



HARDWOOD SERIES TRAIL RUNNING

2021 Trail Running Series

General

We are excited to bring back our trail running series at Hardwood in 2021. The safety of runners, families, volunteers and staff is our top priority. We have structured the races, adhering to local health guidelines, to ensure fun and safe trail running for all. This year our running “challenges” will be presented in a variety of formats.

Key Facts:

- 3 Running challenges: May 15-May 31, August 21, and October 30th.
- Separate registration is required for each event.
- Limited event capacity based on current Health regulations.
- Format is subject to change.
- Course choices: Fun, Cranked, Serious, Gnarly, Radical.
- Minimum age 8 years as of Sept 1, 2021.

COVID Safety:

- Screening - Canatrace screening must be completed prior to arrival.
- Race formats will be determined by Local Health regulations.
- Masks - Masks worn by everyone within 50 m of chalet/start/finish.
- No Touch Process - Online registration only.

COVID Protocols

Our complete COVID Operations policies can be found [here](#).

- Do NOT attend if you have or may have been exposed to COVID-19, are feeling unwell or anyone in your household is feeling unwell.
- All participants, staff and volunteers must complete [Canatrace screening](#) each day prior to arrival.
- Everyone must maintain physical distance. No congregating, spectator or cheering areas. Avoid shaking hands or hugging.
- Masks or face covering must be worn at all times within 50 m of the Chalet and Start/Finish area, except for runners on course. (See Map below for clarity.)
- Do not bring additional family members or invite friends until Health guidelines permit.
- Travel to and from the venue only with members of the same household.

- No dogs or animals permitted. Do NOT leave any animals in the car or parking area.
- Bring your own hand sanitizer and disinfectant wipes for your personal hygiene.
- You must take all garbage home with you.
- Do not share any food or water bottles.

Registration

Registration will be online only via Zone 4. The 2021 Trail Running Series has three separate formats, and a runner may do one or all three offerings. Registration for each of the three formats (Challenge, Time Trial and Halloween Hustle) must be done separately.

Cost:

\$35 (plus hst) per race.

Refunds

Refunds (less admin fee) will be given for any races cancelled as a result of Covid restrictions/shutdowns.

Formats

May 15-31- Individual Trail Running Challenge

- Runners will complete the 3 course challenge (Fun, 2 times around Sprockids and Sidewinder) within the 16 days. Submit your time via the link provided in your confirmation email.
- Runners will be eligible for prizes upon completion of all 3 courses.
- Complete results will be available throughout the challenge on Zone4.ca.

Aug 21- Time Trial 1.5km kids race or 5km or 10km

- The Individual Start format will have 1 runner start every 15 seconds on a closed course.
- Runners start time will be based on "seeding" to avoid passing as much as possible.

Oct 31- Halloween Hustle

- Kids 1.5km start (health guidelines permitting) at 5:30pm (parental participation is encouraged)
- 5km/10km start (health guidelines permitting) at 6pm.
- 10km runners will do 2 laps of the 5km course.
- Costumes are HIGHLY encouraged.
- Headlamps are mandatory.

Course Details

Courses will be a combination of singletrack and double track trails. The course for the August and October events will be closed to day traffic during the race.

Passing

Runners are NOT to closely follow other runners. Runners should not follow within 2m. Passing runners must warn the runners they are approaching before coming within 5m, and call

which side they will pass on. The faster runner must wait for the runner they are approaching to move to one side of the trail. Faster runners must move to the opposite side of the trail to pass the slower runner.

Race Day Process and Check-in

May 15-31 Trail Running Challenge

Runners can complete the challenge during any operating hours. You will need to show your receipt at the ticket booth or main chalet to receive your trail pass.

Runners will record their own time (we suggest using an app such as Strava or Garmin).

August 21 Time Trial Race and October 30 Halloween Hustle

We ask that runners arrive onsite a maximum of 1 hour before your assigned start time and leave the site as soon as possible after you finish (this time can be extended for members of the same household travelling together).

Runners will pick up their bib numbers at the check in desk. Only the individual racing will be permitted into the check in area (Children under 12 can be accompanied by a parent or guardian).

Runners are required to Check-In at start area 2 min prior to their start. You will stage up for your start keeping 2m apart from other runners.

Masks must be worn at all times until 30 seconds to start.

Only starting runners will be allowed into the staging area.

There will be a clear gated entrance into the staging area and clear gated exit after the Finish line to keep runners separated.

Results and Awards

Results will be posted live online and available on your personal device. No paper results will be posted for viewing. There will be no awards ceremony until permitted by Health Regulations.

May Trail Challenge draw prizes will be pulled June 1st. Winners will be contacted at that time.

