Trail Running Series Protocol

Event Description: The Vail Recreation District’s Vail Trail Running Series is longest operating trail running series in the State of Colorado at 24 years. The race series provides runners of all levels the opportunity to compete in the outdoor element while under a controlled environment

Phase 1: May | gatherings of 0-10 people
No racing events

Phase 2: June | gatherings of up to 50 people

Signage and Communication
- CDC and Eagle County Health Department recommended signage and additional Trail Running specific signage will be strategically placed around race venues reminding participants and spectators of social distancing and other requirements.
- CDC and Eagle County Health Department requirements such as social distancing and wearing masks will be included in pre-race emails to participants, posted online and included in registration confirmation emails.
- Racers agree to NOT attend if they have any symptoms or exposure risks as listed by the CDC guidelines.
- At-risk populations will be discouraged from participating via online and email communications.
- If racers cannot participate due to illness or exposure to illness, registration fees will be credited to their account to be used for another race without penalty.
- Race rules will be updated to include all existing state and local public health orders.
- Races will only be advertised or promoted to residents and employees in Eagle County.
- Racers will be met by a VRD staff member as they arrive at the race venue and asked recommended health questions regarding COIVD-19 symptoms or recent exposure to someone with symptoms.

Registration Procedures
- Online registration will be strongly encouraged. With limited participation numbers, day-of registration may not be available.
- If day-of registration is an option, only credit cards will be accepted via a no-touch mobile reader. No cash transactions will take place.
- Pre-race bib pick up options will be offered the day prior to each race to reduce density at race day registration.
• Race day bib pick up and registration will begin an hour and a half prior to each race to give participants more time to register.
• Standing areas will be designated at six-foot intervals for participants waiting to register.
• Hand sanitation stations will be provided at race registration.
• High-touch areas will be sanitized after each use.
• Staff will be required to wear face masks and gloves.
• Participants will be required to wear face masks when registering.
• Racers required to agree/sign an acknowledgement that they will not participate when sick, adhere to all social distancing rules and will be required to leave with no refund if they fail to do so.

Pre/Post-Race Staff Protocol
• No more than two VRD employees will ride together in a vehicle at any time and will be required to wear a mask and gloves at all times when in the vehicle.
• Driver will wipe down high touch areas (steering wheel, door handles, gear shift, temperature controls, radio, mirrors, etc) of vehicles after each use.
• Hand sanitizer and cleaning supplies will be available in every VRD vehicle at all times.
• Each employee will have their own hammer to use during course marking operations.
• Employees will be required to work six feet apart, wear a face mask and wash/sanitize hands frequently will setting up and tearing down race.
• Staff and volunteers required on-course will hike or bike to their location whenever possible. When not possible, the above protocols will apply.
• Staff will be assigned their own race radio and will be required to sanitize it after each use.
• All staff will be constantly monitored to ensure proper enforcement of these guidelines. If at any time a staff member feels that he/she is unable to perform their duties for any reason including flu-like symptoms, then that staff member will be sent home immediately.

Race Day Protocol
• Race entries limited to 40 people start time and 10 staff members.
• Spectating will be discouraged.
• Races will take place with distinct start times/waves to ensure no more than 50 people are in the area at the same time.
• Start times/waves will be reviewed and expanded to allow for six feet of distance between racers.
• Starting positions will be designated with field paint, tape or some other method to ensure six feet of distance between competitors.
• A staff member will be assigned to monitor parking areas before and after races to discourage gathering.
• The largest available parking areas for each race will be identified and participants directed to ride their bikes to the start. Multiple parking locations may be used to spread out participants and discourage gathering. Example:
  o Last Names starting with A-G will be directed to “location A”
  o Last Names starting with H-O will be directed to “location B”
  o Last Names starting with P-Z will be directed to “location C”
• Racers will be told to leave the venue immediately after finishing their race.
• Races will NOT include an after party or award ceremony.
• Names of raffle winners will be drawn during the race and posted. Winners can pick up prizes upon completion of race before exiting venue.
• Results will be posted online. Top three finishers in each category will be announced and awards will be mailed.
• No cups will be provided on race day. Participants will be advised via race communications to be self sufficient
• Aid Station(s) on course will be staffed. Water coolers will be available with staff member disinfecting after each use
• Individually wrapped food items (energy bars/gels) may be available at the finish line. Sanitized prior to race
• Courses will be modified to lengthen the distance of road sections at beginning of the race to allow for safe distance passing prior to single track sections
• T-Shirts-Race Participation Gift
  • A race detail email will be sent prior to each race that includes tshirt information. Participant can deduce their correct tshirt size by visiting manufacturer website or similar shirt in their wardrobe
  • Participants can retrieve their shirt in the finish area
  • Multiple empty tables will act as a barrier between t-shirts, the staff and the participant
  • Requested tshirt size will be brought to the table for participant to retrieve
Sanitation Practices

- Hand sanitation stations will be provided at races.
- High-touch areas (i.e. aid stations, registration tables, pens) will be sanitized after each use.
- Staff will be required to wear face masks and gloves.
- Participants will be required to wear face masks at registration and start line.
- Spectators will be required to wear masks and be reminded to adhere to social distancing over race PA frequently during the race.
- Restrooms will be temporarily porta-lets and porta-let provider will be required to sanitize it prior to event and provide additional hand sanitizer.

Phase 3: July | gatherings up to 150 people

- All protocols and sanitation procedures listed in Phase 2 still in effect.
- Races will take place with distinct start times/waves to ensure no more than 125 people are in the area at the same time.

Phase 4: TBD | Business as usual