



2020 Lake Region Run Participant Guide

Greetings Runners:

On behalf of the Lake Region Healthcare and the community of Fergus Falls, I want to welcome you to the 2020 Lake Region Run. Like many things since this pandemic started, the race will be different this year. Yet, what remains, is a great race with all the proceeds going right to the cancer center. As we all know, cancer didn't stop during COVID and neither will we. Runner and volunteer safety remains our top priority. A number of new safety measures are outlined below. In order to host this event, we need to abide by all state and city rules. Please respect and follow race guidelines. We rely on everyone's cooperation to make this race safe and successful. Take a few minutes to study all of the important details in this guide.

We look forward to seeing you on October 3rd!

In Health & Wellness,
Karoline Gustafson



Race Director

kjgustafson@lrhc.org

Safety Measures

IF YOU ARE UNABLE OR NOT WILLING TO COMPLY WITH ANY OF THE FOLLOWING SAFETY MEASURES CONTACT THE RACE DIRECTOR AT kjgustafson@lrhc.org.

COVID symptoms

If you are sick or experience any COVID-related symptoms in the 7 days prior to race day (fever, cough, shortness of breath, muscle aches, headache, loss of taste or smell, sore throat, and others as per CDC guidelines), you **MUST NOT** participate. Please contact the race director at kjgustafson@lrhc.org and do not attend the event.

Temperature Check

All runners will be **REQUIRED** to have a temp check prior to entering the start area. The temp check station will be under the picnic shelter in NP Park (see map). Runners will go to the temp check area and, if no symptoms, runners will receive a bib and their race shirt. A race bib attached to the front of your shirt is required to enter the start area. Any runner with a temperature > 100.4 F **WILL NOT** be allowed to participate.

High-Risk Runners

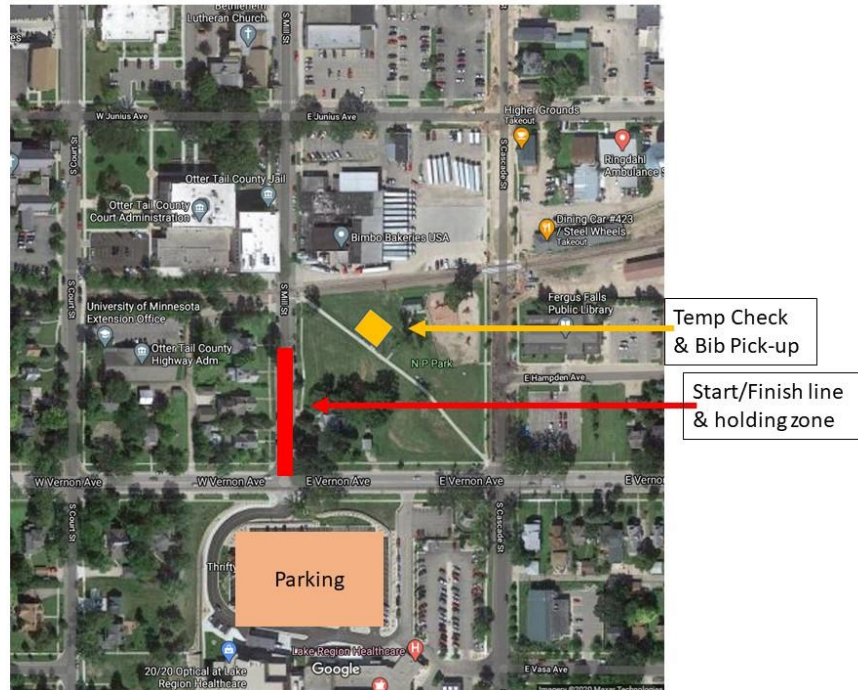
If you are considered high-risk per CDC guidelines, we recommend that you participate virtually.

Safe Distancing

Maintain at least six feet between you and other runners or volunteers at all times. Abide by posted signage. During the race, maintain a wide berth when passing another runner. Announce yourself and pass on the left. Further details in the various sections below.

Masks

Masks or other face coverings will be **REQUIRED** in the start area and in the picnic shelter. Masks or other face coverings are **STRONGLY ENCOURAGED** anytime you are around others in the park (eg. pre-race, bathrooms, post-race). Disposable masks will be provided. If you don't have your own mask, this mask must be worn in the start area. Once you are running, the mask can be tucked in your pocket or dropped to the ground in the first two blocks. Volunteers will collect and dispose. All volunteers are required to mask while performing race duties.



Hand and Other Hygiene

Keep hands clean and avoid touching your face. Hand sanitizer will be available throughout the park. Avoid spitting or blowing your nose unless into a kerchief or properly disposed tissue. All volunteers handling fluids or food are required to wear gloves.

