

Dirty Spokes Harbins Park 10K/5K Trail Run!
Presented by Chateau Elan
September 26th, 2020
Confirmation
TIME TRIAL FORMAT PLEASE READ ALL INFORMATION!

I have put together some information below to help your overall race day experience go smooth!

Runners... Per Gwinnett County Parks and Rec we've had to make some changes to our Race Day Protocol:

PLEASE ADHERE TO ALL RACE DAY PROTOCOLS

1. Race Day Registration / Packet Pick Up from 6:30-8:00 a.m. We will have Cones Set out for Social Distancing at Packet Pick Up... You **MUST WEAR A MASK** when **NOT** Running! (NO MORE THAN 50 PEOPLE CAN BE IN THE REGISTRATION PAVILION AT A TIME). Please Use the Grassy Field to Stand (6' Socially Distanced) Prior to Racing or Wait at Your Car (Unless You are Warming Up... **JUST PLEASE DON'T CONGREGATE**).

2. We will **NOT** be doing a Mass Start or Our Corral Wave Starts. There will **NOT** be a Gathering at the Start / Finish Area (I will **NOT** be making Race Day Announcements at the Starting Line... These are Your Announcements)

3. We will be doing an "Open Time Trial Format"... You Can Start the Race **ANYTIME** Between 8:00 a.m. and 9:00 a.m. (We will **NOT** have anymore than 10 People Starting at a Time). If you walk to the Starting Line and there are People there Please Wait Until they Clear Out then You can Start Immediately Afterwards.

4. Please do **NOT** walk near the Starting Mat Until You are Ready to Start

5. We will **NOT** be doing an Official Awards Ceremony. We will be Posting Race Results On-Line Starting at 9:00 a.m.

6. We will "Individually" Hand Out 5K Awards Starting at 9:30 a.m. (If you are Top 3 in your Age Category you can come to the table and Pick Up Your Award). Cones will be placed outside the tables to maintain social distancing, and face coverings will be required.

7. We will "Individually" Hand Out 10K Awards Starting at 10:00 a.m. (If you are Top 3 in your Age Category you can come to the table and Pick Up Your Award). Cones will be placed outside the tables to maintain social distancing, and face coverings will be required.

8. Post Race we've been asked that you do **NOT** hang around (Unless You Qualify for a Medal in your Age Category... Top 3... If that Applies to you See Above)

9. There will be no food or water on course or at the start / finish area to discourage social gathering and hand to hand contact

10. Race Course will be **CLEARLY** marked. All Participants will follow **GREEN** Signage

until the Course Split at 1.10 Miles (After that 10K Continues to Follow ALL GREEN SIGNAGE and 5K Turns Hard Right and will follow PINK Signage until the 2 Courses Merge Back Together)!

10K Course will start on the asphalt paved trail for 3/4 mile then turn left onto the dirt trail (entire dirt trail is double track – about 4–5 feet wide and a very smooth running surface – minimal roots and rocks), mile 2.75 cross small bridge then back and forth up the hill at mile 3.30 you will start back down. Water Station will be at mile 3.65. When you get to mile 5.50 turn left onto asphalt trail then immediately after that turn left again onto main asphalt trail back to the start/finish line (6.17 miles). This course will be run in a clockwise direction (we will start and finish at the covered pavilion down from the restrooms. If you have ever debated about trying a trail race this one is a great starter! Course surface is very smooth... The course is beautiful and offers something for every runner truly wishing to "ditch the city".

5K Course will start on the asphalt paved trail for 3/4 mile then turn left onto the dirt trail (entire dirt trail is double track – about 4–5 feet wide and a very smooth running surface – minimal roots and rocks), mile 1.10 turn hard right (10K/5K Course Split). Stay on this trail and at 2.25 miles you will turn hard right (merging back in with the 10K course). When you get to mile 2.45 turn left onto asphalt trail then immediately after that turn left again onto main asphalt trail back to the start/finish line (3.07 miles). This course will be run in a clockwise direction (we will start and finish at the covered pavilion down from the restrooms. If you have ever debated about trying a trail race this one is a great starter! Course surface is very smooth... The course is beautiful and offers something for every runner truly wishing to "ditch the city".

11.WE 100% APPRECIATE EACH OF YOU! THANK YOU FOR FOLLOWING THE UPDATED GUIDELINES WHICH WILL ALLOW US TO RUN

All Participants MUST Wear Face Masks to Packet Pick Up (You Do Not Have to Wear them During the Race or while warming up for the race... as Executive Orders do Not Require Individuals Exercising Outdoors and Practicing Social Distancing to Wear Them... That Will Be Up to You). You MUST Also Wear Face Masks if You are Hanging Around Post Race.

Please Remember we will NOT Have Water, Gatorade or ANY Type of Nutrition at the Dirty Spokes Harbins Park 10K/5K Trail Running Race (Please Be Prepared with Some Type of Hydration System). You Must be Self Supportive Before, During and After the Race Due to the Coronavirus (we are trying to minimize all personal contact with runners and volunteers).

We will be posting preliminary results on our [web-site](#) (front page of site next to Harbins Park Trail Run Link) starting at 9:00 a.m. and every 10 minutes with updated preliminary results throughout the morning (you will be able to view updated results on your smart phones)! To keep everyone socially distanced we will not have a table set up with preliminary results (you can view them on your phones). We WILL NOT Mail Awards (you must pick them up on race day OR we will bring them to the next race and you can pick up there).