



Lake Effect Half Marathon & Quarter Marathon Live & In-Person Athlete Guide

Saturday March 20th 2021



COVID-19 RACE MODIFICATIONS

- ✓ Race Team has been organizing and volunteering in the 'new normal' since July 2020
- ✓ Every aspect of the race has been modified
- ✓ National & NYS Guidelines plus Race Director "Best Practices" put into place
- ✓ MASKS REQUIRED for race volunteers & 'staff'.
- ✓ MASKS REQUIRED for athletes except when actively "on course"
 - ✓ If you don't have one, we will give you a disposable one
- ✓ If you are not feeling well / sick for any reason, please STAY HOME
 - ✓ Simply email the race (by race day Saturday March 20th) and let us know about (a) Deferral to 2022 (b) Transfer to Virtual 2021 (c) Convert to Donation
- ✓ If you are quarantining due to COVID-19 or as a "contact" of someone who has COVID-19, please STAY HOME
 - ✓ Simply email the race (by race day Saturday March 20th) and let us know about (a) Deferral to 2022 (b) Transfer to Virtual 2021 (c) Convert to Donation
- ✓ Check out our race website "COVID-19 Race Modifications" tab for more info
- ✓ Your ACTIVE participation and compliance with these modifications is important!



PACKET PICKUP TIMES & LOCATIONS

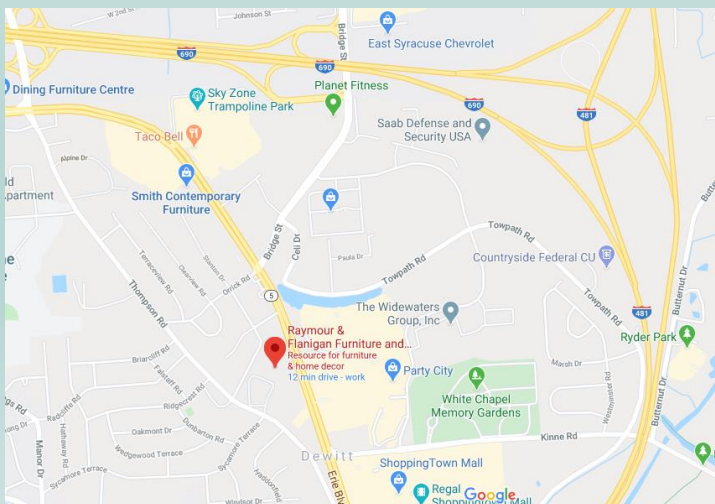
PRE-RACE PACKET PICKUP

When:

- Thu 3/18 from Noon-6pm
- Fri 3/19 from Noon-6pm

Where:

