

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 Everyones Experience to be Safe and Enjoyable!

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

What to Expect...

- 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).
- 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 you will have between 8:30-8:40 a.m. to cross the timing mat (allowing for a 10 minute wave).
- 7.I will Not be doing our Traditional 8:25 a.m. Race Reminders on the Megaphone (at the Starting Line). I will start this at 8:28 a.m. on the Starting Line (Keeping it Short and Sweet) and we will Start the Race at 8:30 a.m. We will "Congregate" (Social Responsibly Spread Out) in the Open Field and when we Start the Race it will be with a "Wave Start" (10 minute wave between 8:30-8:40 a.m.).
- 8.We will NOT have any water / nutrition at the race (Pre-Race, Post Race or On-Course). YOU MUST be SELF SUFFICIENT. This Means No Water, No Gatorade, No Bananas at the Race (Please Be Prepared and BRING YOUR OWN HYDRATION AND NUTRITION IF NEEDED).
- 9.We will NOT 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 the same tables we used for Registration... Please use the Same Protocol for Checking Results as we Used for Packet Pick Up (Wait at the Cones). With the "Wave Start" Results Will Not be as Immediate as they typically are... therefore, we will be doing Limited Postings.

13. We will NOT be doing an "Official" Awards Ceremony... Post Race After You View the Preliminary Results (we will have cones set up 6' Apart as you approach the Awards Table to View) if you Placed Top 3 in your Age Category we will have a Table Set Up Where you can go Pick Up Your Award if Applicable (these are Not Finisher Medals these will be Awards for top 3 in Each Age Category).

Hesitant to Pre-Register... No Worries! We will be Offering Race Day Registration! Please Print this Waiver Form and Bring it with You (as well as Credit Card Payment)! We will NOT have Waivers On-Site (You Print the Waiver and Bring it... Less Person to Person Contact). As Always, NO GUARANTEE of a TShirt with Race Day Registration.

We will be offering a "Virtual Trail Run" Option if you are interested... want to start running with us again but hesitant to come out... 100% no worries! We've added the Category to the Registration Page! We Will Mail Your Shirt and Race Bib in the Virtual Run Category Only... We will Not Mail Your Shirt with the Regular Race! Entry Fee Must be Received before Late Registration Fees Kick In to be Guaranteed a Shirt. We will Accept Late Registrations (No Guarantee of a Shirt with Late Registration). Shirts and Bibs will be Mailed on Race Day. There are No Medals for the Virtual Trail Run. We will have 2 Distances and 2 Categories with Each Distance (Male and Female). It is Your Responsibility to E-Mail tim@dirtyspokes.com with Your Results (All I need is Your Time and Distance and I will Post with the Virtual Trail Run Results). Please Note the Virtual Trail Run will Not be Part of the Trail Run Series. You MUST E-Mail Results within 1 week of the race date for them to be Accepted.

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!