

Fall Scramble Off Road Run

October 11, 2020

Race Instructions

Thanks for signing up for the Fall Scramble at Holiday Valley Resort.

Due to the regulations established by New York State in response to the Covid-19 crisis and to keep everyone safe during the event, we ask that everyone please read and follow these instructions. In order to hold an in-person event we have put together procedures to limit gathering size and create distance between runners. This is new territory for everyone and appreciate your patience and understanding with some of these new procedures.

General Guidelines

- Always keep a social distance of 6 feet while in the entire general race area
- Please, no congregating in groups at any time
- Face coverings are required in the entire general race area until the runner crosses the starting line
- Spectators are requested not to be at the race site
- Runners will put face coverings back on after crossing the finish line
- Any entrant with fever, persistent cough, or with exposure to an individual who is / was COVID positive within 7 days of the event are asked not to race.
- Runners will “Trickle Start” during their start time window, more details below.
- Runners are encouraged to bring their own pre-race hydration
- Please maintain a distance of 6 feet from other runners during the race, the course is a minimum of 12 feet wide throughout.

Race location – Holiday Valley Resort 6557 Holiday Valley Rd Ellicottville, NY

Start/Finish/Package/Parking at Yodeler Lodge – The Yodeler Lodge is approximately ¾ mile up Holiday Valley Rd after turning from RT 219. Please follow the signs.

Packet Pick Up

Packet pickup will be outside on the lower patio at the Yodeler Lodge. To avoid having lines and provide ample space for all runners we have assigned packet pick up times below. Packet pickup times begin 45 minutes before each start time, please see your race registration confirmation for start time.

The chairlift ride to the race start takes roughly 15 minutes.

<u>Start Time</u>	<u>Packet Pickup Time</u>
9:00 AM	8:15 to 8:30 AM
9:15 AM	8:30 to 8:45 AM
9:30 AM	8:45 to 9:00 AM
9:45 AM	9:00 to 9:15 AM

You can only pick up your packet during the allotted time. If you would like to arrive early feel free to warm up, use the restrooms, etc, but please do not congregate around the registration area.

Parking

Plenty of free parking available around the Yodeler Lodge at Holiday Valley close the start/finish/packet pick up area.

Post Race

Snack bag, and water will be handed to you at the patio of the Yodeler lodge near the finish line.

- Unfortunately, due to state restrictions on gathering sizes we ask runners please leave the finish area and race site as soon as possible to make room for runners in the waves behind you. While normally we love runners to hang around and have a great time after the race; we want to make sure to limit any risk to our runners, staff, and volunteers as well as obeying state COVID-19 guidelines.

Restrooms

Restrooms will be available in the Yodeler Lodge close to the start, finish, and packet pickup. Holiday Valley Resort staff will adhere to COVID-19 regulations on cleaning and sanitizing facilities.

Start Procedures - *VERY IMPORTANT*** Please read**

The start will be a bit different than races in the past. Our goal is to keep everyone separated and give you plenty of room on the course, which is why we asked everyone to sign up for a start window. There will be no mass start, during start windows runners will be released one at a time.

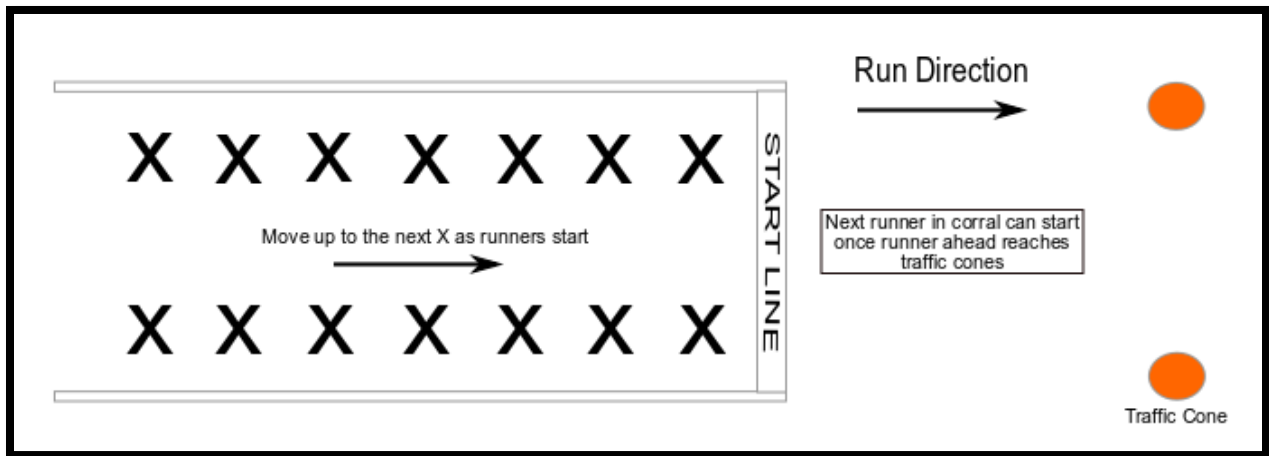
Each start window will be 15 minutes long and we ask runners not to approach the start area before their window begins.

- 4 Mile start 1 – 9:00 to 9:15
- 4 Mile start 2 – 9:15 to 9:30
- 8 Mile start 1 – 9:30 to 9:45
- 8 Mile start 2 – 9:45 to 10:00

We will be using a “Trickle” start procedure and please use the following instructions. The idea is start one person at a time to provide space on the course and at the finish area.

- Please do not approach the start corral before your start time.
- You can start anytime during your start window; you don't have to be there at the beginning of the start time window.
- If there are runners in front of you in the start corral, please stand on the X painted on the ground.
- **We will be starting runners roughly every 5 seconds. Once the runner in front of you reaches a traffic cone 50 feet after the start line it is ok to start running.**
- Your race time does not start until you cross the start line.

START CORRAL PROCEDURE



Water Stops

- 4 Mile Run – Water & Sports drink available at mile 2
- 8 Mile Run – Water & Sports drink available at miles 2, 4, & 6

Keep these safety considerations in mind at water stops.

- Race staff will fill cups with water/Gatorade and leave on the tables for runners to pick up
- Race Staff WILL NOT hand water/Gatorade cups to runners
- Race Staff will stand behind the water tables, away from the runners
- Cups will be spaced out for easier access for the runners

Results & Awards

- All results will be based on chip time, there will not be gun times.
- Overall and Age-Group winners will be determined after all results are verified.
- To limit gathering size there will be no onsite awards ceremony, awards will be mailed to winners.
- Results will be posted on the race website and not available on site.

Thank you so much for your patience and understanding as we work through new procedures to put on a safe in-person event. It will be a little different than past events, but still have the opportunity to push yourself in a competitive race.

We may be sending revisions to this document as the race approaches and will be sure to send notice of any changes, please be sure to check your email.

We appreciate you all following the guidelines and please don't hesitate to send us a note at Info@endurancefactor.com with any questions.