- Raymour & Flanigan Dewitt
- 3430 Erie Blvd E, Syracuse, NY 13214



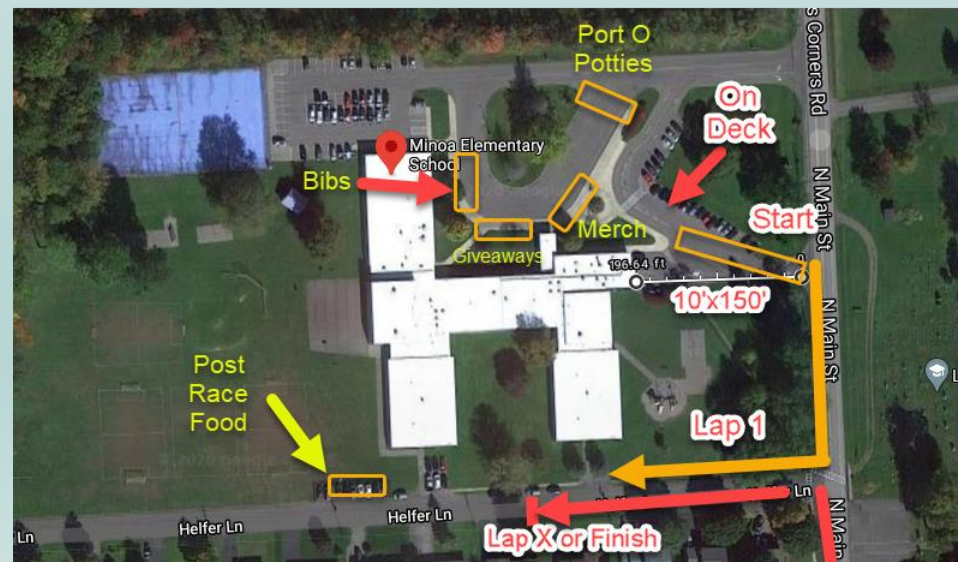
RACE DAY PACKET PICKUP

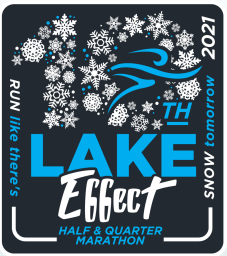
When:

- Sat 3/20 from 8:30am – 11:00am

Where:

- Minoa Elementary School (Venue)
- 501 N Main St, Minoa, NY 13116





BIB & GIVEAWAY PICKUP PROCEDURE

Our 2021 Check-in Process

Step 1 – Get touchless temperature check, if pass proceed to Step 2

Step 2 – Queue up, socially distanced, to your Event (Half or Quarter) as well as by Last Name

Step 3 – Bib Handout Volunteer will signal you to approach

Step 4 – Present ID to Bib Handout Volunteer (and confirm info accuracy)

Step 5 – Bib Handout Volunteer Digitally checks you in and pulls Bib

Step 6 – Review Printed Bib (for accuracy) and proceed to Giveaways queue

Step 7 – Pick-up Giveaway Item (listed on Bib) from Giveaways Volunteer

FAQ & Answers

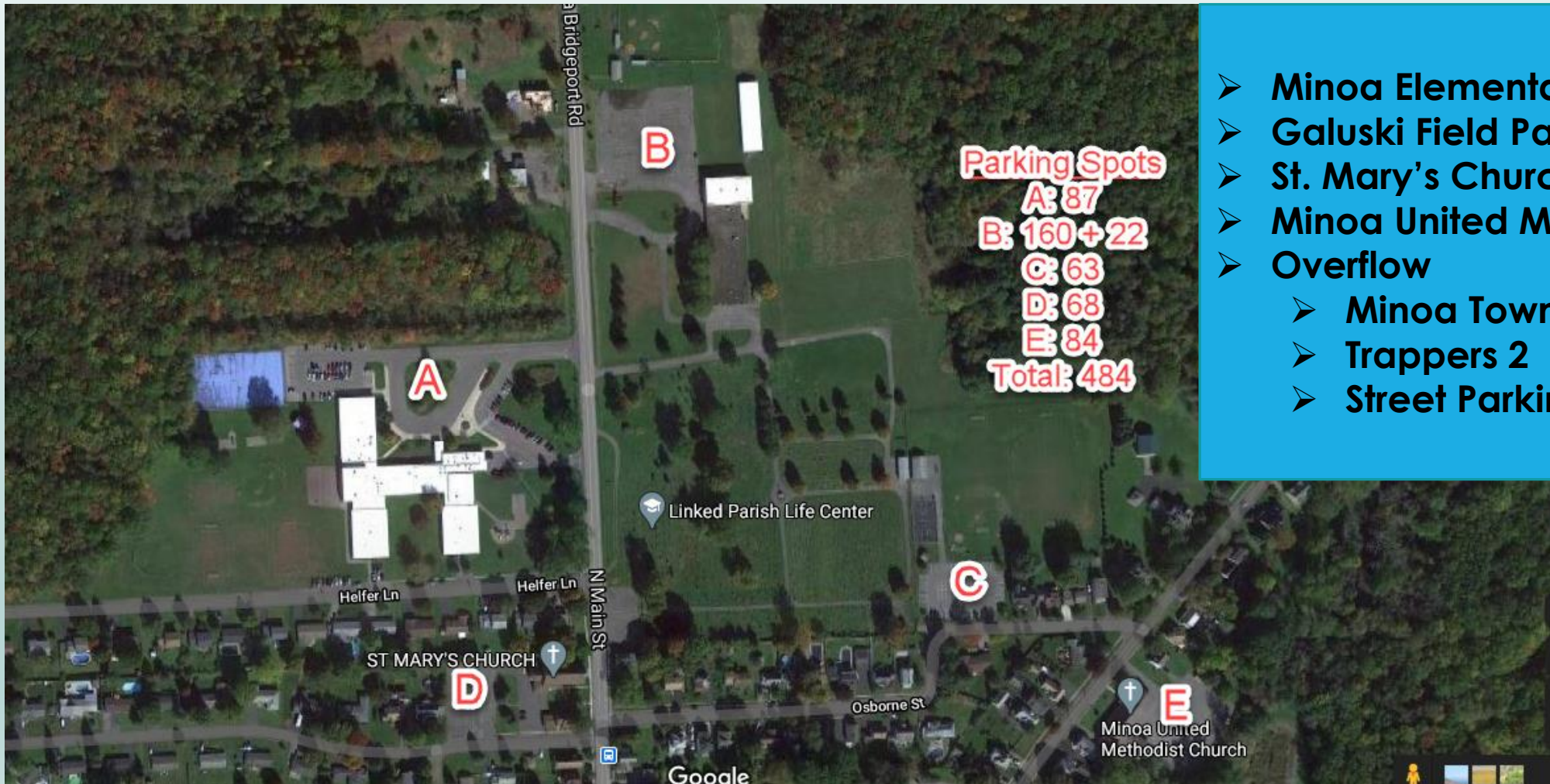
Q1: Can I pick up someone else's bib?

