



Welcome to the Amish Country Running Festival!

All participants must read this guide with new Covid-19 regulations.

IMPORTANT: COVID-19 PROTOCOLS THAT MUST BE FOLLOWED.

IF YOU ARE SICK OR HAVE BEEN EXPOSED TO SOMEONE THAT IS SICK, PLEASE DO NOT COME TO THE RACE! YOUR REGISTRATION WILL BE DEFERRED UPON NOTIFICATION TO TONIA TO A FUTURE RACE.

If you are coming from a state that is currently on the travel ban list by NY State you will not be able to race with us. If this happens, you will be deferred to 2021 unless you notify us that you have been in NY State the required 14 days prior.

Thank you for joining us for this beautiful, challenging event. We hope to make this a memorable day for you. Relax, enjoy the scenery, immerse yourself in the natural surroundings and appreciate the views.

PLEASE DO NOT TAKE PHOTOS OF THE AMISH PEOPLE. You can take photos of farms, animals, etc just please do not aim your camera at our Amish friends. This is per their request and we wish to honor them.

Race Communications:

Mark Wilson - Race Director - 914-466-9214, coachmarkwilson@gmail.com

Tonia Wilson - Administrator - 716-353-1288, tonia@coachmarkwilson.com

Location: East Randolph United Methodist Church, 122 Church Street, Randolph, NY 14772

This is the location of the Start/Finish Line and all activities for the day as well as Packet Pick Up on Friday. (Please note that there is also a Church Street in Randolph, this is the one in EAST RANDOLPH)

We will NOT be utilizing the church building for any activities. All check-in and post race food, will be under the large tent in the parking area. Port-a-johns will be located in the parking area and along the course.

Time:

- Athlete meeting for EACH DISTANCES will take place at the Start/Finish Line beginning at 7:45am.
- Corrals will be spread out within the start chute.
- Please keep socially distanced within the chute. Face masks are recommended in the starting chute but NOT mandatory.
- **YOU DO NOT NEED TO WEAR A FACE MASK WHILE YOU ARE RUNNING!**
- **TIMING WILL BE DONE MANUALLY. NO TIMING CHIPS.**
- **GUN START TIMES. PLEASE SEED YOURSELF WITHIN THE CHUTE.**
- **Race Start Times:** Marathon - 8am, Half Marathon - 8:05am, 10K - 8:10am, 5K - 8:15am,
1 Mile - 8:20am

Packet Pick Up: Packet Pick Up will be available on Friday, September 25th from Noon - 7pm at the race site. Packet Pick Up will consist of Goodie Bags, Give-a-way items, Race Bib, FREE food wrist band and Special Needs Bag (for Marathon participants only). This is not mandatory; you may also pick up your packet on race morning.

Parking: FREE parking will be at the East Randolph Volunteer Fire Company which is at the corner of Church Street and Route 394. Watch for the signs. There is NO athlete parking at the church grounds.

Race Day: Check-in will be located in the large tent in the parking area of the church. Please look for the signs re: your event. 1 Mile/Marathon - Half Marathon - 10K - 5K
Check in will open at 6:30am.

Race day Registration will NOT be available this year due to Covid protocols.

Changing your distance: You are permitted to change the race distance that you have signed up for **PRIOR to race day ONLY!**

MARATHON SPECIAL NEEDS BAG: If you are racing the Marathon - you are allowed to have a bag that will be available to you at the 13.1 mile turn-around tent. We will provide a marked bag for you or you may bring a bag yourself that we will place a sticker on with your Bib #. This bag can contain clothing and nutrition.

There will be a walled tent with chairs if you need to change clothing. First come/first serve. The bag must be dropped off at check in for Marathon participants on Friday afternoon or Saturday morning. Bags will be transported to the turn-around point for you as well as retrieved and delivered back to the race site. You are responsible for picking up your bag after your race. Any items left behind will be donated. Please note that we are NOT responsible for items left in this bag, do not place valuables inside.

On Course Safety: Regular or jogging strollers, bikes, skates and similar conveyances are not permitted on the course. **Absolutely NO DOGS allowed on the course.** And we strongly recommend that you do not use headphones during the races. If you do need to use your music, we ask that you keep one ear open to be able to hear. You will be corrected on the course if this is not the case. We all need to be aware of our surroundings, including fellow runners and the possibility of errant traffic or emergency personnel traffic on the course. Please take time to notice spectators, volunteers and the beautiful scenery. Wave at our Amish friends - they will wave back! **Please use caution-this race course is NOT closed to traffic.**

On Course Aid: There will be individuals stationed at each turn-around point on the course that can contact Mark Wilson and/or emergency services.

Aid Stations: There will be an Aid Station at each mile with water, Hammer HEED, Hammer Gels, Hammer Endurolytes, Soda, Chips, Cuties, bananas and candy. **With Covid protocols in place most of the aid stations will be self serve only. Please note that water will only be available in individual water bottles and the HEED is packets that can be mixed in your water bottle.** Please do not litter along the course. All trash must be placed in receptacles located at or near the aid stations.

Portable Toilets: These will be available at the Start/Finish Line as well on the course at Mile 2,4,5,8,10,13.1.

Race Photos: Mike Frame Photography will be on-site with a group of photographers spaced throughout the course and at the Finish Line. These photos will be posted on his website and available for purchase in the days after the race. You will receive the link in an email once they are posted.

