



RACE DAY GUIDE

We are excited to bring you an in-person live racing event here in West Michigan. We want to thank all of you who have stuck with us through many changes and adjustments over the past 16 months to get to this point! So, here we go! This is what you need to know...

MAIN POINTS

- Packet pick up is on April 23 from 1 - 8 pm at Osgood Brewing (4051 Chicago Dr SW, Grandville, MI 49418).
- There is no registration at packet pick up or day of our race.
- Results will be posted on our RunSignUp page.
- Masks MUST be worn when not racing.
- Please read all this information included in this packet so we can continue to race here in West Michigan. This protects you, our volunteers and other racers. Thank you in advance for your cooperation!

Should you have ANY questions after reading this guide, please email us:
info@rivertownraces.com.

Thank you again for your continued support of Rivertown Races and Bridge Street Ministries!

Andrew Buikema & Ryan Waalkes
Race Directors

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COVID PROTOCOL

- Each athlete will be required to wear a mask before and after the race, in the start and finish areas. Masks can be discarded after passing the start timing mat.
- Disposable masks will be provided at the finish line.
- All volunteers will be required to wear a face mask the entire time that they are in the race area.
- All race volunteers and athletes are asked to maintain a minimum of 6 feet of distance from others for the duration of the event.
- There will be THREE aid stations on the half marathon course. There will be one aid station on the 5K or 10K course.
- We ask that all athletes social distance as much as possible as you approach and leave the aid stations. If you need more aid we encourage athletes to bring their hydration or nutrition.
- Each athlete has been assigned a wave and time to enter the race area based on race pace. Please arrive 5 minutes before your assigned time to the staging area.
- There will be NO bag check on race day. Leave all items in your vehicle.
- We ask that crowds and fans do not attend to avoid large crowds on the race start, race course and finish line areas.
- There will be limited post race “grab and go” food in the finishers chute.
- After completing the race, athletes may collect their medal and are asked to exit the facilities in a timely fashion. PLEASE maintain a minimum of 6 feet from other athletes or volunteers following the race.
- Post race awards ceremony WILL NOT TAKE PLACE. We will communicate with age group awards and overall winners.
- There WILL be an opportunity to go to Osgood Brewing to celebrate your finish. Please use the provided ticket to get a \$1 off your first beer and 10% off your food bill.
- **Any athlete that is unwilling to follow the guidelines will be asked to not participate in 2021 and we encourage you to donate your entry - OR - defer your entry to 2022.**

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ADDITIONAL COVID INFORMATION

- If you have any Covid-19 symptoms or believe you have been exposed, DO NOT PARTICIPATE on Saturday.
- We can defer your entry to 2022. Please email us: info@rivertownraces.com.
- The CDC has a [Covid Self-Checker](#) if you have any questions about symptoms.
- If you receive a positive Covid after the race, please contact us immediately.

If you have any questions, simply reply to this email.

SITE MAP / PARKING / COURSE INFORMATION

Millenium Meadows and Millenium Park has plenty of parking and areas to do your warm up run, stretching and whatever else you need to do before your race. If you are doing a warm up run we ask that you do this away from the race courses.

Please pay attention to the staging area. Do not arrive any more than 5 minutes before your assigned wave time. Please continue to wear your mask in the staging area and until you cross the start line. We will have volunteers pick up the masks you drop after the start line.

All three courses are well marked and labeled. Please continue to pay attention to where you are going. Study the course maps. They are all available on our [website](#). Please do your best to stay and run on the right and pass on the left. If you are walking the course we encourage you to stay on the right, walking single file and be aware of runners passing on the left.

All three courses share the last .3 / mile. There will be some merging and possible congestion. Please stay to the right as much as possible unless you are passing!

