

## Hi 305+ Gravel Runners!

Below are the instructions for those joining us at the in-person NEW [305+ Gravel Night Run](#) in Homestead.



## EVENT INSTRUCTIONS

# 2021 305+ Gravel Homestead

### Event Date

Saturday, May 8, 2021

### Start Times

WAVE 1: RACE START 7:45 PM

WAVE 2: RACE START 7:55 PM

WAVE 3: RACE START 8:05 PM

**\*Arrive no earlier than 30 minutes before race time.**

### Location

[Schnebly Redland's Winery & Brewery](#) - 30205 SW 217<sup>th</sup> Ave, Homestead, FL 33030

### Registration

Race cap – 305 in-person | 305 virtual

### Packet Pick-Up - Saturday, May 8, 2021

7:00 p.m. – 8:30 p.m.

Arrive no earlier than 30 minutes prior to YOUR respective wave race start time. Bib numbers with timing devices, as well as participant t-shirts, will be available for pick-up only on race day according to your assigned start waves\* This will allow for a socially distanced process with marked queue lines and staggered pick-up times. Face coverings are required upon arrival to the race site/parking lot, within packet pick-up areas and prior to crossing the start line.

*\*Start times were assigned and emailed to all participants on Wednesday, May 5 and again on Friday, May 7.*

**Your bib number corresponds to your race registration; no transferring of bibs is allowed. Government issued valid ID Required. Packet pick-up is at the race site only.**

### What To Bring

- > **Headlamp required** - available for purchase (\$7) within online registration. *Limited supply available.*
- > Self-supported hydration/nutrition
- > Bug spray
- > Face covering
- > Valid ID
- > Reflective or bright colored clothes
- > Running shoes (trail shoes optional)
- > Handheld running flashlight (optional)
- > Cell phone (charged)
- > Long sleeve shirt/leggings (optional)
- > High socks (optional)

## **Course (10K)**

The race IS AT NIGHT and there is no lighting on the gravel trails - **you MUST wear a headlamp!** The course is a single loop for the 10K (6.2 mile) distance. The gravel trail paths are adventurous with uneven footing and some loose gravel limestone. Expect some dirt, gravel and, if there is rain prior to race day, maybe some mud puddles. This course is much faster and less technical than the 305+ Trail Virginia Key course. The course is marked with directional arrows and cones. We are marking this course much better than it was at Virginia Key.

*See below for photos of parts of the course!*

## **Start Line Protocol**

You will start in a staggered process separated by 6 feet as first come first go for your respective wave during a 15-minute window in 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.

**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-race, we will provide you with light recovery snacks and water.

Suggested self-support gear includes:

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

## **Restrooms**

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

## **Hygiene**

Hand sanitizer 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):

- > Face coverings must be worn pre- and post-race
- > 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 and Awards**

Finisher medals will be awarded upon completion in the Finish Festival area. Awards will be announced post-race at the Miami Brewing Company Beer Garden during the Finish Festival. Results will be posted online.

## Post-Race

Your post-race celebration will take place at the Miami Brewing Company. One free drink per athlete. There will be live music and other entertainment.

## Spectators

Family and friends are allowed at the venue, however, please remind them to always wear a mask, follow social distancing guidelines and to refrain from coming too close to the athlete areas. Post-race snacks and refreshments provided by the event are for athletes; food and drink will be available for purchase at the venue.

## Communication

All information necessary is included here within these participant instructions. We will also post event updates on our event website and social media channels. Announcements will be repeated via our PA system in the check-in and start areas during the event. 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

A virtual race option will be available for those who are unable or choose not to participate in the in-person event. If you don't feel comfortable, feel free to opt into this option by sending us an email **by Tuesday, May 4 (11:59 pm ET)** Registrants have from May 7 – 9, 2021 (11:59 pm ET) to complete the 10K Run and submit results online. *Registration is available through May 9, 2021 at 3:00 pm ET, space permitting. Finisher kits will be mailed in June 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 **Tuesday, May 4, 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 is 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 event proceeds will be donated to [The Everglades Foundation](#). The organization is a 501-C3 responsible for advocating for the Everglades. We thank you in advance for supporting their efforts.

## Parking

There is plenty of parking available at the designated lots to the south of [Schneibly Redland's Winery & Brewery](#). The start line is three blocks south of the parking lot adjacent to the canal. [Google Map](#)

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

Staff will affix your Key Check tab from your bib to your keys for identification. 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.

### Other considerations:

- > Trail etiquette – be courteous of others
- > Pay attention to your footing
- > **Headlamps are required.** Please have new batteries installed for your headlamp or make sure your device is sufficiently charged.
- > 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
- > Consider wearing a blinking red light
- > Don't litter!!!
- > Keep your space between runners
- > Don't stray off the marked course
- > Consider starting with the later waves if you are not an advanced trail runner
- > There will be cyclists taking part in 305+ Gravel bike race – keep an eye out and be aware of your surroundings
- > You may encounter wildlife during the race (wild pigs, snakes, deer, etc.)
- > Medical assistance available – **call 305-431-8145 for any course emergencies**

**We can't wait to see you out there on Saturday, May 8<sup>th</sup> to UNLOCK more of Miami!!**

