

## Hi 305+ Trail Runners!

Below are instructions and guidelines for those joining us for the NEW in-person 305+ Virginia Key Trail 5K/10K Night Run.



## EVENT INSTRUCTIONS

# 2021 305+ Trail Virginia Key

### Event Date

Saturday, March 27, 2021

### Start Times

**WAVE 1:** RACE START 8:00 PM

**WAVE 2:** RACE START 8:15 PM

**WAVE 3:** RACE START 8:30 PM

**\*Arrive in the start area no earlier than 30 minutes before race time.**

### Location

Virginia Key Northpoint Trails (3801 Rickenbacker Causeway, Miami, FL 33149)

Meet at the mountain bike trailhead at the end of Arthur Lamb Road.

**See site map on the last page.**

### Registration

Race capacity – 305 in-person | 305 virtual

### Packet Pick-Up - Saturday, March 27, 2021

Opens 7:00 PM

Arrive no earlier than 30 minutes prior to YOUR respective wave start time. Bib numbers with timing devices will be available for pick-up only on race day according to your assigned start waves\*. This will allow a socially distanced process with marked queue lines and less wait time. Your bib number corresponds to your race registration - no transferring of bibs is allowed. This is for your safety. Government issued valid ID **required** for bib pick-up.

*\*Start times will be assigned and emailed to all participants prior to race day.*

**Face coverings are required** upon arrival to the race site/parking lot, packet pick-up areas and prior to crossing the start line. You will not have to wear your mask on-course during the race but will be asked to replace it upon crossing the finish line.

### What To Bring

- > Headlamp – *limited supply available for purchase within race registration.*
- > Self-supported hydration
- > Bug Spray
- > Face covering
- > Valid ID
- > Reflective or bright colored clothes
- > Running shoes (Trail shoes optional)
- > Handheld running flashlight
- > Cell phone (charged)
- > Long sleeve shirt, leggings, high socks (optional)

## **Course - 5K & 10K**

The race is at night and there is no lighting on the trails so **you MUST wear a headlamp**. The course is a single loop for both the 5K (3.1 miles) and the 10K (6.2 miles). Both distances will utilize the same start and finish lines.

The single-track trails are adventurous with uneven footing and a multitude of elevation changes. Expect plenty of loose dirt, gravel and some mud. Roots and other obstructions are present throughout. The course is marked with directional arrows, cones and safety tape. The route has been accurately measured using a measuring wheel, therefore, you should expect that your GPS tracker will measure a slightly different distance.

*Course Map coming soon!*

## **Start Line Protocol**

You will start in a staggered process separated by 6' as first come, first start for your respective wave during a 15-minute window at 5-10 second intervals. Face coverings must be worn at all times. However, you may remove your face covering 50 meters after you cross the start line and replace it back over your nose and mouth upon crossing the finish line.

**Your BIB MUST BE FULLY VISIBLE AT ALL TIMES AND WORN ON THE FRONT of your torso on your outermost garment.**

## **Self-Supported Hydration and Nutrition**

Due to concerns with COVID, we are asking all athletes to provide their own hydration and nutrition support for consumption during the race. We will have one emergency hydration refilling station on course. Post-run, we will provide you with water and light recovery snacks, as well as goodies from our sponsors – variety snack bag courtesy of [goPuff](#), plus [Biofreeze](#) patches and [Nooty](#) Recovery Spread

Suggested self-support gear includes:

- > Refillable hydration bottle
- > Electrolyte replenishment (Gatorade, Salt Tabs, etc.)
- > Nutrition (gels, fruit, bars, etc.)

## **Restrooms**

Portable restrooms will be available in the start/finish area. We ask that you line up adhering to social distancing guidelines of at least 6 feet.

## **Hygiene**

Hand sanitizers will be available throughout the venue.

## **Safety**

To provide the safest possible experience we will be requiring the following from all race participants (and immediate support staff where applicable):

- > COVID Screening Questionnaire and Temperature Checks on race day
- > Face coverings must be worn pre-run and post-run
- > Please follow announcements reminding of social distancing and other safety requirements
- > Hand sanitizer will be available
- > Social distancing is required during the race, so make your passes quick and with 6' spacing
- > No large group gatherings at the event

## Medals/Finisher Items

Finisher medals and t-shirts will be awarded upon completion of the run. Top overall male/female finishers in both the 5K and 10K distances will receive a prize. There will not be any age group awards. Results will be posted online.



## Spectators

Family and friends are allowed at the venue as it is a public facility. However, we ask you to remind them to always wear a mask, follow social distancing guidelines and to refrain from coming too close to the athlete areas. Post-run water and snacks are for athletes only.

## Volunteers

There will be volunteers on-course and throughout the race venue. Please be courteous and listen to directions given by any of our volunteers and race staff. They are there for your safety and support. Remember to thank them for being with us!

## Communication

All information necessary is included here on these participant instructions. We will also post event information and updates on our [website](#), [event page](#) and social media pages (Run Miami), and announcements will be repeated via our PA system in the check-in and start areas. The running community is a very respectful and cultured community. If you are uncomfortable with something you see or have any questions, please don't hesitate to tell a staff member on site.

## Virtual Option

The 305+ Virtual Experience will be available to 305 athletes who are unable or choose not to participate in the in-person event. Registrants have from March 26 – 28, 2021 (11:59 pm ET) to complete the 5K/10K and submit results. *Registration is available through March 28, 2021 at 3:00 pm ET, space permitting. Finisher kits will be mailed in April 2021.*

## Registration Changes

Given the limited number of spots available for both the in-person and virtual events, **any registration changes must be [emailed to us](#) by March 23, 2021 (11:59 pm ET)**. This includes distance changes, and any switches from in-person to virtual.

**Please be aware that the status of the race is subject to change at any time.** We realize that the COVID-19 pandemic remains a dynamic situation, and we will continue to monitor all updates from the CDC and Florida Department of Health. If the status of the event changes, we will notify participants as soon as possible.

## Event Beneficiary

A portion of the proceeds will be donated to the [Virginia Key Bicycle Club](#). The organization is a 501-C3 responsible for the maintenance and construction of the Virginia Key Trails. We thank you in advance for supporting their efforts.

## Trail Etiquette/Guidelines

Pay attention

Stay right, pass left

Don't yell or startle when coming up on a runner – politely say: ON YOUR LEFT

Don't point your light directly ahead towards the eyes of another runner

If you wear headphones, keep the volume low and consider using only one side

Wear a blinking red light or reflective gear

Don't litter!

Keep your space between runners

Don't go off the marked course

Consider starting with the later waves if you are not an advanced trail runner

Headlamps – we are offering the ability to purchase a headlamp for \$6 within online registration. *Limited supply available.* Otherwise, many options may be found online or at a local running store.

## Parking

On-site parking is available. Virginia Key park fees may apply (cash only).

## No gear check is available. We will provide a car key check-in.

Please consider not bringing any valuables with you on race day. Any valuables you do have, please hide them from plain sight securely inside your car. Life Time and race organizers are not responsible for damaged or stolen items.