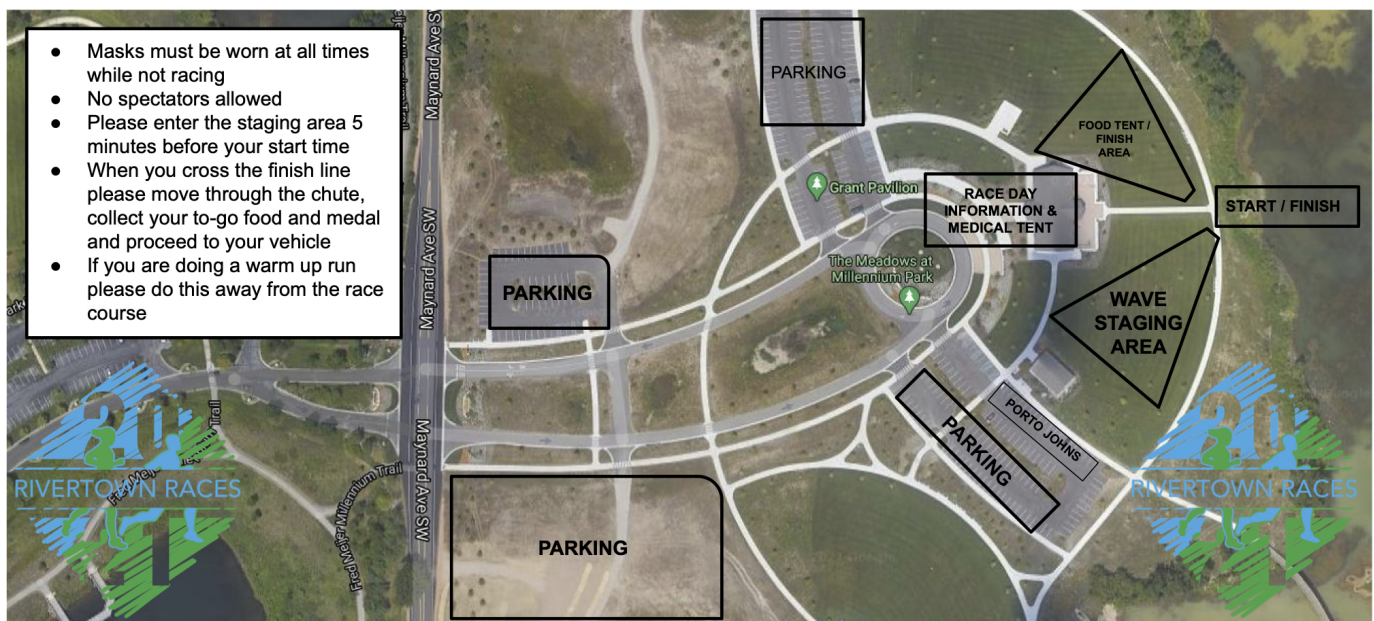
Always be aware of your surroundings. This is a public space and there will be other people using the park that are not involved in Rivertown Races.

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SITE MAP



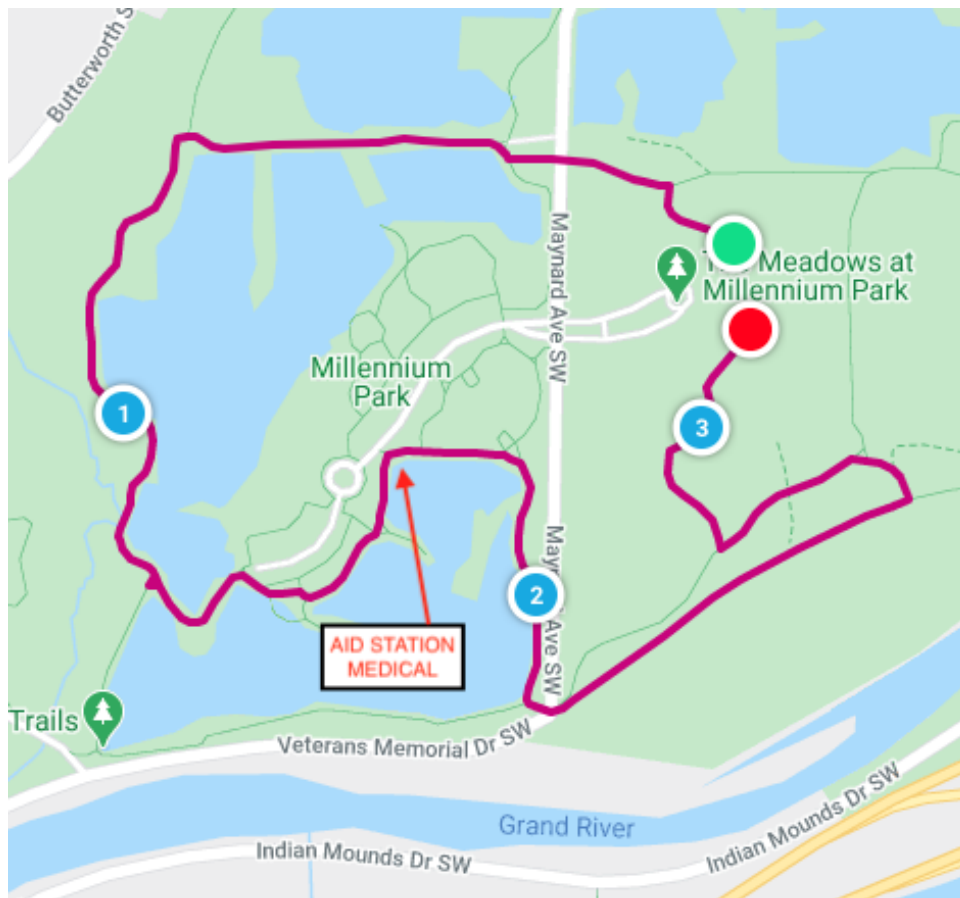
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COURSE MAPS

