

2020 Active Central MN Covid-19 Racing Guidelines

Safe racing guidelines prepared per recommendations of MDH and local municipalities to create safe social distancing in an outdoor environment.

ONLINE REGISTRATION ONLY

Registration will close a week prior to the event. 300 person total race limit throughout the many waves during the day. We will limit waves to approx. 20 persons.

There will be no race day registration in person at the event.

HEATS AND START TIMES

HEATS WILL BE LIMITED TO APPROXIMATELY 20 RACERS PER HEAT. This will allow us to keep our gatherings to well under 25 people with appropriate and safe social distancing.

To provide proper social distancing and to limit participant interaction, heat waves will begin at 7am for the first wave. The final wave will start at 8:40am. Each wave will be given a timeframe of when they can arrive (1 hour at the earliest before you wave start). There will approx. 12 separate waves, based on age group and keeping wave sizes around 20 persons.

Wave 1 Age groups () – 7am start

-onsite earliest arrival at 6am

Wave 2 Age groups () – 7:10am start

-onsite earliest arrival at 6:10am

Wave 3 Age groups () – 7:20am start

-onsite earliest arrival at 6:20am

Wave 4 Age groups () – 7:30am start

-onsite earliest arrival at 6:30am

Wave 5 Age groups) – 7:40am start

-onsite earliest arrival at 6:40am

Wave 6 Age groups() -7:50am start

--onsite earliest arrival at 6:50am

And so on.....

As an example, if I have been assigned to heat 3, the earliest I can arrive to park my car is 6:40am. This will allow me the chance to get my packet and get my bike set in my assigned rack.

PACKET PICK UP

Packet Pick Up areas will be spread out throughout the park in different areas to allow for social distancing during pick up and to limit the number of people gathered to less than 25, the morning of the race. You will only be able to pick up your packet at the earliest, 1 hour before your wave starts. We will provide a map with the locations of the packet pick up. They will be spread out in based on letters of last

names. You will be able to pick up your packet ahead of time that will include your race bib and racer shirt.

BODY MARKING

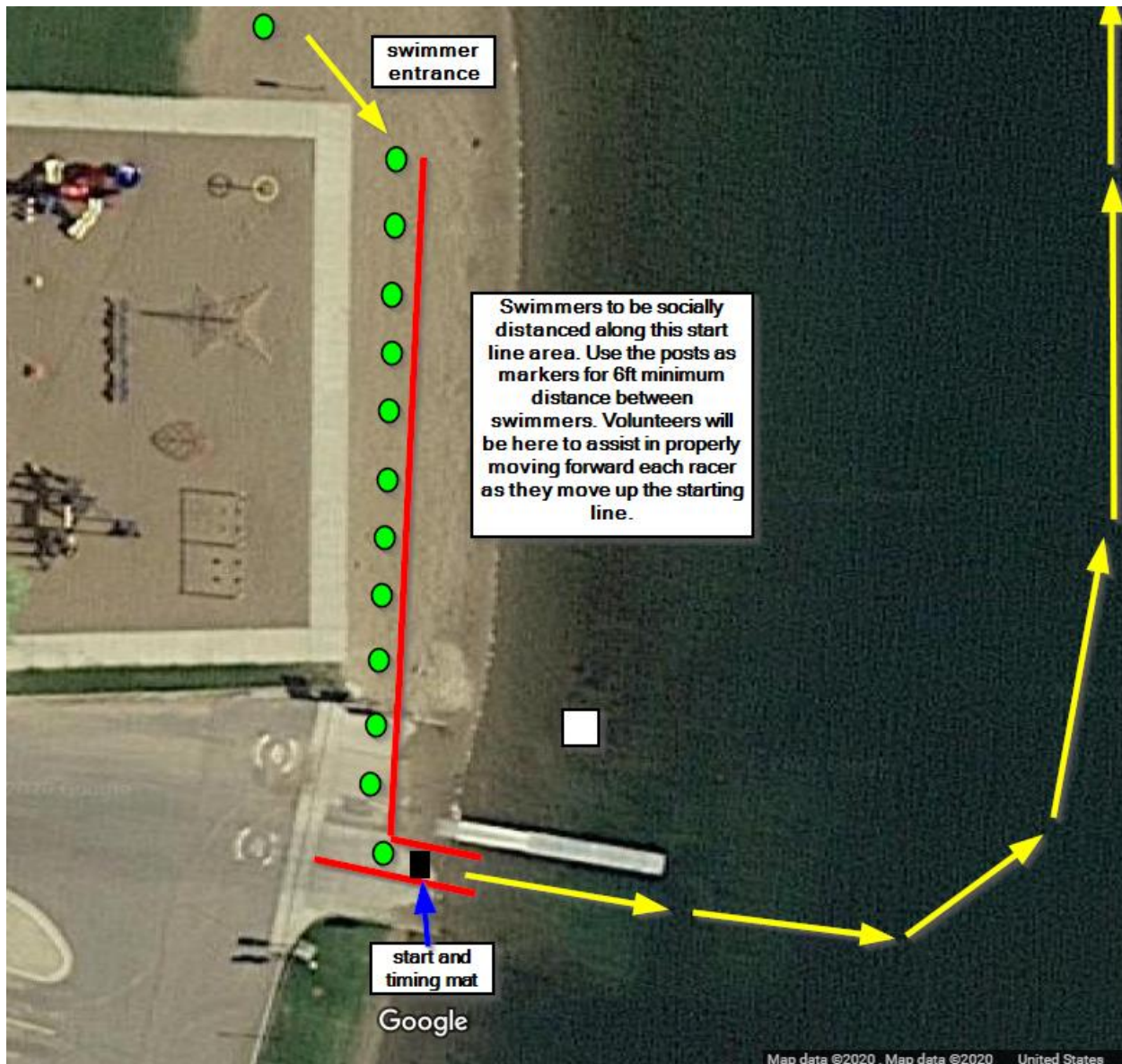
You are responsible for body marking. We suggest doing this well before the race. Make sure you have a permanent black marker. You will receive your assigned number ahead of time. From there, you will be responsible for writing your wave number on your RIGHT HAND and your bib number on your RIGHT shoulder and RIGHT calf muscle. Diagram will be given when you receive your final racer briefing before the event.

