

#### 2021Halloween Hustle Oct 30, 2021

#### **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 <u>Canatrace screening</u> each day prior to arrival.
- Masks or face covering must be worn at all times if you are in the registration area, within 2m of someone from not within your own household or inside a building.
- Travel to and from the venue only with members of the same household.
- 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: 4:30pm-5:30pm: masks must be worn in registration area

- Registration will be open by 4:30pm. Day of registration will be permitted until 5:30 only.
- Upon arrival, please proceed to the event tents to pick up your bib number and present your covid screening.

#### Cost:

\$35 (plus hst) per race. \$20 for the 1.5km kids race.

#### **Format**

# Oct 30, 2021 Mass Start (unless otherwise dictated by Health Unit protocols)

- Racers will line up at the start line 2 minutes prior to race time.
- 1.5km Kids race 5:30 pm (headlamps or/and parent accompaniment required)
- 5/10km race 6pm (headlamps required)
- Costume Contest will be judged at the Start line



#### **Course Details**

Course will be a combination of singletrack and double track trails. The course will be closed to day traffic during the race. Course will be marked with PINK signs.

The 1.5km course will be the Little Pushers

## **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.

#### Start

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.

Only starting runners will be allowed into the staging area.

## 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 if in the timing building and keep 2m distance from runners and other staff.

Runners who do not complete the race MUST report into the timing building.

#### **Results and Awards**

Results will be posted live online and available on your personal device. No paper results will be posted for viewing. Podium awards will be at **8:30** (fire pits and sponsors will be on site). Masks must be worn on the podium and if gathering.

Draw prizes are provided by <u>Salomon</u> and Lakeside Optometry.



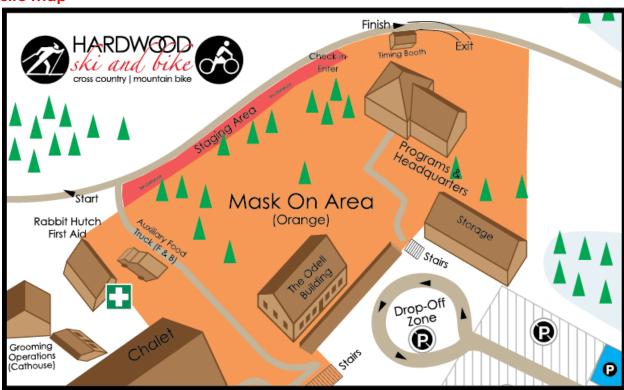
## **Toilets**

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.

## **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













