

# Pre-Race Information

We have **updated** the pre-race information for the 2020 edition of the race as we are taking several new safety measures beyond our 'normal' safety measures to protect participants, staff, and volunteers from the COVID-19 virus. These measures are based on recommendations from the CDC, WHO, and Southeast Utah Health Department.

Saturday's races have been limited to 900 participants, and Sundays 1/2 Marathon to 500. **Spaces are still available for Sundays 1/2 Marathon.** Saturday's races are full and registration is closed. Elite runners (both age group and overall) may email to request a spot.

**Cancellation/Defer/Transfer Policies:** Our current cancellation/defer/transfer policies are still in effect (see this section in INFO page). We are currently offering one exception: any participant age 65 or over may request a cancellation with a full refund. This age group is considered high risk for the virus and we encourage/recommend that you hold off from participating this year and take the refund. We will also offer you a 40% discount to next year's race. *If we must cancel the race due to the COVID-19* we will offer all participants the opportunity to defer their entry to either 2021, 2022, or 2023. There will be no fee for deferrals. Those who do not wish to defer may receive a refund of 80% of their entry fee. Please note that we **will do all we can** to hold the race!

**Wave Start Time Sign Up:** We have changed the wave start times to assure there is little to no congestion at the start and finish of the race and allow for proper social distancing. **You need to sign up for your new wave!** Here is the link and instructions:

- 1) Click the "Manage Registrations" tab on the [imAthlete.com](https://www.imathlete.com) website, or simply click this link:  
[https://www.imathlete.com/#/legacy?url=%2Fevents%2Feditreg%2Feditreg\\_editregistration.aspx](https://www.imathlete.com/#/legacy?url=%2Fevents%2Feditreg%2Feditreg_editregistration.aspx)
- 2) Enter the confirmation code which can be found on the email receipt that you received from imAthlete when you registered. If you no longer have that email, you can request that your email be resent by entering your email address at the link in step-1 (above)
- 3) Locate the "**EDIT: alter your registration details**" option and click the "GO" button
- 4) Select your preferred start wave option. Waves are limited to 25 entrants. Once a wave has filled, that option is no longer available. If you plan to run with a family member, please make sure you both select the same start wave.
- 5) Scroll to the bottom of the page and read & agree to the COVID-19 Waiver.
- 6) Click the Save button

Wave sign up is 'first come first serve'. The new wave start times are listed on the website under INFO/wave start times. Waves start as early as 7am and as late as 3pm!

Elite Wave for Marathoners: must be in the Saturday 8am (men) and 8:10am (women) wave to be eligible for prize money. Please email request for assignment in these waves. All prize money spots will be determined by gun time from these waves, but non-prize money finishers in this wave will be eligible for age group awards based on chip time. **The results for all other waves will be based on 'chip time'.**

We ask your cooperation in saving the earlier start times for the slower runners who will need the full time within the cutoff's to finish the race and also for those who need to finish early so they may travel for work, etc. If you can, please sign up for a 'later' wave. (Yes, I know many of you are psyched to sleep in!) Thank you for your cooperation and understanding of these new wave start times.

**No Packet Pickup this year!** Instead *we will be mailing out your bib number.* Please update your address on the IMathlete website so that you indeed receive your bib number! Your bib will have your timing chip on it. Do not destroy it and do not loose it! Do not give it to someone else. If someone else finishes with your bib we will ban you and them from future races and may prosecute for impersonation. (Honestly, it's for your safety!)

**Directions To The Start:** The easiest way is to turn West on Kane Creek Road from Main Street Moab, which is located on the south side of town between the Mc Donald's and Burger King. Follow Kane Creek Road into the canyon along the

river for about 3 miles. The start/finish area is at Pritchett Canyon/Kane Creek Parking Lot where the pavement turns to dirt. Parking is just before this on the right and is signed with "Event Parking" signs. You may also take 500 West to Kane Creek Road if you are coming from the North side of town.

**Friday Troubleshooting Booth and 5k Start:** If there are any last minute questions, problems, or requests that cannot be taken care of ahead of time, via email, we will be at the Finish Area at Kane Creek Parking lot on Friday Nov. 6<sup>th</sup> from 1:30 to 5pm. Note that you cannot pick up your t-shirt at this time (you'll get it after you finish). Please respect social distancing regulations and you **must wear a mask**.

**We will hold several waves of the 5k on Friday afternoon!** If you are signed up to run the 5k on Friday please follow the "start instructions" (see below) and 5kers will start at the Kane Creek Parking Lot, not the Pritchett Canyon entrance.

**Race Day Parking:** Please park in the designated lots and allow an extra 5-10 min to walk to the start. Parking lots are located on the North (right) side of Kane Creek Road. There will be signs and parking marshals to direct you. Do not park on the side of the road or you will be towed. Please be extra careful when crossing Kane Creek Road. The road is open to vehicles and the last thing we want is an accident before the race even starts....

**Port-o-Potties:** Please try to use the restroom at your hotel or campground prior to arriving at the race. There will be potties available at the start area, finish area and at the 2<sup>nd</sup> and 3<sup>rd</sup> aid station. We will have additional staff on hand to periodically disinfect the potties but we ask that you please wear a mask while using the port-o-pottie and take extra care to prevent spread of droplets that may contain virus. We know the port o potties are necessary but these are our biggest concern with the virus, so please help everyone out!

