. OUR VOLUNTEERS WILL POUR WATER IN YOUR HYDRATION PACKS (YOU MUST OPEN THE HYDRATION PACK FOR THEM AND THEY WILL POUR FROM A PITCHER). OUR VOLUNTEERS WILL NOT HANDLE YOUR TRASH IT IS YOUR RESPONSIBILITY TO THROW THE TRASH IN THE TRASH CONTAINERS (BAGS) AT THE END OF THE AID STATION AREA (PLEASE DO NOT LEAVE, DROP, DISCARD TRASH ON THE COURSE).**

IF YOU ARE IN NEED OF ANYTHING ADDITIONAL WE ARE ASKING YOU ARE SELF SUPPORTIVE (GU'S, GELS, SALT TABLETS, TAILWIND, ETC).

What to Expect with the Rest of the Production...

1. Our Staff will be Wearing Face Masks and Gloves at Registration (We Will NOT Give any Hugs or High Fives Pre-Race, During Race or Post Race)!
2. All Participants MUST Wear Face Masks to Packet Pick Up (You Do Not Have to Wear them During the Race... as Executive Orders do Not Require Individuals Exercising Outdoors and Practicing Social Distancing to Wear Them... That Will Be Up to You). **WITH THE EXCEPTION OF THE 50K/21K AID STATION PROTOCOLS (SEE ABOVE... BOLD TEXT).**
3. We are Also Asking Participants to Maintain a Distance of at least 6' at All Times from Other Participants and Staff Throughout Race Day (Pre-Race, During the Race and Post Race).
4. We will have Registration Tables / Bins / Lines Set Up 6' Apart
5. We will have Cones in Front of Each Registration Table 6' Apart / Deep (Please Line Up Accordingly at the Registration Cones).

6. We will be doing a "Wave Start". We will have a Starting Mat and Starting Corrals.

7. We will "Congregate" (Social Responsibly Spread Out) prior to the Race and when we Start the Race it will be with a "Wave Start" (Starting Corrals).

8. We will NOT have POST RACE PIZZA this year.

9. We will be Selling Dirty Spokes Merchandise on Race Day

10. We Will have Hand Sanitizer at the Registration Tables

11. We are asking each of you to be responsible and maintain social distancing before, during and after the race (we want everyone's experience to be enjoyable and we don't want Anyone to feel Uncomfortable at the Race / Venue). You Might Feel Comfortable Giving Hugs or High Fives but Please Respect Others as they Might Not (Yet)!

12. Race Results will be posted on-line: www.dirtyspokes.com Starting at 8:30 a.m. and "Fresh" Postings Every 10 Minutes throughout the Morning. With the "Wave Start" Results Will Not be as Immediate as they typically are... therefore, we will be doing Limited Postings.

13. We do anticipate doing an "Official" Awards Ceremony... Post Race After You View the Preliminary Results (on-line). Awards for top 3 in Each Age Category.

If you are the least bit hesitant to come out or are sick or showing signs of sickness or illness (running a fever over 100.4 Degrees Fahrenheit, cough or shortness of breath or have been diagnosed with Covid19, had symptoms of Covid-19, or come in contact with a person that has or is suspected of having Covid-19) or have been sick or had a fever or have shown any of those signs or symptoms (or have been around people who have been sick or who've had a fever) please sit the bench for this one!

We look forward to seeing each of you!