



### COVID GUIDELINES

- If you are coughing, running a fever, have been diagnosed with COVID in the past 14 days, have been in contact with someone who has been diagnosed with COVID in the past 14 days, please stay home to protect your fellow runners. We will keep your packet on hand at FITniche for you to pick-up while you are feeling better.
- Runners are asked to wear their masks while inline at the registration packet pickup line and while in close proximity to others. and while in the start line corral. You can take your mask off when you run, but you must put it back on after the race. We will have some dry masks at the finish line tent if you need one.
- Please avoid group photos and selfies with others that do not live in your household.
- Thank you for participating and adhering to these simple requests so we can keep "Live" racing in our community possible!



- Start line will be open for 2 hrs. (7AM-9AM)
- Do not enter the "Orange coned" starting area until you are ready to start.
- All times will be chip timed. No need to be there right at the start time you selected. Your time starts when you cross the mats.
- Once the 40-50 "X's" are full in the start chute, the timer will release runners 2 at a time approx 3-5 sec apart.
- Please move up to the next open "X" and wait to be released.
- The path is open to the public. Run on the Right. Pass on the left.
- Headphone are discouraged. You need to hear runners coming up from behind.
- Walkers - Please avoid walking side by side.
- Lakeland Country Club parking lot entrances and exits will be OPEN - Please be safe and watch for traffic!!!

- R DAY OF RACE REGISTRATION & PACKET PICK-UP TENT** (Opens 6:15am • Closes 8:45 am)
  - Please line up in 2 socially distant lines
  - Please be patient. No need to rush, since the start line will be open for 2 hrs.
  - You are encouraged to use early packet pick up to avoid any lines.
- T TIMER TENT** - Start line functions ONLY. See finish line timer tent with any after race timing issues.
- LVW CAR LAKELAND VOLKSWAGON** - SPONSOR CAR
- HUMANA RV HUMANA** - SPONSOR RV





- Day of Race Registration and Packet Pickup will close at 8:45 AM
- Start line will close at 9AM
- Finish line will be open until approx 10:00 am (depending on when the last runner has crossed the start line)
- Stop by Orange Theory Fitness "OTF" tent for water and Chick-Fil-A® tent for a prepacked treat after the race.
- Please check your finish results BEFORE leaving the race site. scan the QR codes placed around the site or click on the un-official link sent via email in the packet pickup and race day instructions. This will help ensure accuracy of the results. If you have any questions, please see the FINISH line timer tent. If you have any questions, please see the FINISH line timer tent.

**QR QR CODE SIGNS - UN-OFFICIAL RESULTS**

- there will be 5 QR Code signs placed throughout the finish area. Please verify your time is showing BEFORE you leave the race site. Please double check your Age Bracket and Gender.

