

DON'T GET LOST IN THE WOODS 2020

RACE NOTICE

DATES AND START TIMES

Distance	Date	Staggered Start Times
5K	Friday September 11, 2020	5:30pm to 7:00pm
10K	Saturday September 12, 2020	9:00am to 4:00pm
21K	Sunday September 13, 2020	9:00 am to noon

During the race registration, you will be allowed to enter a preferred start time and we will do our best to accommodate you.

If you are part of a running group cohort and running the same distance, you will have the option to start at the same time.

RACE REGISTRATION

Opens on August 11, 2020 and closes on August 28, 2020 ~ Zone4.ca (search DGLW)

Due to the administrative work required to organize start times we will not accept any cancellations, distance changes, or race day registrations.

RACE FEES

Adults \$40
Youth \$20
Seniors \$30

CUSTOM DGLW 2020 RACE SHIRTS

We know you love our custom designed t-shirts and we will not disappoint this year. They are free with all 21K race registrations and also available for purchase during race registration.

RACE PACKAGE

Race packages will be available for on race day at the Wapiti Nordic near the Steve Cooper Lodge. Only touch your bag. Included in the bag will be your bib, finishing medal, and a shirt if applicable.

TIMING

Self timing this year (let's be honest this hasn't been our strong point anyway. Kick butt t-shirts yes, timing ... mmm not so much). The clock will be set up in the timing tower. You are welcome to use your own devices too. Times will be texted to 780-832-8626 along with your name no later than midnight on your race day.

AWARDS

Ribbons (not medals ~because they fit in an envelope better) will be mailed to the top finishers in each category.

COVID 19 TRAIL ETIQUETTE

Do not come if you show any signs or symptoms as identified by Alberta Health Services to be possibly linked to Covid 19 that may include, a shortness of breath, a fever, difficulty breathing, sore throat, coughing, or a runny nose. Or if you have travelled outside of Canada in the last 14 days or have been identified as a person who should be self-isolate.

Use the **Hand Sanitizer** provided.

Staggered race times are designed to make sure we do not exceed our allowed number of participants at the event. Please start on time.

Maintain a **Minimum of 6 feet** from any other racers or trail users at all times.

STAY TO THE RIGHT of the trail at all times. **PASSERS do so on the LEFT** ~ they also need to call out "passing on your left". Maintain 6 feet distance from everyone at all times.

There is absolutely **NO PASSING ON THE SINGLE TRAILS**. There is very little single track trail, mostly around "water features". You need to wait until the wide trails before passing.

FACILITIES

Hand sanitizing stations will be available.

Washrooms are outhouses equipped with hand sanitizers. There are three washroom locations

1. Beside the Steve Cooper Lodge which is the start and finish of all race courses (21K runners are near it after the first 5 K – but if you do go slightly off course to use it, make sure you go back to where you left the course or you will miss some of the course)
2. Near the old chalet (for the 10K and 21 K Runners)
3. Just after Antler Junction (it is on your right near an intersection)

Self Managed Water Stations this year due to Covid 19 health and safety. Please bring your own water bottles, have them clearly marked, and plan accordingly.

Steve Cooper Lodge which is the start and finish is a good place to leave a water bottle. This is good too for the 21K racers, who pass it at about the 5k mark as well

Old Chalet for the 21K and 10K racers is a good spot to leave a water bottle on your way to the race. Directions on how to access it quickly follow:

1. When driving south on Hwy 40 and you turn right at TWP Rd 704A, there is an immediate T. You normally go left to go to the Main Wapiti Nordic trail entrance and Steve Cooper Lodge.
2. Go right instead at the T and drive to the end of the little dirt road. There is a trail head which is also called our dog trails. Before leaving your car notice which way is North.
3. Once you walk into the gate and onto the trails, if you turn to face North, there is a trail in front of you (North), one to your left (West), one behind you (South), and one that is South West at about 7 o'clock. Take the SW – 7o'clock trail up the little hill and there is the old lodge. We recommend leaving your water bottle on the deck 6 feet from anyone else's.

Pets and Strollers are NOT permitted on the race course for safety reasons.

COVID 19 RACE ORGANIZER DATA COLLECTION

Current Restrictions (per alberta.ca ~ August 10, 2020)

- Maximum 100 people at outdoor events
- Wear a mask if 6 foot distancing is not available

High Risk Activities

- sharing food, drinks or utensils
- sharing equipment
- close-range conversations

- direct physical contact or touch with people outside of your household

Activities Not Permitted

- gatherings larger than permitted
- major festivals and concerts, large conferences, trade shows and events
- major sporting events and tournaments
- vocal concerts
- amusement parks
- indoor children's play places
- nightclubs