

**R-series  
Lindsay Park  
Saturday, September 26, 2020  
Start time: 10:00**

**GENERAL PROTOCOLS AND GUIDELINES:**

As we all know, we've been living a different kind of way the past few months and we're mostly used to the protocols. We're feeling very privileged to be able to put on this event under these times and really just want you all to have a fun, safe day. We've held a couple of runs so far and the protocols are working brilliantly with the cooperation of everybody. Please be kind to one another and to the volunteers. As they say "we're all in this together". Please do not attend if you feel at all unwell on event morning.

1. Please maintain 2m physical distance from others at all times. This may mean you have to slow down to safely pass at times and that's okay. Remember the pathways are also open to the general public.
2. Hand sanitizer is available throughout the venue, please use as required.
3. Please read all of the information below carefully.
4. Please have a mask available if you unable to stay 6' from people not in your cohort (for example, picking up your race bag)
5. We have a team of highly experienced volunteers helping us out on Saturday and they will help guide you through the start process. Please be sure to thank them.
6. We aren't able to have a post race awards party right now
7. Above all, have fun.

**COVID QUESTIONNAIRE:** Please read and sign the attached Covid questionnaire. We need one per person and parents, please sign on behalf of your underage children. This questionnaire needs to be filled out prior to attending the event but not before Friday morning. You can sign and email to [cheryl@athleticsalberta.com](mailto:cheryl@athleticsalberta.com) (preferred) or sign and bring with you on race morning. The questionnaire can be found here:

**PACKAGE PICK UP:** You will pick up your bibs and t-shirts on site on Saturday morning. We will pre-pack the items so please just send one person from your team to the Athletics Alberta tent to collect your bag. If you are bringing printed Covid questionnaires you can hand them in at this time as well.

**RACE START:** The race start in Lindsay Park at the north end of Repsol Centre. Please don't arrive more than 30 minutes before the race start; that will allow plenty of time to get your bibs and shirts before we start. You will see the Athletics Alberta gantry and tent set up. You may stay with your team without distancing as you are a cohort but you will be required to remain distanced from other teams who are waiting to run. We will have markers on the ground to indicate distance. The first leg runners will line up (distanced) behind the start line and one person will start every 5 seconds. One all of the leg one runners have departed the start area, the leg two runners can line up and wait for their turn to run. You won't have anything to hand off to each other, just a simple wave to each other when one person finishes and the other begins.

**PARKING:** You are able to park at Repsol Centre. The easiest access to the start/finish area is between the main Repsol building and the building that houses the physio centre.

**TOILETS:** There are public washrooms in Repsol Centre which you can access through the south entry doors. Please be sure to have a mask available to wear inside.

**SANITIZER:** We will have hand sanitizer available on tables near the start and finish as well as at the washroom area.

**WHILE RUNNING:** Please ensure you maintain physical distance from others outside of your home/cohort at all times. When running, stay to the far right of the pathway or road. If you need to pass somebody, call out “passing on the left” then proceed to pass if it is safe to do so. If somebody is coming the other way, please slow down and pass only when the way is clear. If you have been passed, drop back to maintain 2m of distance.

**HYDRATION AND NUTRITION:** Please carry any hydration or nutrition that you might need for your run as we are unable to have traditional aid stations at this time.

**HEADPHONES:** Please no headphones or earbuds. You need to be able to clearly hear the directions of marshals and others around you.

**THE ROUTE:** Each team member will be running the same 1km loop. There is a short out and back at the south end of the loop. You are running on pathways and the entire loop will be marked with pin flags. Keep the flags to your right and follow them around.

**FINISH:** The finish is beside the start but far enough away to remain distant from others.

**RACE BIBS:** Please wear your race bib on the front of your shirt so it is clearly visible to our volunteers and finish line crew.