**Spectators: No spectators this year.** Period. Sorry! Someone may drop you off at the start and pick you up after you finish but, they need to remain in their car in the racer parking area.

**Instructions for the Start:** In effort to prevent spread of COVID-19 we ask that you do not arrive earlier than 15 min prior to your assigned wave start time. Please wait in your car in the parking lot until 15 min before your start time, then walk to the entrance to Pritchett Canyon, where the start line is, with your race bib number pinned on and WEAR A MASK (masks will be provided if you forget yours. **No, you do not have to run in the mask, just wear it before and after**). Please stay at least 6 feet away from all other participants, staff, and volunteers. Show your number and give your name to the staff at the check-in table near the start at the entrance to Pritchett Canyon. At the start table there will be collapsible cups and pre-packaged disinfecting towelettes that you may grab and bring with you during the race (there will be limited disposable cups at the aid stations, bring your own cup or water container). Then you go to the start line and choose a quad to stand in. The start line will have spray chalked quad's (each about 6 feet apart). Do not step on the start mats before your start time. Please stay 20 feet away from the mats until you actually start so that you do not accidentally start your 'chip' before you start yourself. Wait for the announcer to give you the go, then you are on your way. Your race time will from when your chip crosses the start line and finish line.

**Drop Bags:** There are no on-course drop bags. Please use what's there or carry with you everything you need. Please try to wear the outfit you will be running in to the start line so that you do not need a start/finish bag. If the temperature is cold then you may leave your jacket and/or 'start/finish bag' at the "Drop Bag Tarp/Table" located near the start line. Please pre-label your jacket and/or bag and please drop it such that it does not touch or cover other people's stuff. Remember to pick your stuff up after you finish. We are not responsible for any lost or stolen stuff. Volunteers at the aid stations will not be bringing jackets, etc back from the aid stations this year. You will need to carry them with you or dispose of them in the aid station trash cans (please do not abandon them on course!)

**New Start Location for Marathon, ½ Marathon and Kids K:** Those of you who raced in the past 10 years know that the start and finish is normally at the Kane Creek Parking Area. This year the start will be about 300 meters to the southeast, at the **entrance to Pritchett Canyon**. This is to better allow for physical distancing and to avoid the road crossing at the start of the race. **The 5K will still start and finish at the Kane Creek Parking Area.** The finish of all race distances will be at Kane Creek Parking Lot.

**Instructions for Aid Stations:** Aid stations will be stocked with pre-packaged/individually wrapped snacks only (gels, bars, fruit snacks, cookies, chip bags, etc). Please properly dispose of wrappers—in a trash can or put in your pocket until you come to the next trash can. Person to person contact will be limited: the volunteers (in gloves) will fill up your cup or water container with a gallon jug. Sports drink/electrolyte drink will be available in the 5 gallon jugs. Please allow the volunteer to push the button to fill your cup or water container. Please plan for possibly having to wait a few seconds for the volunteers to help you. With the reduced number of runners and waves so far apart we expect little delay, but please keep 6 ft distance if there is a wait. If you need to stop and rest at the aid station please put on your mask! You will be given disinfecting wipes before the start and we recommend that you use one after the aid station to disinfect your hands.

**Instructions for the Finish:** At the finish, the finish shoot will be extra long to allow for recovery and to catch your breath. It will be tempting to high five and hug and kiss others at the finish but please restrain. Once you catch your breath you will put on your mask (should be in your pocket) and make your way to the finishers table where you may choose either a finisher mug or medal (let volunteer know which) and your t-shirt (let volunteer know your size) and a snack and water or soda. They will set your stuff on the table and you will grab them and walk straight to your car and leave. This is the worst part of this message. I hate that we cannot mingle and celebrate, eat and drink, and share stories about the race at the finish venue. Let's share stories over social media this year. And next year the finish line will be even more special, when we can (hopefully!) all celebrate together.

**If you start but do not finish; you MUST let us know!** Otherwise we will assume you are lost out there and send Search and Rescue to find you; and you will be billed. Please tell race personnel and/or call Danelle at 970-389-4838 (leave message). Thank you!

**Instructions Summary: for those of you who don't read the full page**

- 1. You need to use the link above (paragraph 4) to sign up for a new wave start time.**
- 2. No packet pickup, bib numbers will be mailed.**
- 3. Stay in your car in the participant parking lot until 15 min before your designated start time.**
- 4. Wear mask before and after race, and at aid stations if you stop to rest.**
- 5. Check in at Pritchett Canyon start line 5-10 minutes before your start time, stand in one of the 'quads' at the start line and go when the announcer says "go".**
- 6. Minimize person to person contact and minimize surface contact at aid stations.**
- 7. After you finish, grab your 'finish items' and walk straight to your car.**
- 8. No spectators this year.**

**Happy Training, Stay Healthy and See you (in a mask) in November! Call or email with questions:**  
[director@moabtrailmarathon.com](mailto:director@moabtrailmarathon.com) or 970-389-4838.