Draw prizes for the August and October events will be drawn at the beginning of the event and prizes may be collected at the front desk at the end of your race.

Draw prizes are provided by [Salomon](#) and [Lakeside Optometry](#)

Start Marshall (Aug and Oct events)

The start area will corral the runners using tape lines to keep runners 2m from start marshals. Runners will be staged for starts, maintaining 2m distancing. There will be a start grid to keep riders 2m apart during staging.

Finish line/Timing crew

The timing crew are to maintain 2m distance from each other and runners, unless from the same household. Short range radios will be the best form of communication between timing crew.

All timing staff will wear masks and keep 2m distance from runners and other staff.

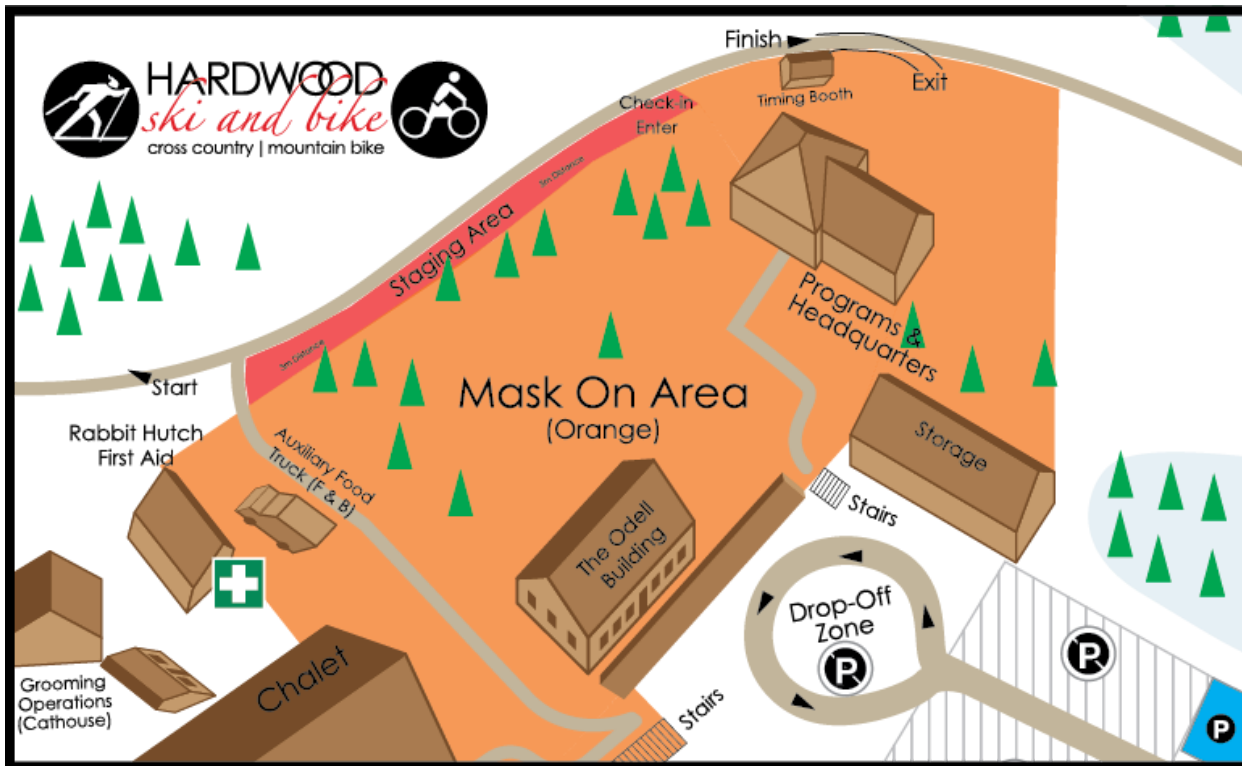
Toilets

Indoor and outdoor toilets will be available and regularly cleaned and sanitized as per Hardwood COVID protocols.

Medical/First Aid

Trained and experienced medical crew will be onsite during peak hours in May and during the events of Aug and Oct. They will have transport onto course when necessary. All medical crew must have proper PPE. Please report to the timing building to report or request First Aid.

Site Map



Retail/Repair Shop

The retail shop will be open during regular operating hours. There are running shoes and running apparel available.

Food Service

Grab 'n' Go items are available in the chalet and the food truck will be open weekends. (hours TBD)

Directions

For directions to Hardwood Ski and Bike please go to [Plan Your Trip](#) or google "Hardwood Ski and Bike."

For more information call or visit our website.

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HardwoodSkiandBike.ca

