

Pre-Race Information

We have **updated** the pre-race information for the 2020 edition of the race as we are taking several new safety measures beyond our 'normal' safety measures to protect participants, staff, and volunteers from the COVID-19 virus. These measures are based on recommendations from the CDC, WHO, and Southeast Utah Health Department.

Saturday's races have been limited to 900 participants, and Sundays 1/2 Marathon to 500.

Cancellation/Defer/Transfer Policies: Our current cancellation/defer/transfer policies are still in effect (see this section in INFO page). The race is a go and there are NO Refunds or Deferrals at this point. Participants had until Oct. 25th to defer. Too late now, no exceptions.

Wave Start Time:

Wave starts have been designed and your wave start time is on the label on the back of your bib. No changing wave start times at this point.

Elite Wave for Marathoners: must be in the Saturday 8am (men) and 8:10am (women) wave to be eligible for prize money. Please email request for assignment in these waves. All prize money spots will be determined by gun time from these waves, but non-prize money finishers in this wave will be eligible for age group awards based on chip time.

The results for all other waves will be based on 'chip time'.

We ask your cooperation in saving the earlier start times for the slower runners who will need the full time within the cutoff's to finish the race and also for those who need to finish early so they may travel for work, etc. If you can, please sign up for a 'later' wave. (Yes, I know many of you are psyched to sleep in!) Thank you for your cooperation and understanding of these new wave start times.

No Packet Pickup this year! Instead *we will be mailing out your bib number*. Please update your address on the IMathlete website so that you indeed receive your bib number! Your bib will have your timing chip on it. Do not destroy it and do not lose it! Do not give it to someone else. If someone else finishes with your bib we will ban you and them from future races and may prosecute for impersonation. (Honestly, it's for your safety!)

Directions To The Start: The easiest way is to turn West on Kane Creek Road from Main Street Moab, which is located on the south side of town between the Mc Donald's and Burger King. Follow Kane Creek Road into the canyon along the river for about 3 miles. The start/finish area is at Pritchett Canyon/Kane Creek Parking Lot where the pavement turns to dirt. Parking is just before this on the right and is signed with "Event Parking" signs. You may also take 500 West to Kane Creek Road if you are coming from the North side of town.

Friday Troubleshooting Booth: If there are any last minute questions, problems, or requests that cannot be taken care of ahead of time, via email, we will be at the Finish Area at Kane Creek Parking lot on Friday Nov. 6th from 3:30pm to 5pm. Note that you cannot pick up your t-shirt at this time (you'll get it after you finish). Please respect social distancing regulations and you **must wear a mask**.

Race Day Parking: Please park in the designated lots and allow an extra 5-10 min to walk to the start. Parking lots are located on the North (right) side of Kane Creek Road. There will be signs and parking marshals to direct you. Do not park on the side of the road or you will be towed. Please be extra careful when crossing Kane Creek Road. The road is open to vehicles and the last thing we want is an accident before the race even starts....

Port-o-Potties: Please try to use the restroom at your hotel or campground prior to arriving at the race. There will be potties available at the start area, finish area and at the 2nd and 3rd aid station. We will have additional staff on hand to periodically disinfect the potties but we ask that you please wear a mask while using the port-o-pottie and take extra

care to prevent spread of droplets that may contain virus. We know the port o potties are necessary but these are our biggest concern with the virus, so please help everyone out!

Spectators: No spectators this year. Period. Sorry! Someone may drop you off at the start and pick you up after you finish but, they need to remain in their car in the racer parking area.

Instructions for the Start: In effort to prevent spread of COVID-19 we ask that you do not arrive earlier than 20 min prior to your assigned wave start time. Please wait in your car in the parking lot until 20 min before your start time, then walk to the entrance to Pritchett Canyon, where the start line is, with your race bib number pinned on and WEAR A MASK (masks will be provided if you forget yours. **No, you do not have to run in the mask, just wear it before and after**). Please stay at least 6 feet away from all other participants, staff, and volunteers. Show your number and give your name to the staff at the check-in table near the start at the entrance to Pritchett Canyon. At the start table there will be collapsible cups and pre-packaged disinfecting towelettes that you may grab and bring with you during the race (there will be limited disposable cups at the aid stations, bring your own cup or water container). Then you go to the start line and choose a quad to stand in. The start line will have spray chalked quad's (each about 6 feet apart). Do not step on the start mats before your start time. Please stay 20 feet away from the mats until you actually start so that you do not accidentally start your 'chip' before you start yourself. Wait for the announcer to give you the go, then you are on your way. Your race time will from when your chip crosses the start line and finish line.