Race Course: All distances Start and Finish at the same location on Cemetery Street. Each distance is an out and back course. Your designated course will have

its turn-around clearly marked. **YOU ARE RESPONSIBLE TO KNOW YOUR COURSE DISTANCE AND TURN-AROUND AT THE APPROPRIATE SPOT. VOLUNTEERS WILL BE MARKING DOWN BIB#S AT EACH TURN-AROUND. IF YOU ARE NOT MARKED AT YOUR DESIGNATED TURN-AROUND POINT YOU WILL BE MARKED AS A DNF.**

Your Bib# needs to be on the front of you and visible to our volunteers.

- The course will turn right at the top of the hill onto Cemetery Road.
- 1. *Mile .5 will be the turn-around for the 1 Mile participants.
- Cemetery Road turns into Walker Road.
- 2. *Mile 1.55 will be the turn-around for the 5K.
- At the end of the road, stay left at the intersection.
- 3. *Mile 3.1 will be the turn-around for the 10K.
- Turn Right onto VanSlyke Road. VanSlyke Road becomes Harris Road at the 4 way intersection.
- Continue on Harris Road which ends at Seager Hill Road.
- Turn Left onto Seager Hill Road.
- 4. *Mile 6.55 will be the turn-around for the Half Marathon.
- Seager Hill Road ends at the intersection with Route 241.
- Immediately following the Stop Sign for Route 241, turn right onto the Northeast Road.
- Continue on the Northeast Road
- Turn right onto Seager Hill Road.
- 5. *Mile 13.1 will be the turn-around for the Marathon.

Please note that the distances are marked on the right hand side of the road with traffic in orange paint. There will also be a white 3' A-Frame mile marker for each mile with the Wilson Endurance Sports logo on the top.

You do have the right to take the tangent on the road. Please be cautious of vehicles. **THIS COURSE IS NOT CLOSED TO TRAFFIC. Be courteous of your fellow athletes.**

Timing: Manually timing at the Finish Line. Please make sure your bib# is on the front of your body as you cross the line. Results will not become official until all numbers are verified from the turn-around spot.

IF for any reason you abandon your race you MUST notify Mark or Tonia Wilson at the Finish Line.

Please take your finisher medal and water from the tables at the Finish Line. Covid protocols prevent us from handing water to you or placing your medal around your neck.

RULES AND REGULATIONS:

Mark Wilson - Race Producer and Race Marshall will have final decision on all matters.

Listed below are a portion of the rules set forth by Wilson Endurance Sports that will be adhered to by all participants and monitored by Wilson Endurance Sports Staff and race day officials.

1. Athletes are responsible for their own physical health and for their own medical supervision.
- 2 By entering into a competition, an athlete specifically releases Wilson Endurance Sports (and its perspective members, directors, officers, employees, volunteers, contractors or agents) from any liability to the extent permitted by law for any loss, injury or damage that may be suffered in relation to or as a result of participation in such competition.
3. Any competitor who shall refuse to obey the directions of the Referee or other proper official, or who shall conduct himself/herself in an unsportsmanlike manner, or who is offensive by action or language to the officials, spectators, or competitors at any competition, shall render that competitor liable to disqualification by the Referee.
4. To be considered a finisher, a competitor must complete the race.

Awards:

- An Award Ceremony will take place for each distance once the majority of the participants for that event have finished.
- **Due to Covid protocols we cannot use our podium. Winners will be announced and asked to approach the prize table one at a time.**
- The first 3 Overall Male and Female Finisher Awards will be presented.
- Each age group category, 10 year intervals, 1st, 2nd and 3rd Place winners will receive a prize. Finisher award certificates will be emailed to you in a PDF format. Prizes will not be mailed.
- If you must leave prior to the award ceremony for your event and you placed in the top 3 Overall or your age group please stop at the timing table.
- Finish times will be posted near the finish line. Please be patient as all are done manually.
- Results will be posted on our website at www.CoachMarkWilson.com by Saturday PM.

Food:

- Post race food is being prepared by A-Z Catering and served by the East Randolph United Methodist Church volunteers. Please adhere to social distancing under the food tent (which will be the same tent where you checked in.)
- All participants will receive a wrist band in their goodie bag and should be worn when proceeding to the food station for your FREE post race meal.
- All spectators are invited to participate and will be charged \$10 per meal.

Beer: Beer will be provided by our amazing sponsors, Southern Tier Brewing Company. This is open to all participants of age.

- You must have the color coded bracelet on that you will be given at registration to enter the Beer Zone.
- This area will be cordoned off on the southwest corner of the church parking lot.
- **All beer MUST STAY inside the perimeter.**

Massage Therapy: We will have Dana Boser, LMT and at least one other massage therapist on site available for massage once you have completed your race. The suggested donation is \$1 per minute. Please have cash available if you would like to receive these services. Face masks are requested as you approach the massage therapist.

Vendors: There will be vendors of various businesses on site offering you hand made products for sale.

Merchandise: **There will be beer pints (\$13) event stickers (\$3.00) and past event t-shirts (\$20) available for sale post-race near the vendors. Cash or credit/debit cards accepted.**

Thank you for choosing to race with Wilson Endurance Sports! We strive to produce a fun, athlete-centered event where you can leave feeling accomplished and satisfied. **Racing during this Covid-19 pandemic has been almost non-existent and we are thrilled to be able to host this event. Thank you for trusting us to provide a safe environment for our participants and volunteers and for following our protocols that we have put in place.**

We produce 28 events across New York State and Connecticut and would love to welcome you at another one of our beautiful venues in the future. Please visit our website at www.CoachMarkWilson.com

Take care, be safe and keep running.

Mark and Tonia Wilson
Wilson Endurance Sports, LLC