5K COURSE (3.1 MILES) - WAVE 7 - 8:15 / WAVE 8 - 8:20

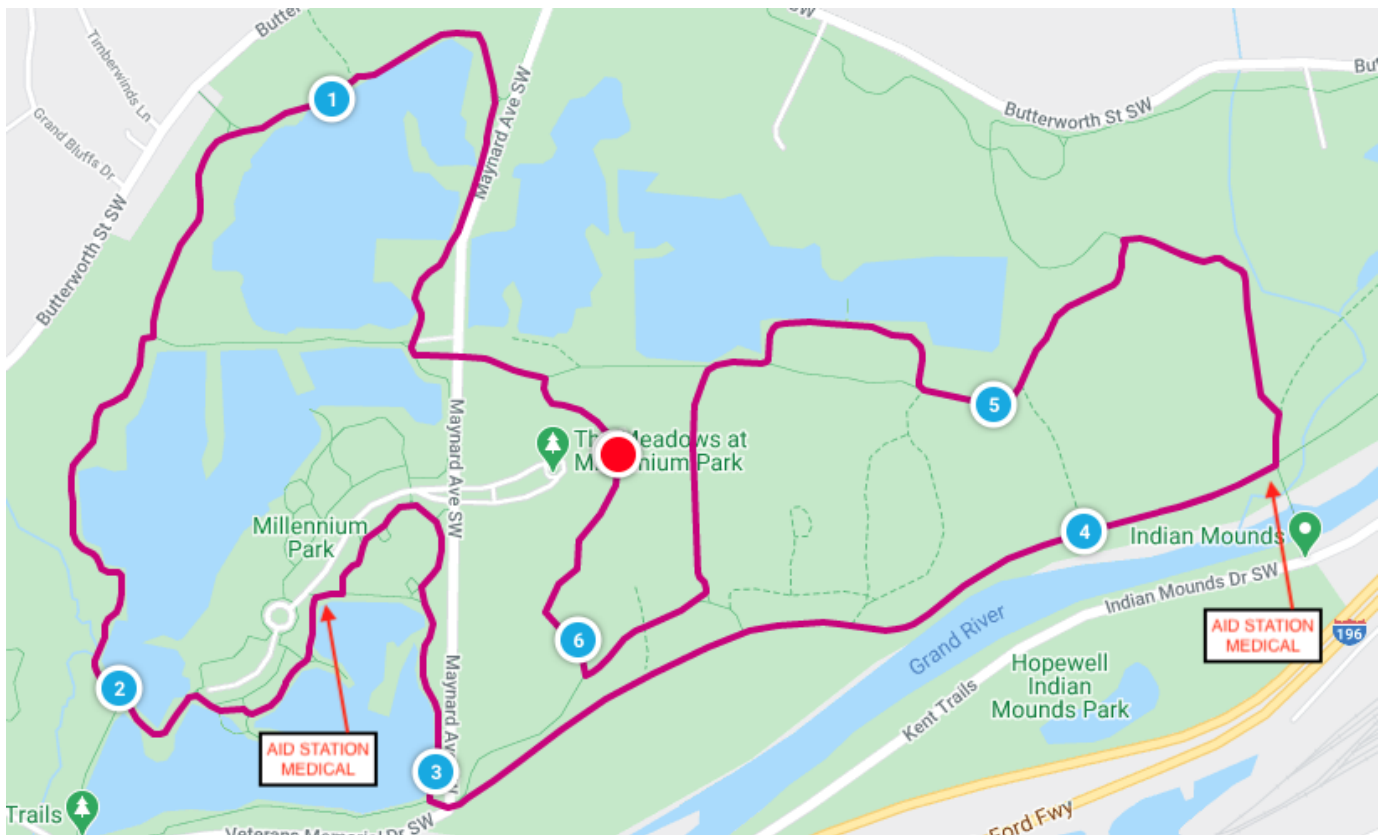


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10K COURSE (6.28 MILES) - WAVE 5 - 8:00 / WAVE 6 - 8:05



