

Le Grizz 2020 Covid-19 Guidelines

Due to the distanced nature of long-distance running we have decided that it is feasible for Le Grizz 2020 to happen. Due to the pandemic, though, we are asking runners to come to the event alone, if possible. We have a small, vulnerable community and we hope that you understand that it is a privilege to participate in Le Grizz and doing so with the least amount of impact to the community is our request.

Le Grizz 2020 is going to look different this year...

SIMPLY PUT: WEAR FACE COVERINGS AND STAY 6 FT APART

We ask that anyone not willing to follow our guidelines to please stay home.
*****All participants will be expected to adhere to government guidelines as well, even if 14-day quarantine for cross state travel is required at the time of race*****
*****Everything is subject to change at any time along with event cancellation*****

*****BEAR SPRAY IS HIGHLY RECOMMENDED THIS YEAR*****

Pre-Travel

If anyone has any COVID-19 related symptoms please stay home: fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea.

(<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>). Please .

Pre and Post Race in and around Polebridge Mercantile and townsite

- Face coverings required and maintain 6 feet as much as possible

Packet Pick-up PM/RACEDAY (at Supplies Shop/Start/finish line this year)

- RUNNERS ONLY PLEASE. Only ONE person to packet pickup to avoid *any chance* of spreading the virus. Please allow extra time and bring extra patience with you as this process may take longer than normal in order to do it safely. Face coverings required. 6 feet dots will indicate how to wait in line, just like a grocery store.

Start Line

- Participants must wear face coverings until 6ft distance is possible. Runners will gather in alphabetical heats at the start line and “start” every 15 seconds. Most likely: Early Birds = 2 heats, Ultra = 4 heats, Relay = 2

Race Time

- Wear face covering if 6ft distance isn't possible and be mindful of other runners and regular traffic.

Aid Stations

- Runners must sanitize hands before entering AS
- Runners must wear face covering in AS
- Runners will order food and drink one-at-a-time from the hanging menu
- AS will offer prepackaged nutrition like chips, gummies, crackers and cookies and hydration like flat coke, ginger ale, HEED, water, coffee
- AS volunteers will handle goods, runners will handle personal water vessels
- Runners will throw food waste in provided garbage cans
- *Because we've never ran an Aid Station during a pandemic you can expect that there is a possibility for them to function slower than normal*
- AS volunteers will be adhering to special guidelines to protect themselves and runners (e.g. regular disinfecting of surfaces, social distancing, face coverings, etc.)

Finish Line

- All runners wear face covering after crossing the finish line so you can receive your finishing award(s).
- Chicken and Jojo's will be prepackaged and awaiting your finish. Look for the FEED TABLE. Picnic tables will be spread out in the Merc lawn for safely spaced enjoyment. Firepits will be fired up. Please take turns heating up and stay distanced from eachother. **Awards will be given at Finish Line at 4pm like usual, but please MAINTAIN SAFE DISTANCE.**

Notes on face coverings:

From the CDC: “CDC recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain, such as grocery stores, pharmacies, and gas stations.” [Click here for the CDC information on cloth face coverings.](#)

Research studies have found that the primary method of SARS-CoV-2 transmission is most efficiently via mouth droplets and should be compared to the effectiveness of cigarette smoke.

Please bring a supply of face coverings! Buffs are no longer recommended as effective PPE.