

SEASHORE STRIDER RACE GUIDE

HOWL-O-WEEN 5K RUN/WALK

October 24, 2020

On behalf of the Seashore Striders, I welcome you to RIDGELY, MD and the 2ND HOWL-O-WEEN 5K RUN/WALK. There have been many changes in the past year with this event, but we are happy to be able to still host the event for you. We are happy to announce that the race will be on the same course as the 2019 race. We hope you enjoy a safe race and we hope to be able to get back to normal “racing” in the 2021 event....Race Director Tim- Seashore Striders

RACE INFO PAGE- <https://www.seashorestriders.com/race-schedule/2nd-annual-howl-o-ween-live-5k-run-walk>

RUNSIGNUP REG PAGE-
<https://runsignup.com/Race/MD/Ridgely/2ndannualHOWLOWEEN5kRunWalk>

RACE LOCATION...Where: Martin Sutton Memorial Park, Ridgely, MD

PRE-RACE PACKET PICK-UP

PRE-RACE PACKET PICKUP SATURDAY, OCT. 24th at the race location located at the pavilion beginning at 8 am. Please do not arrive before 8 am.

PARKING: There is plenty of parking at the park. When you arrive in the parking lot please park and social distance during your warm-up with your mask on.

Race-Day Event Schedule: Saturday, October 24th, 2020

- **No Race-Day Registration**

8:00 a.m.– Pick-up packets which will be located at the Pavilion on the eastside of the park.

9:00 a.m. – Start of 5k Run Rolling Start” based on mile pace...sub 7, 7–8, 8–9, 9–10... We will be lining up at the start with masks on in 20 rows of 3...position yourself based on your predicted pace. (for example, if you plan to run at a 6 minute pace (18:45 5k) then you should be near the front, but if you plan to run at a 12 minute pace (38:00 5k) then you should be near the rear)

No Post-Race Celebration or Awards Ceremony...

Race details:

- **5K run/walk... Overall, Masters, top 3 in 10 year age groups from 13U to 70+...awards to the top 3 finishers**

RACE COURSE LINK...

The link to view your saved route is:

<http://legacy.usatf.org/routes/view.asp?rID=608856>

Race Timing...Due to Covid19 we will be using a “rolling start” based on your expected pace. With that said, this race will be scored by only CHIP TIME. This is a change in the Seashore Strider normal procedure of Overall by “Gun” and we feel that because of the start procedure it is the only way to fairly score the event. This means that following the 9 am start, your scored time will not begin until you cross the starting line which will be your CHIP Time. Your CHIP Time will be what we use for Overall, Master & age group placement.

COVID19 GUIDELINES

1. **Masks**...must be worn at all times both pre-race and post-race when you are on the race site. You are able to run/walk without a mask when you are on the course. Please do not take off your mask until you cross the starting line. Once you catch your breath at the finish, please put your mask back on.

2. **Keep 6 feet apart...**During pre and post-race, please keep distance between you and others unless you live in the same household. Areas to be especially aware of this: Porta Potty Lines; Check In Lines.
3. **If you feel sick,** please STAY HOME. We ask you do not come to the event if you are not feeling well or have been around someone who has recently tested positive for COVID-19.
4. **Run on the RIGHT...**Pass on the LEFT. Make sure you run on the right side of the road, and when you pass someone, only pass on the left. Please yell out you are passing so runners in front of you are aware, and try to maintain 6 feet distance when passing.
5. **No spitting or nose rockets...**Please do not spit or blow a nose rocket. No need to explain this more
6. **Listen to volunteers...**They are here to help us have a safe and fun race. Without them we would not be able to have this event. If they ask you to do something, please respect what they ask.

Changes from a “normal race”

1. **No day of registration...**Races are limited and once it sells out the only option will be virtual.
2. **At Last Chance Check in...**Please leave space between you and the person in front of you at check in. The volunteer will hand you your race packet which includes your safety pins. We are encouraging participants to pick up their packet on race day between 8-8:40 am.
3. **Start of the race...**This will be a rolling start. Please do not line up at the starting line. Keep your distance. The race director will line you up at the start of the race based on your pace per mile.
4. **Water on the course...**There will be a water table on the course that you can potentially hit during the course. It will look different as volunteers(with gloves & masks) will have no contact with the runners. On the table will be bottled water with caps removed with space between them so the participants can easily serve themselves as they run past. There will be water bottles at the finish line as well and you can serve yourself when you get to the end of the chute.
 1. **H2O1- On 5k course midway**
 2. **H2O2- 0.0, 3.1m...Start & Finish area**
5. **Portable Toilets at park...**There will be portable toilets at the park.
6. **Finish line...**When you come through the finish line please do not stop. Head all the way out of the chute. We do not want the runners behind you to run into you.

7. **Post-Race Snacks...**There will be some snacks & water (bananas & granola bars) when you finish the race on a table by the pavilion. You may help yourself before heading to your car. There will not be a large post-race party & gathering.
8. **Awards...**There will not be computer kiosks to check your time. You can use your phone to check results at www.seashorestriders.com/results or when you get home you can check on your computer.
9. **Awards Ceremony...**There will not be an awards ceremony. There will be an awards table. If you check your results and determine you placed in your age group and you are still at the park, you can head over to the table once the RD makes an announcement to claim your award. This is not guaranteed that awards will be ready as soon as the race is over, but if they are we do not have a problem with you picking up your award.
10. **Post Award Pick-up...**If you do not pick up your award at the race, you will be able to arrange a pickup in the Ridgely/Denton area or we will mail them out to you.