A1: For 2021, due to COVID-19, you may pick up other's bibs. We will resume our normal procedures in 2022 again (signing a log-sheet for documentation & liability)

Q2: Can I switch out my giveaway size?

A2: Giveaway shirt types (cut/size) and Upgraded Jacket types (cut/size) may be swapped AFTER the event is completed.

EVENT PARKING LOCATIONS



- Minoa Elementary School (A)
- Galuski Field Parking Lots (B) & (C)
- St. Mary's Church (D)
- Minoa United Methodist Church (E)
- Overflow
 - Minoa Town Hall / Library
 - Trappers 2
 - Street Parking



RACE DAY TIMELINE – BASED ON YOUR CORRAL NUMBER & START TIME!!

Activity	Start	Finish	Comments
Packet Pickup	08:30am	11:00am	Do not queue up earlier than 30min prior
Enter “On Deck” Area	See next	See next	
Line Up in “Start Corral”	See next	See next	Athletes line up 2 wide by 25 deep
Rolling Start	See next	See next	Athletes released 2 at a time every 10 sec
Post Race Refreshments	09:45am	1:45pm	
Post Race Awards	N/A	N/A	Overall winners & Age Groupers will be contacted Monday March 22nd
Race Closes	1:45pm		Let's cheer on our FINAL finisher!
Clean-Up	1:45pm	3:00pm	