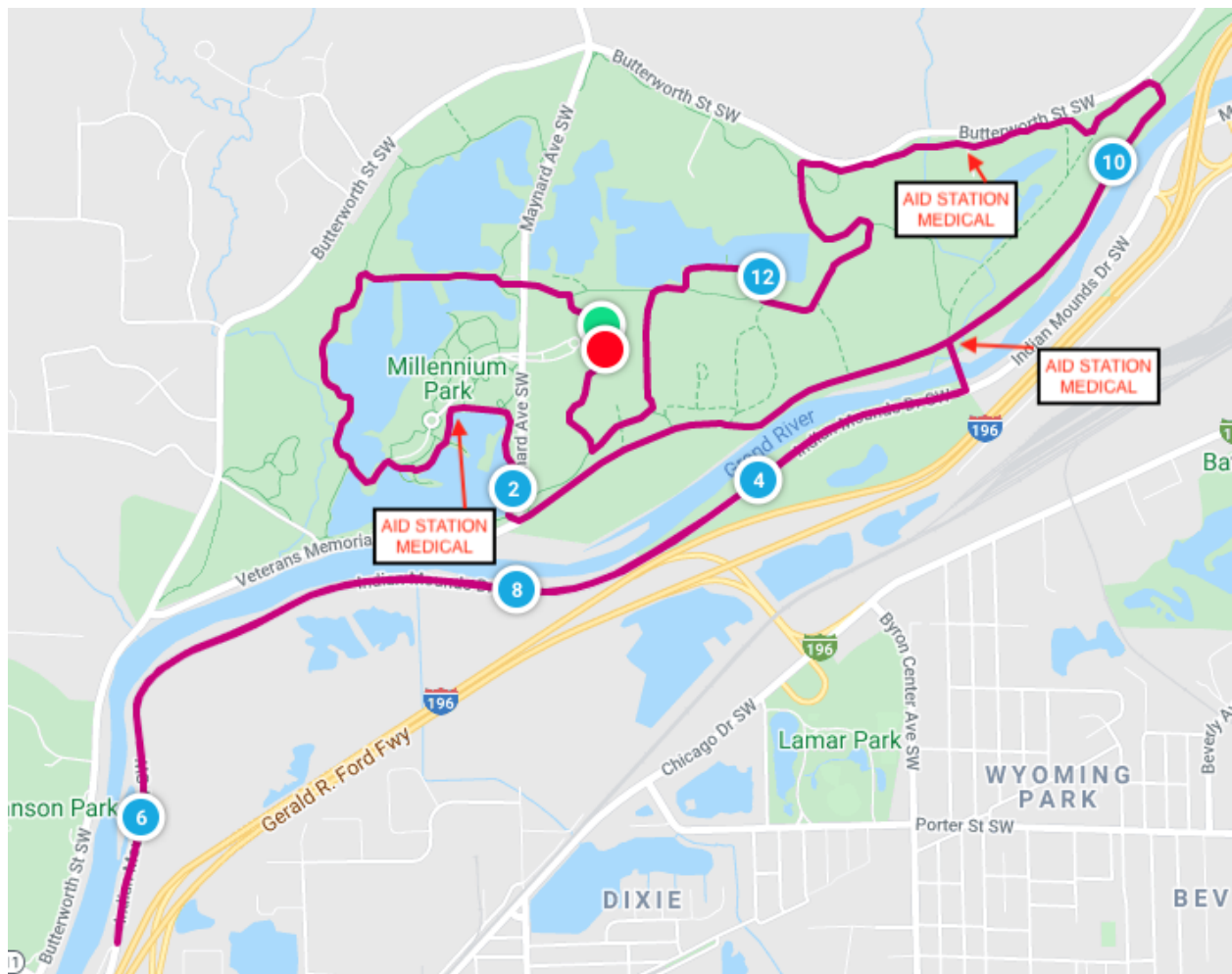
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HALF MARATHON COURSE (13.1 MILES):

