

**SCHEELS**

# Healthy Human Race



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## Participant Guide

**Scheels** Healthy Human Race

**August 22 2020**

*Volunteers and participants are equally responsible for supporting, implementing, complying with the following regulations for participation in the Scheels Healthy Human Race*

- If you are feeling sick in any way, please stay home and run the event virtually on another day.
- **All runners and volunteers will be masked at all times until their race starts. A t-shirt pulled over you face is not an acceptable mask. As soon as the runner passes the finish line, they will be expected to resume wearing their mask. Please determine a way to carry your mask with you while running. You do not need to wear your mask while you are out running/walking the course.**
- **Social distancing (at least 6') will be strictly enforced.**
- **“Ready to Run” Pledge** - Participants will be required to arrive ready to run as a part of our waiver. The waiver outlines the safety protocols and social distance guidelines that will help ensure a healthy experience for participants and volunteers.
- There will be 2-3 porta potties in the staging area, but we suggest you take care of business prior to leaving your home or accommodations.
- There will be **no spectators** in the start/finish area, inside the track area, at the relay exchange area, or in the staging area. We suggest spectators view the race from their vehicles along the course. Please do not expect to see your runner start or finish their race.
- The 2020 Scheels Healthy Human Race will be run mostly on trails with the exception of the beginning and end when the run will be on very quiet city residential roads for a short distance.
- The courses are not certified for this year (a cost cutting move).

- There will be no shirt exchange.
- There will be no attended bag drop.
- Here will be no aid stations on the 5K course
- The aid on the half marathon course will be water (blue cups) and Gatorade (green cups) set on a table. The runners will serve themselves. Please be careful when you enter into the aid station area and try your best to not knock any cups over. A short distance following the aid station will be a trash receptacle. Please deposit your used cups here.
- Aid will be about every 3 miles. If you feel you will need liquids more frequently, please be prepared to carry additional liquids.
- Runners are **NOT** to park in the parking lot adjacent to the Soldiers Field golf course. Please use other areas around the park and especially across Broadway in the old Kmart parking lot. You may cross at the Broadway stop light into Soldiers Field.
- Please be sure you are familiar with the course. There will be fewer volunteer course marshals. Although we will try to place directional arrows at strategic points, your familiarity will be essential.

### **Virtual Runners/Walkers**

- You must register for your virtual race by August 18<sup>th</sup>.
- Please complete your virtual run/walk by September 30<sup>th</sup>.
- Packet pick up will be Thursday, August 20, from 3:00 – 7:00 PM and Friday, August 21, from 3:00 -7:00 PM.

### **Relay Teams**

- There will be no shuttle bus provided for the relay runners. You will be responsible for securing your own transportation to and from the relay exchange point along 20<sup>th</sup> St SE.
- Please pay special attention to any parking restrictions along 20<sup>th</sup> St SE. You may park in the soccer parking lot on the north side of the street, about 800 yards from the exchange point.
- The exchange point will be in the area where the trail intersects the 20<sup>th</sup> St SE sidewalk, approximately 6.5 miles from the start.
- At the end of your leg, you will be given a swag bag with your medal and refreshments, including water. If you need more than one bottle of water at your finish, please plan to bring your own or leaving it in the exchange vehicle.

