

Kesugi Ridge Traverse
August 29, 2020

COVID-19 MITIGATION PLAN

(Plan is subject to change; any revised versions will be posted on race website)

REGISTRATION

- Kesugi Half Traverse 15-mile event has been canceled for 2020.
- Registration conducted on-line only (no race-day signups).
- Waitlist eliminated for 2020.
- Fewer than 100-person cap admitted (90 registrants accepted, about 75 runners expected).
- Full refunds or deferrals to 2021 will be granted for any reason.

IN ADVANCE OF RACE

- Multiple email communications will share mitigation plan and other race details.
- Racers and volunteers will be instructed to perform self-health checks, including a temperature check. Anyone who has had a temperature higher than 100.4, has had COVID-19 symptoms in 7 days before the race, or has had close contact with anyone sick in the previous 14 days will not be allowed to participate.
- Racers and volunteers must sign a waiver on race morning confirming their good health.
- Volunteers will be trained on COVID-19 sanitation and mitigation.
- Participants traveling from out-of-state must follow state of Alaska and Municipality of Anchorage travel mandates regarding testing and quarantining.

AUG. 29 PRE-RACE

- Official shuttle buses and vehicles have been canceled.
- With limited parking at the start, racers should carpool from Byers Lake to Little Coal Creek and/or be dropped off.
- Parking attendant will ask drivers to drop off racers but not watch the start.
- Racers should arrive no more than 40 minutes before their start.
- For RACERS, face coverings are REQUIRED upon arriving at Little Coal Creek UNTIL THE START.
- For VOLUNTEERS and SPECTATORS, face coverings are required all day (spectators are discouraged from attending).
- Bib pickup is race-day only (not possible Aug. 28); multiple stations will be established with 6 feet of spacing marked by cones if lines form.
- Hand sanitizer and push-pedal hand-washing station with soap will be provided outside public bathrooms.
- Social distancing required by all (except members of the same household).
- Pre-race announcement (with megaphone) 10 minutes before start will remind racers of COVID-19 safety protocols and other info; spread arms out to ensure distancing while gathered.

START FORMAT

Wave 1 at 9 a.m. – all MEN (53 registered)

Wave 2 at 9:30 a.m. – all WOMEN (38 registered)

- Racers should line up based on expected finish time, with fastest runners at the front; spread arms out to ensure distancing while gathered for the start.

DURING RACE

- Face coverings NOT REQUIRED for racers, but must be carried and accessible.
- Racers stay 6 feet apart except while passing.
- Announce passing (“on your left”, “on your right”) and take a wide berth if feasible.
- No aid will be provided; participants must bring all their own food and drink.
- Volunteers at the halfway checkpoint will track runners and enforce time cutoff and otherwise minimize contact with racers.
- Basic First Aid kits available at halfway checkpoint and from sweepers for each race.

FINISH AREA

- Finishers may spend time to recover but should not linger longer than necessary.
- Social distancing required by all (except members of the same household).
- Face coverings REQUIRED for racers, volunteers and spectators except while eating or drinking.
- Spectators discouraged from attending.
- No group food or beverages and no group barbecue allowed.
- Self-serve bag of sustenance available on table (single-serve chips/cookies/snacks/bottled water); otherwise racers should bring own food.
- Canned drinks served by volunteer (no digging through coolers).
- Hand sanitizer will be provided outside public bathrooms and 2 porta-potty tents.
- Push-pedal hand-washing station with soap will be provided.
- No awards ceremony (awards distributed individually by RD).
- No late-night bonfire.
- Limited camping available at finish area on Friday and Saturday nights (participants encouraged to stay elsewhere if possible).

POST-EVENT

- RD will follow up by email with racers and volunteers regarding possible COVID-19 symptoms.
- Anyone who became ill must notify the race director.
- In event of positive COVID-19 test, RD will share contact information (phone numbers and emails) with state health authorities for contact tracing and follow-up.