WAVE 1 - 7:30 / WAVE 2 - 7:35 / WAVE 3 - 7:40 AM / WAVE 4 - 7:45 AM



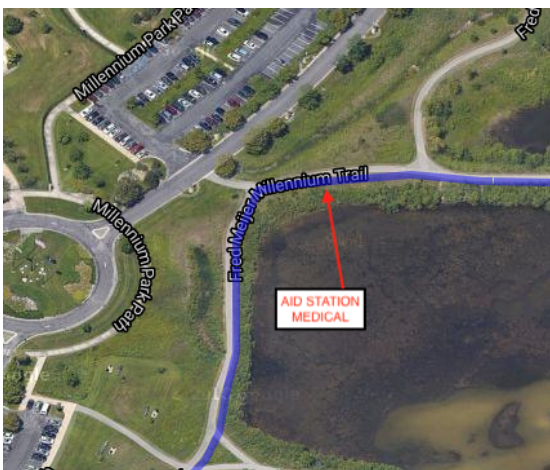
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AID STATIONS / MEDICAL STATIONS

#1 - 5K / 10K / HALF (MILE 1.5)



#2 & #3 10K / HALF (MILES 4 & 9)



#4 HALF (MILE 11)



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Now More Than Ever it is Time to Get Outside!
Ed Kornoelje DO
Metro Health-University of Michigan Health Sports Medicine

This should come as a shock to no one, but getting outside and being active is a good thing. If you are reading you likely agree (and probably wonder why I am preaching to the choir). One thing that has become clear over the last 13 months is that while there is no one activity or factor that makes anyone impervious to disease, being active and striving to maintain a healthy weight (which helps prevent the onset of comorbid conditions) is by far one of the most potent weapons we have. Nothing can fully protect anyone against heart disease, cancer or COVID-19, but mental and physical health is a great place to start. And this is not shaming, this is truthing. (I am not sure that truthing is a word, but I am going to start using it in uncomfortable discussions when needed). We know that in general those who are more aerobically fit fight off respiratory infections (colds) more readily than those who are not. There are now studies which show that COVID-19 reacts the same way—one included almost 50,000 people! The truth is the truth no matter what, our understanding of any and all medical conditions is evolving and so will the truths, and as always, any time we are truthing we need to do it with compassion and grace. With that said (the recent surge notwithstanding) I do think we are going in the right direction.

Why all of the optimism? What follows are a few thoughts (some of these you may have seen before) on outdoor events and why we can (and should) have them:

1. There is a significant amount of data that suggest the likelihood of contracting COVID-19 while running in a race is exceedingly small. A recent study out of Japan (in *Japan Running News*) found ONE reported case of COVID-19 related to racing encompassing 787 races and track meets. Almost 700,000 athletes and officials/staff were involved. The authors point out that one reported case does not mean there could not have been

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others, and the races were held under strict protocols. But this does suggest there is not inherent danger in running events.

2. It appears a person is about 19x LESS likely to transmit COVID-19 outdoors compared to indoors.
3. Recently a panel of infectious disease specialists ranked a number of group activities from very risky (level 10) to relatively safe (level 1). Group runs, walks or bike-rides were level 2, slightly more risky than tennis, but less risky than golf and grocery shopping.
4. The elephant in the room is the mask issue. In general, while moving along the course, masks are not likely to help much, can be worn safely if desired, and for sure need to be worn before and after a race and when there is any gathering at all.

What does the current science and data say?

1. Small to medium size races with staggered starts can be run safely.
2. Wear a mask before and after a race and don't hang around to socialize.
3. Minimal spectators.
4. We need to learn how to adapt our activities (at least for the time being) to fit the prevailing disease state in the local race area for economic viability.
5. Physical and emotional health is suffering and needs to be factored into the COVID-19 equation.

As we move into spring, summer and then fall I expect that the science and data will allow small and medium sized races to become larger races—Bridge Run, River Bank Run and Grand Rapids Marathon anyone? Some spectators as well? Possibly! For now, let's enjoy the Rivertown Races, GET YOUR VACCINE, and continue to wear a mask where appropriate—all of these are important as we forge a path ahead! And look for us at the finish line Saturday—we hope you won't need us, but Metro Health-University of Michigan Health Sports Medicine will be there just in case. Hopefully we can say that about a few more races in the days and weeks and months to come!

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IN CONCLUSION

Ryan and I want to thank you again for your patience and support over the last 16 months. We cannot tell you how excited WE are to be able to put on this live in-person race.

You are helping the sustainability and longevity of Rivertown Races but also supporting Bridge Street Ministries. A ministry operation that involves providing the youth of our neighborhood with a safe place where we can provide opportunities for social, spiritual and academic betterment.

Looking forward to race day!

Andrew Buikema & Ryan Waalkes
Race Directors

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