Event Schedule

All events, including bib and shirt pick-up, will be held before the race on Saturday, October 3rd.

SCHEDULE: Saturday, October 3rd:

7:00 – 10:30 AM: Athlete check in (temperatures, bib, race shirt)

7:45 AM: 10-mile

8:00 AM: 5k

8:15 AM: 10-mile

8:30 AM: 5k

8:45 AM: 10-mile

9:00 AM: 5k

9:15 AM: 10-mile

9:30 AM: 5k

10:00 AM: 5k

10:30 AM: Bio Girls

10:45 AM: Bio Girls



Parking

The Lake Region Healthcare clinic parking lot across the street from the start line is a great spot to park. There is also street parking around NP park and the hospital. Please DO NOT PARK in the main hospital lot near the front doors of the hospital.

Packet Pickup

All runners will be **REQUIRED** to have a temp check prior to entering the start area. The temp check station will be under the picnic shelter in NP Park (see map). Runners will go to the temp check area and, if no symptoms, runners will receive a bib and their race shirt. A race bib attached to the front of your shirt is required to enter the start area. Any runner with a temperature > 100.4 F **WILL NOT** be allowed to participate. Plan accordingly to allow enough time to get your temp checked, bib on, and race shirt tucked away. **We recommend arrival 30 minutes prior to your heat start time to keep crowd size small throughout the morning.**

Shirts

This year we are offering a long-sleeved shirt to all runners registered prior to September 15th. FitSocks will be given to those who registered after September 15th. All race shirts will be in unisex sizing with no children's sizing options. Virtual race participants will not receive a shirt or socks.

Bibs and Timing

Your bib *will not* include a timing tag. All runners must wear a bib on the front. There is no chip timing so each runner is required to track their own time. You will receive an email the week of the race from noreply@mtecresults.com so make sure your email address is correct when you register. Results must be submitted by Wednesday, October 7th.

Bathrooms

NP Park is equipped with bathrooms. There will also be portable toilets available. Please maintain safe distancing when waiting in queue. Masks are strongly encouraged, especially when using the indoor park facilities, as distancing will be more difficult.

Wave Start

To promote safe distancing, this year's start will have waves of 20 runners each. Please do not arrive at the start area until 5 minutes prior to your wave start time. Heats will be announced over a PA system.



Start Area

Your bib attached to the front of your shirt will be required before entering the start area. Enter only through posted entry points. Ducking under or stepping over barriers will risk disqualification. Dots will be on the ground in the start area. One person per dot unless you are a family unit. Please maintain safe distancing in the start area. Runners should have completed all warmup activities prior to stepping onto the start grid. Avoid a sudden rush at the start, let those in front of you head out on the course. Start your time when you cross the starting line. Wait until the course begins to clear in front of you before setting off on your race pace.

Course & Course Markings

When passing another runner, offer "passing on left" and try to maintain six feet of separation. Don't run with someone unless you are part of the same family or social group. Spectators are welcome to be along the route but *spectators are not allowed in the start/finish or park area*. Bicycles will NOT lead or trail runners throughout the race so you are in charge of understanding the course markings. The 10-mile course is marked with blue arrows on the ground and on the signs. The 5K course is marked with green arrows on the ground and on the signs. Note that the course is open to traffic and participants are ultimately responsible for their own safety while participating in this event. Please pay attention when crossing intersections and interacting with moving vehicles. For your safety, headsets and earphones are discouraged.

Aid Stations

There will be NO water stations on the 5K course.

To minimize touch points and contact between runners and volunteers, cups **WILL NOT** be handed out on the 10-mile course. Small water bottles will be on aid station tables on miles 3, 6, and 8 of the 10-mile course. Slow as needed to pick up the water, but avoid stopping directly in front of the table in order to minimize congestion. Please get your empty bottle close or into a garbage can to avoid littering.

Results

Results will be online at www.mtecresults.com or www.pickleevents.com

Amenities and Awards

Due to the unique nature of this year's event there will be no finisher medal or age group medals.



Post-Race Food

We are still able to offer post-race nutrition with some modifications. To minimize contact points and crowding, we will provide bananas and granola bars. Bottles of water will be out on tables and MidWest Dairy will be giving out milk.

Spectators

To minimize congestion and help maintain safe distancing, we are requesting NO SPECTATORS at the event start/finish area. Spectators should find a spot along the race route to cheer on their runner.

Communication

Please check your race email frequently in the days leading up to the race. The COVID situation remains fluid, and further adjustments may be necessary. We will communicate changes via the race website, email, and Facebook.

Post Race

Bring your family and friends over to Fergus Brewing following the race for breakfast from The Viking!



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