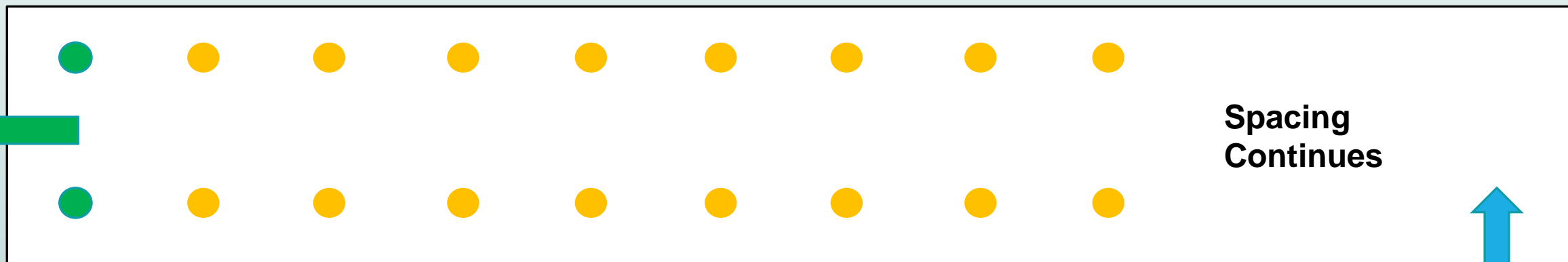
CORRAL BY CORRAL TIMES

Corral Name	PPU	Enter "On Deck"	Enter "Start Corral"	Athlete Start
Corral A1	08:30am	08:40am	08:50am	09:00am
Corral A2	08:40am	08:55am	09:05am	09:10am
Corral B1	08:50am	09:05am	09:15am	09:20am
Corral B2	09:00am	09:15am	09:25am	09:30am
Corral C1	09:10am	09:25am	09:35am	09:40am
Corral C2	09:20am	09:35am	09:45am	09:50am
Corral D1	09:30am	09:45am	09:55am	10:00am
Corral D2	09:40am	09:55am	10:05am	10:10am
Corral E1	09:50am	10:05am	10:15am	10:20am
Corral E2	10:00am	10:15am	10:25am	10:30am
Corral F1	10:10am	10:25am	10:35am	10:40am
Corral F2	10:20am	10:35am	10:45am	10:50am
Corral G1	10:30am	10:45am	10:55am	11:00am
Corral G2	10:40am	10:55am	11:05am	11:10am



STARTING PROCEDURE

Starting Corral Diagram



- ✓ Pre-stage in “On Deck” area – MASKS required & socially distanced
- ✓ When called, go thru Temperature Check station – show bib sticker or get screened
- ✓ Line up at marked locations (6ft apart) – MASKS required & socially distanced
- ✓ Corral is 2 athletes wide by 25 athletes deep
- ✓ Wait for Volunteers to signal “Start” – athletes released 2 at a time, every 10 seconds
 - ✓ Once ‘clear’ and underway, MASKS recommended, not required
- ✓ Athletes advance one position forward
- ✓ Repeat until Corral empty (~5min)



