

# QUAD ROCK 50/25MI 2020

## COVID-19 SAFETY PROTOCOLS

### Goals:

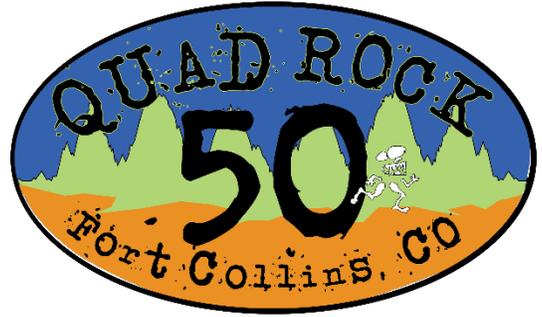
1. A safe yet fulfilling race experience
2. Reduce contact points by 90%
3. Avoid mass gatherings of 50+

We all look forward to a fun, relaxed atmosphere celebrating a return to racing, yet we all also know things will be different.

Our approval to hold this race is contingent on following the protocols below, and we appreciate you playing your part.

Those not cooperating will be asked to leave and could be subject to disqualification. Runners are responsible for the actions of their crew/pacers. The intent of these protocols matters more than exact wording – loopholes and technicalities will not fly.

These protocols are in line with current state and local regulations. They are subject to change if regulations are updated.



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### **ALL PARTICIPANTS (runners & volunteers) are required to:**

**PRE-REGISTER**. To ensure contact tracing. This includes signing an electronic waiver certifying:

- You have not had symptoms of COVID-19 or been exposed to COVID-19 within the past two weeks,
- You will notify us if either occurs between your signing and arrival at the race
- You agree to contact us if you test positive within 2 weeks after the race
- You acknowledge the changes and additional restrictions on this year's race

Personal information will be kept confidential.

**WEAR A MASK** at all times, except when 1) running 2) eating/drinking

**TEMPERATURE CHECK** (contactless) upon arrival. Those with temperatures above 100.4F will be required to leave

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### **MAJOR CHANGES:**

- Limited Menu & Service at Aid Stations
- Drop Bags available at all Aid Stations
  - (Towers/Horsetooth must be dropped off Friday night; Towers is strongly discouraged and only in place for runners with significant special needs)
- Crew and Spectators *Strongly Discouraged*
- Wave Starts & Earlier Overall Start Times
- No Awards Ceremony, Finish Food & Drinks served in To-Go Boxes

## RACE BRIEFINGS:

Pre-recorded videos will be offered for both Runner and Volunteer Briefings, available to watch anytime. Multiple live pre-race Q&A sessions will also be scheduled.

## RACE START:

**Runners will be divided into waves of 50, starting every 30 minutes.**

- Runners must stay away from the general start area until the previous has departed
- Runners will be assigned into waves based on UltraSignup predicted finish times, with expected fastest finishers starting first. Wave swap requests are open through August 9
- 50mi Runners will be capped at 150, with waves starting at 4:30a, 5:00a and 5:30a
- 25mi Runners will be capped at 200, with waves starting at 6:30a, 7:00a, 7:30a and 8:00a

## CUT-OFFS:

Cut-Offs will be enforced by wave. All runners will have the same amount of total time on course and between aid stations.

## CREWS/PACERS:

Crews and Spectators are *Strongly Discouraged*. Lory State Park and Horsetooth Mountain Park are experiencing extremely high visitation, and we need to do our part to avoid overcrowding. There will be no expo or post-race BBQ – runners will get pizza & drinks to go, and expected to leave very soon after finishing. Celebrate with your family & friends post-race at a great local restaurant.

## DROP BAGS:

**Runners can place drop bags at every aid station.** We want runners to have this extra resource, to help make up for more limited crews & aid. Runners can also use their drop bags to avoid high risk areas in aid stations by self-aiding.

- Drop bags for Towers Aid (miles 7.3 / 14.1 / 35.9 / 42.7) are **strongly discouraged** due to space constraints, and must be dropped off Friday night. This allowance is only in place to serve runners with significant special needs.
- Drop bags for Horsetooth Aid (miles 10.4 / 39.6) must be dropped off Friday night
  - If a Friday night drop-off imposes significant difficulties for you, [email the RD](#).
- Drop bags need to be a reasonable size (small duffle bag / gallon ziplock), soft-sided, and contain no breakable items or valuables
- Drop bags need to be clearly labeled with runner Name, Bib Number and Location
- Drop bags cannot be protected if rain/hail occurs. Prepare accordingly
- Sanitizing spray/wipes will be available for runners & volunteers who handle drop bags

## RACE HEADQUARTERS:

- Porta-Potties and Hand Wash station numbers will be increased. All portos will be stocked with hand sanitizer and disinfectant spray or wipes
- Runners will receive their finisher award when they cross the line
- Laporte Pizza will be delivering hot, fresh pizza throughout the day, available in to-go boxes along with drinks
- No Awards Ceremony
- Runners are expected to depart shortly after finishing

## **AID STATIONS:**

*Expect slower service at aid stations as we all navigate the new guidelines*

- **Masks** are required in aid stations. Boundaries will be set between the service area (wear masks) and eating/drinking area (mask removal is fine with 6' distancing)
- **No communal food bowls.** Runners will not have direct access to the food. A masked/gloved volunteer will plate/cup individually servings of food and sanitize the serving table between each runner
- **Fluid service is no-touch.** Runners must open their own bottles/bladders, and a masked/gloved volunteer pours into their container. If contact is made, serving pitchers will be sanitized
- There will be no "car wash" stations with water/sponges to cool runners
- Menus will be posted 1/2mi before each aid station to encourage runners to consider their requests ahead of time and not linger
- A hand-sanitizer station will be set up at the entrance to each aid station
- The food selection will be simplified. Priority will be given to foods runners are unable to provide in their drop bags (ice, popsicles, fruit, hot sandwiches). A full menu list will be published pre-race
- Volunteers will NOT provide the personal, one-on-one service Gnar Runners prides itself on. Contact minimization is the goal. Runners should be self-sufficient as much as possible

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**In the event that someone associated with the race tests positive for COVID-19 in the two weeks post- event, we will follow strict CDC guidelines on reporting and communication to all potentially exposed parties. The individual's identification will be protected.**

These guidelines were prepared in consultation with Lory State Park, Larimer County Natural Resources, Larimer County Public Health, and innumerable gracious people and resources. Special Thanks to:  
Kristen Fedak - Epidemiologist with CO Department of Public Health & Education COVID-19 Response Team  
Eric Lee, Immunologist  
Johanna Bishop, M.S. RDN