Drop Bags: There are no on-course drop bags. Please use what's there or carry with you everything you need. Please try to wear the outfit you will be running in to the start line so that you do not need a start/finish bag. If the temperature is cold then you may leave your jacket and/or 'start/finish bag' at the "Drop Bag Tarp/Table" located near the start line. Please pre-label your jacket and/or bag and please drop it such that it does not touch or cover other people's stuff. Remember to pick your stuff up after you finish. We are not responsible for any lost or stolen stuff. Volunteers at the aid stations will not be bringing jackets, etc back from the aid stations this year. You will need to carry them with you or dispose of them in the aid station trash cans (please do not abandon them on course!)

New Start Location for All Participants: Those of you who raced in the past 10 years know that the start and finish is normally at the Kane Creek Parking Area. This year the start will be about 300 meters to the southeast, at the **entrance to Pritchett Canyon**. This is to better allow for physical distancing and to avoid the road crossing at the start of the race.

Instructions for Aid Stations: Aid stations will be stocked with pre-packaged/individually wrapped snacks only (gels, bars, fruit snacks, cookies, chip bags, etc). Please properly dispose of wrappers—in a trash can or put in your pocket until you come to the next trash can. Person to person contact will be limited: the volunteers (in gloves) will fill up your cup or water container with a gallon jug. Sports drink/electrolyte drink will be available in the 5 gallon jugs. Please allow the volunteer to push the button to fill your cup or water container. Please plan for possibly having to wait a few seconds for the volunteers to help you. With the reduced number of runners and waves so far apart we expect little delay, but please keep 6 ft distance if there is a wait. If you need to stop and rest at the aid station please put on your mask! You will be given disinfecting wipes before the start and we recommend that you use one after the aid station to disinfect your hands.

Instructions for the Finish: At the finish, the finish shoot will be extra long to allow for recovery and to catch your breath. It will be tempting to high five and hug and kiss others at the finish but please restrain. Once you catch your breath you will put on your mask (should be in your pocket) and make your way to the finishers table where you may choose either a finisher mug or medal (let volunteer know which) and your t-shirt (let volunteer know your size) and a snack and water or soda. They will set your stuff on the table and you will grab them and walk straight to your car and leave. This is the worst part of this message. I hate that we cannot mingle and celebrate, eat and drink, and share stories about the race at the finish venue. Let's share stories over social media this year. And next year the finish line will be even more special, when we can (hopefully!) all celebrate together.

If you start but do not finish; you MUST let us know! Otherwise we will assume you are lost out there and send Search and Rescue to find you; and you will be billed. Please tell race personnel and/or call Danelle at 970-389-4838 (leave message). Thank you!

Instructions Summary: for those of you who don't read the full page

- 1. You need to start with your designed start wave, not earlier or later.**
- 2. No packet pickup, bib numbers will be mailed. Troubleshooting only Friday 3:30-5pm at Kane Creek parking lot.**
- 3. Stay in your car in the participant parking lot until 20 min before your designated start time.**
- 4. Wear mask before and after race, and at aid stations if you stop to rest.**
- 5. Check in at Pritchett Canyon start line 5-10 minutes before your start time, stand at one of the cones at the start line and go when the announcer says "go".**
- 6. Minimize person to person contact and minimize surface contact at aid stations.**
- 7. After you finish, grab your 'finish items' and walk straight to your car.**
- 8. No spectators this year.**

Happy Training, Stay Healthy and See you (in a mask) in November! Call or email with questions:
director@moabtrailmarathon.com or 970-389-4838.