ASSIGNED BIKE RACKS

You will be assigned a bike according to your bib number. In the race notes, we will give you your bib number. Your assigned bike rack will match your bib number. We will clearly mark the transition area and bib numbers for you to find your rack. Bike racks will also be extended. We will limit 2 people per rack, on opposite sides and ends to provide appropriate social distancing. Since racks are assigned, you will not have to worry about showing up extremely early to find a place. Please remember, 1 hour ahead of your race is the earliest you can arrive.

RACE START PROCEDURES

The event will be operated in a time trial format. This means, we will be starting 1 athlete at a time. Again, you will be assigned to a wave and you will be given a general start time. For example, if you are in Wave 1, you will head towards the beach to begin lining up for your race start. Wave 1 begins the starts at 7:00am. We will use the length of the beach and provide a clearly marked area for each person to stand and move up on this longer, socially distanced line, to their starting position. We will begin sending swimmers off approx. every 10 seconds. Volunteers will be there to assist in communication. You will simply need to enter this chute during your starting timeframe. We will call for swimmers and their wave starts with directions over the loudspeakers 10 minutes ahead of time to help swimmers to be prepared. See diagram below.



PASSING

There will be ample room along the course for safe passing. If you are to pass anyone, make sure you are loudly yelling to the person you are passing "passing on your left!". Be sure to move away from each other safely to provide space during passing. If passing on the swim, please give each other a wide berth. If you see someone passing you, please stop for a second to let them get completely around you.

FINISH

When you finish the race, you can grab a water bottle and leave the finish line area. Head to transition and gather your gear and bike to bring to your vehicle. Please do not gather at the finish line area and please be respectful of others racing inside of the transition area. Do your best to get out of the

transition area as quickly as possible to limit the amount of individuals inside of transition at one time. Be aware of the timing chutes and chip mats! Do not cross over these mats or go near them with your chip if you are in the middle of your race.

This is at a Big Lake City Park, and the park is open. Outside of the event after finished, you may use the park and beach area according to the rules set forth by the city of Big Lake. Please note, this is outside of the bounds of the event and ACM is not responsible for your use of the park outside of the race. Please use caution and follow all guidelines set forth by the City of Big Lake.

VIRTUAL AWARDS AND RESULTS

There will be no on-site awards. Instead we will do virtual awards! We will announce our overall winners over the loudspeakers at the event of course, but there will be no official ceremony, in order to limit gathering. We will later follow up on our Facebook page and email to announce the virtual awards. Overall winners will receive free entries to race in any of our events next year. Second and third place will receive 50% discount codes towards our races next year. 1st place age group winners will also receive discount codes to our events next year. Results will be online only. You can check them at anytime with your smart phone. The link will be provided to you.

WATER

bring extra water containers with you to your transition area. We will not have an area to fill your water bottle. You can leave extra water jugs or water bottles at your transition area while you race. There will be a water stop on the running course. The water stop will have only Dasani Water Bottles, provided generously by one of our founding partners, Viking Coca-Cola. Volunteers will place water bottles on a table as you run by you may take one. We will have recycling bins along the route. Please do your best to make sure it gets into the recycling bin. Our volunteers will assist in clean up.

VOLUNTEERS AND CLEANING

Our volunteers are great and will be there for you! Volunteers that are interacting with runners on site and at the water stop will have masks and hand sanitizers. Volunteers will also have plenty of spray bottles and we will be doing ample cleaning to ensure a safe environment.

SPECTATORS

Please limit to 1 person max on the course. Thank you!