

Thank you for registering for the 14th annual **Half Marathon Unplugged**, presented by **RunVermont**. This document contains important information, so please read this through and if you have any questions please contact our office at 802-863-8412 or joe@runvermont.org.

For those who have run with us before, PLEASE READ THESE INSTRUCTIONS CAREFULLY, there are modifications to this year's race that will be different from previous years and it will be important that you follow the instructions if we're to execute a successful event and be able to produce future events.

Venue Arrival Time - Plan to arrive at the venue no more than 41 minutes before your wave start time.

	<u>Arrival Time</u>	<u>Start Time</u>	<u>Sat Bib Range</u>	<u>Sun Bib Range</u>
Wave 1	7:19	8:00	101 – 250	701-850
Wave 2	8:19	9:00	251 – 400	851-1000
Wave 3	9:19	10:00	401 – 550	1001-1150
Wave 4	10:19	11:00	551 – 700	1151-1300

Race Participation Requirements – All participants are asked to comply with the RunVermont Code of Conduct, attached to these instructions. Here are the simple steps to a safe and successful race for all:

1. Follow venue arrival times detailed above
2. Masks on at the venue at all times when not racing
3. Upon arrival at Waterfront Park, check in to the Health Screening station near the finish line in the north end of the park. Please have your bib visible on the front of your race clothing.
4. After health screening, warm-up, use the portos, and proceed to the Start Corral. You must have gone through health screening to be allowed to enter the Start Corral.
5. There will be a self-serve bag drop area near the finish line if you would like to leave sweats for after the race. We strongly advise you to not leave valuables with your sweats. This area will be unattended.
6. Practice social distancing within the Start Corral. You will have 10 minutes to cross the start line, so no need to crowd other runners. The race will be chip timed, you'll receive a true net time from start to finish regardless of any delays at the start line and results will be in chip time order. Upon crossing the start line, you may remove your mask.
7. When you cross the finish line, mask is back on and proceed through a corral that will offer post-race water, a small snack and access to medical services if needed. Upon exiting the corral, you will be awarded a finisher medal and asked to depart the venue as soon as you have recovered. The race's permit conditions do not allow for post-race congregation.
8. Race results will be posted on the RunVermont website by the end of each race day. There will be no on-site results available and no post-race festivities due to the race's permit conditions.

T-Shirts – If you ordered a Half Marathon Unplugged shirt, you will be able to pick it up before or after the race at Waterfront Park. Look for the RunVermont Tent.

Weather: As with all RunVermont events, we plan to race no matter what the weather. Should the forecast call for extreme weather we will post updates on www.runvermont.org as well as on our Social Media channels.

BIB INSTRUCTIONS: Your bib includes a timing chip attached, so please do not bend or fold your bib as doing so may damage your chip. Your bib must be visible on the front of your clothing during the race. Take a moment to fill out the emergency contact info on the back of your bib – it may save your life!

BIB TRANSFERS, WAVE SWITCHES, AND UNAUTHORIZED RUNNERS: Are simply not permitted once the bibs have been assigned and mailed. In order to secure the permits to conduct the event, we are required to maintain the

separation of waves and associated record keeping to enable contact tracing, should it become necessary. Sorry, but we will be firm on enforcement of these policies.

SPECTATORS: - The Half Marathon Unplugged will be a **Spectator Free event**. This means that spectators (including family and friends) are not permitted at the Start/Finish Area. Again, this is part of the event protocols we have been asked to comply with for health and safety purposes.

COURSE AND AID STATIONS: In keeping with the Unplugged theme of this race, the course will remain open to people not in the race. Please keep to the right as much as you can on the bike path, and be kind to the general public throughout the race. Our ability to produce this race in the future depends on your conduct during the event. We expect to have Course Monitors at all intersections, turns and bike path intersections, but we ask that you remain vigilant at all intersections and road crossings. This year's course has been measured to certification standards and mile marks/turns are marked with bright green paint. Unless you see a bright green arrow or are instructed by a Course Monitor to turn keep running straight ahead!

There will be water stations at approximately miles 5.3 and 9.1, the bikepath at North Ave Extension. Plus there will be water at the finish. Water stations will have bottled water only. To reduce contact points, we would encourage any runners who are comfortable carrying their own water during the race to do so.

There are Porto-lets on the course at miles 5.3 and 9.1 at the water station. There are bathrooms in the Leddy Park arena at miles 3.4 and 11.0.

Course Change for 2020!! For those who have run this race in the past, the course is changed for 2020 in that it is an out-and-back on the bikepath with a loop in Colchester in the middle. The start is in Burlington's Waterfront Park with a quick loop of the park, then proceed north on the bike path to the neighborhoods immediately south of Airport Park in Colchester. After a loop around the Colchester neighborhoods, the course will return you to the bike path and deliver you to the finish line in Waterfront Park. The course has been measured to USATF certification standards, although it is not yet on file with USATF.

PARKING: There are plenty of municipal parking areas and private lots in downtown Burlington within ½ mile of Waterfront Park. For close and inexpensive all-day parking, consider the lot at 1 Main St.

RESULTS/POST RACE: Results will be posted at www.runvermont.org and www.802Timing.com. There will be no results available at the finish line this year.

THANKS again for supporting our race, hope you run fast and enjoy the course! We appreciate any feedback you have after the race, contact us at feedback@runvermont.org. If we're not meeting your expectations tell us why, and if we are, tell a friend!