Temperature
Check



COURSE MAP

USATF Certified Half: NY21001DNB

Half Marathon = 4 loops
Quarter Marathon = 2 loops

Turn by Turn

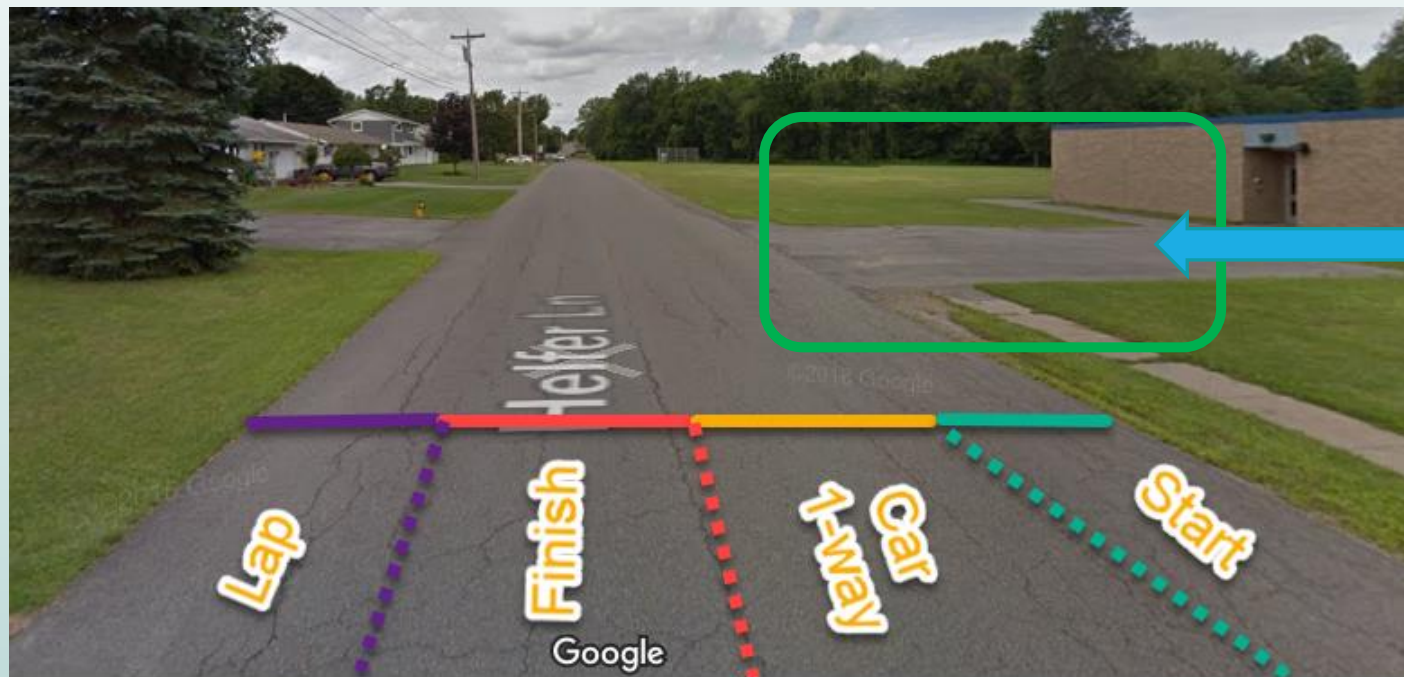
Proceed South on N Main St
Turn RIGHT onto Helfer Ln
Turn LEFT onto Windebanks Ln
Turn LEFT onto Ripplebrook Ln
Turn RIGHT onto Fay Ln
Turn RIGHT onto Edgewood Place
Turn RIGHT onto Edgerton St
Edgerton St turns into Edgerton Estates Dr
Edgerton Estates Dr turns into Willard St
Turn RIGHT onto Elm St
Turn LEFT onto N Central St
Turn LEFT onto N Main St
Turn RIGHT onto Willard
Turn LEFT onto N Main St
Turn LEFT onto Helfer Ln
Repeat 1 more time for Quarter Marathon OR
Repeat 3 more times for Half Marathon

Flat & Fast Course
Aid Stations w/Port-O-Potties
EMTs on course
Police & Course Pointers





FINISHING PROCEDURE



**Post Race Food
Location**

- ☐ **Step 1** – If you are FINISHING and not LAPPING, select FINISH LANE
- ☐ **Step 2** – Smile & Cross Finish. Congrats!!
- ☐ **Step 3** – Select Finisher Item from Table. Half=Medal and Quarter=Coin
- ☐ **Step 4** – At Finish Chute Exit, MASKS required. If you don't have one, we will give you one.
- ☐ **Step 5** – Proceed to Post-Race Food. Watch for traffic!
- ☐ **Step 6** – Unless waiting for someone that you car pooled with, please return to your vehicle



POST RACE REFRESHMENTS OPTIONS

Post Race Food Area (To Go)

- Water Bottles
- Wegman's Sports Drink
- Monster Energy Drinks
- Byrne Dairy Chocolate Milk
- Tops Friendly Market Mini-Subs & Cookies
- Terrell's Chips
- Granola Bars
- Apples
- Oranges
- Bananas

Ladybug Lunchbox Food Truck

- ☐ Use Race Bib Food Coupon for up to \$4 off
 - Coffee
 - Hot Water (Tea or Hot Chocolate)
 - VEGAN/GF Chili
 - Hamburgers / Turkey Burgers
 - Hot Dogs
 - Breakfast Sandwiches

Trappers 2 (Race Sponsor)

- ☐ Use Race Bib Food Coupon for one FREE item
 - FREE Slice of Pizza or
 - FREE Draft Beer [must purchase food] or
 - FREE Soft Drink
- ☐ PURCHASE more food off the menu
- ☐ PURCHASE additional beverages



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