**T TIMER TENT** - Finish line timing questions. Results Questions "BEFORE" you leave race site

**OTF ORANGE THEORY FITNESS / WATER**  
- SPONSOR TENT

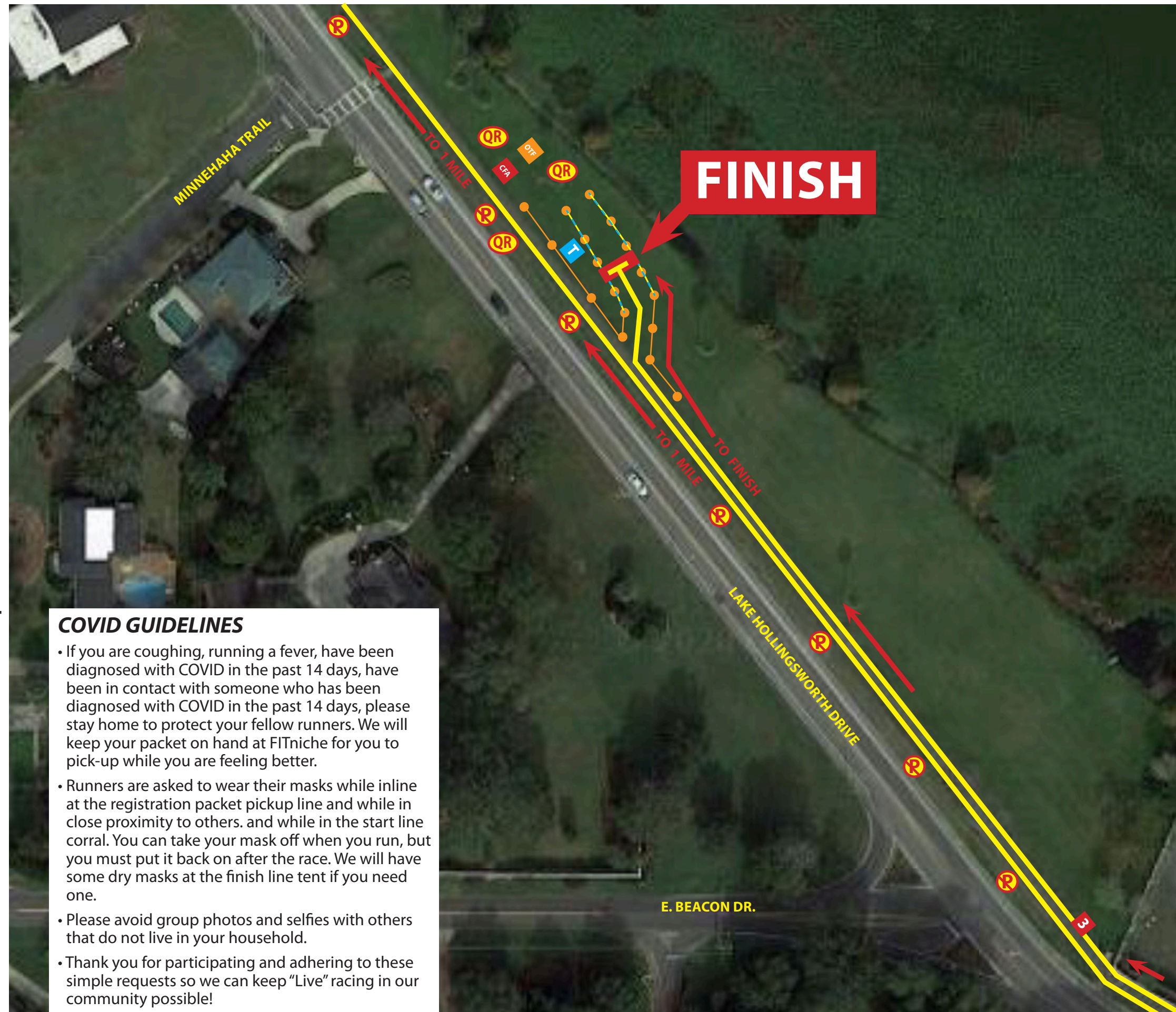
**CFA CHICK-FIL-A® / FOOD**  
- SPONSOR TENT

**P NO PARKING** - The City of Lakeland asked for NO PARKING along Lake Hollingsworth Dr.

Please park in the limited parking spots by the Lakeland Country Club or street parking off Derbyshire Ave, Buckingham Ave or Common Ground Park off Buckingham and Edgewood Dr. Please do not block any driveways.

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## LAKE HOLLINGSWORTH



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**R** DAY OF RACE REGISTRATION AND PACKET PICKUP

**OTF** ORANGE THEORY FITNESS POST RACE WATER

**QR** QR CODE SIGNS FOR UNOFFICIAL RESULTS

**P** NO PARKING - The City of Lakeland asked for NO PARKING along Lake Hollingsworth Dr.

**T** TIMER TENTS

**CFA** CHICK-FIL-A PREPACKED FOOD

**P** PARKING - Please park in the limited parking spots by the Lakeland Country Club or street parking off Derbyshire Ave, Buckingham Ave or Common Ground Park off Buckingham and Edgewood Dr. Please do not block any driveways.

**LVW** LAKELAND VOLKSWAGEN CAR

**HUMANA** HUMANA RV

**RR** RESTROOMS - (2 PORTOLETS - 1 ADA & 1 REG)