## Packet Pick-up for all events – live and virtual near Scheels in Starbucks parking lot

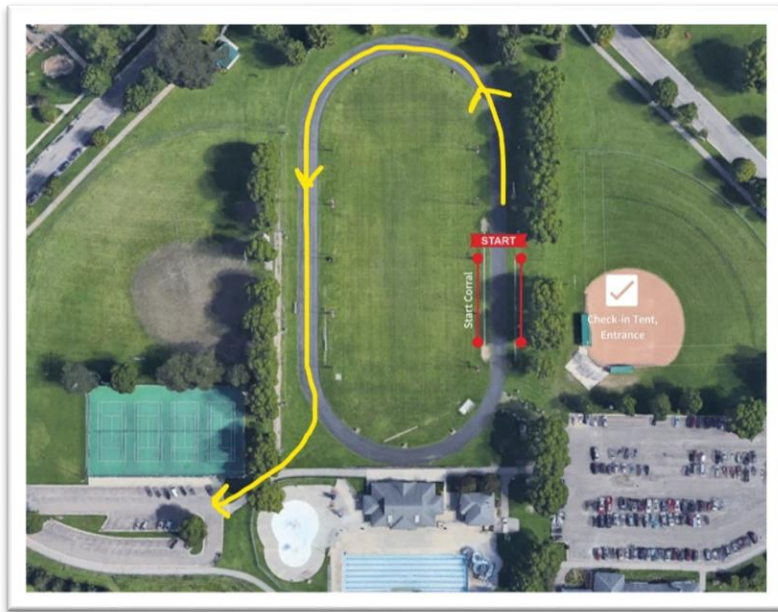


- Packet pick up will be drive through in the area of the red square in the Starbucks parking lot across from Scheels.
- **Times for packet pick up will be Thursday, August 20 from 3:00 – 7:00 PM and Friday, August 21 from 3:00 -7:00 PM**
- If you are from the area, please pick up your packet on these days. We want to avoid crowding in the staging area on Saturday morning.
- There will be packet pick up Saturday morning for out of town runners in the staging area.
- Please follow the cones around in a horseshoe fashion.
- As a volunteer will approach your vehicle, please tell them your name and event.
- You will be given a bag with your t-shirt, bib, pins, and Scheels coupon.
- You may pick up the packet for a friend or family member. Please be sure to have their permission and communicate this to that person(s). If you might put that person's name on a piece of paper along with your name and contact information, that would help us in the event there are any questions.
- Note your starting corral time indicated on your bib.

## Start Protocol on the Soldiers Field Track

- Runners will be managed in start corrals.
- You must enter masked and socially distance at all times in the corrals.
- The start will be accessible via a checkpoint entrance. Here we will check to make sure you are masked, in the proper corral, and take your temperature.
- An identifiable mark or identification will be used to identify corral participants and start times. Participants without the colored dots for the correct corral will be instructed to leave the site until their corral is called.
- There will be no more than 25 runners per start corral and all will be socially distanced by at least 6'
- Waves will be 10 minutes apart. 2-3 runners in each corral will start followed by 2-3 more runners spaced about 20 second back. The corral will advance to the front until all runners have started.

- Runners are asked not to arrive more than 10 minutes prior to the start of their corral.
- Please wait in the staging area until your corral is called. Once called, please take a position inside the corral. You will load from the back of the corral.
- Once the runner has been released from the start corral, they will be able to race at their own pace, furthering the ability for social distancing. You may remove your masks as soon as you cross the start line.
- We encourage you to hang on to your mask, as you will need to place it back on as soon as you cross the finish line. Tuck it in your shorts, put it around your arm; if a buff, bring it down around your neck, etc. T-shirts are NOT acceptable face coverings.



**Wave Plan**

2 separate start blocks, limit of 25 people

**First block**

- Half marathons and half marathon relay participants. Waves will be 10 min apart, starting at 6:20 AM

**Second block**

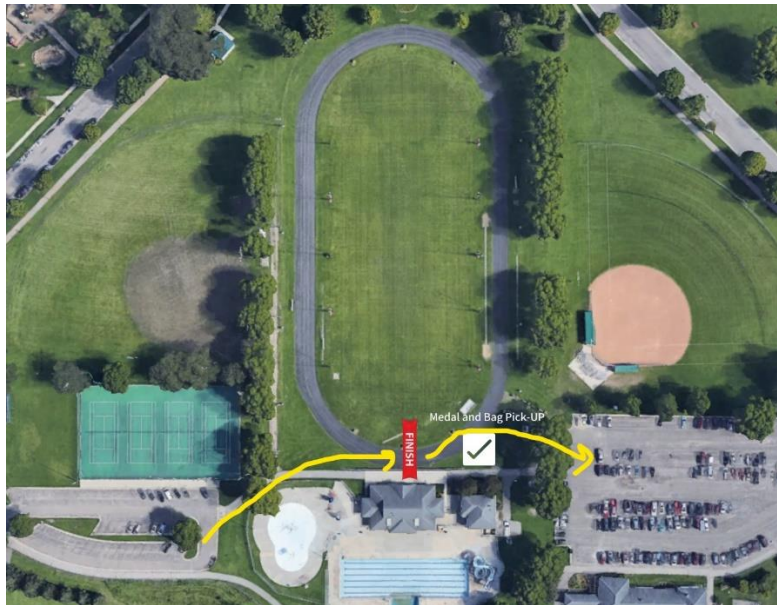
- 5k participants. Waves will be 10 min apart, starting at 8:00 AM

**Start Sequence**

- Participants will be directed from the various parking areas to the corral checkpoint tent
- Temperature, mask, race bib, and wrist band checks will occur at corral checkpoint
- Participants move to start chute, occupying one of the 25 markers spaced 6 feet apart
- Once wave begins, participants in chute advance to next chalk dot
- Runners begin their race as they reach the start line and timing mats
- See Start Corral Layout for more detail

## Finish Line & Results

- All post-race items will be bagged in advance, along with the respective medal.
- After runners cross the finish line, they will be given a bag with packaged food and their respective medal. Please strictly follow the orange coned exit path indicated on the map below back to their vehicle and exit the park immediately.
- This path will be monitored by volunteers and marked with signs.
- Please no lingering in the area.
- No spectators will be allowed in the start/finish area
- Race Course closes at 11 AM



Have a great race and please run safely and stay healthy. You are making history with the Scheels Healthy Human Race being the first live race in Rochester this summer and running COVID safe.

Events all over the upper Midwest will be looking at the HHR to glean ways to run their own events safely and successfully. You are an important and vital member of this race and we greatly appreciate your willingness to abide by our COVID requirements.

**THANK YOU!!!**