



Athlete Guide

**Parks & Pavement
Fun Run/5K/10K
Friday, June 25, 2021**



Important

**Any athlete that is sick, having symptoms, having health related issues, has been recently sick, or is not comfortable racing this event
PLEASE DO NOT RACE.**

Any athlete not participating within the COVID-19 safety guidelines, will be removed from the course and no refund will be provided.

This event has been permitted by Oregon Park District, approved by the Ogle County Health Department as well as the Illinois Department of Public Health.

The Ogle County Health Department has determined this event to be a low risk and a minimal public health concern if oversight is enforced.

The Oregon Park District has created this guide for the safety of all athletes and to mitigate the spread and transmission of COVID-19. There will be active enforcement of ALL safety guidelines to maintain our approval to hold this event.





Contents

This document includes information regarding:

- Packet Pickup Times & Instructions
- Race Day Event Schedule Rules
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- Race Specific Rules
- Safety Guidelines Statement
- Temperature Check Procedure
- COVID-19 Questionnaire (due on race day)
- Copy of COVID-19 Waiver (signed at time of registration)
- Course Route Maps

Packet Pickup Times & Instructions

There will be two opportunities to pick up your race packet. It is important for the race day schedule that you do not wait until race day to pick up your packet.

- Wednesday,
June 23, 2021**
Nash Recreation
Center
4 – 5:30 PM
 - Thursday,
June 24, 2021**
Nash Recreation
Center
4 – 5:30PM
 - Race day packet pick up will be reserved for those with extreme circumstances.
- Come into Nash Recreation Center to the front desk to pick up your packet.
 - Each athlete will receive the following in their packet:
 - Athlete T-shirt (as long as registered by the T-shirt deadline of June 4.)
 - Racing bib with tracking chip attached.
 - 4 safety pins
 - Copy of the COVID-19 safety waiver that you signed at time of registration. (within this packet)
 - Our day of event COVID-19 Questionnaire – REQUIRED to be submitted ON race day. (within this packet)



Race Day Event Schedule Rules

All athletes are asked to social distance before and after the event.

1. 5:00 pm Earliest Check-in and Limited Packet Pick Up (Ends at 5:50pm)
 - a. Check-In includes an on-site temperature check to ensure all athletes are below 100 degrees as well as a submission of your COVID-19 questionnaire that is provided within this packet. (If you have a temperature over 100 degrees, you will not be allowed to participate.)
 - b. All athletes need to be checked in at least 10 minutes prior to their races' start time.
2. 5:30 pm Fun Run 1 Mile Race Starts
3. 6:00 pm 5K/10K Start Time
4. Only athletes will be allowed on 6th street. All spectators must stand in the grass or sidewalk on either side of the street or parking lot of Nash. This will be strictly enforced.
5. You race time will start after you cross the mat under the arch and will end once you cross the mat again under the arch.
6. The race will continue until all athletes have finished or up until 8:30 pm. Any athletes that are still on the course attempting to finish the event when the event ends – are still required to comply with the event rules and COVID-19 safety measures.

Upon completion of the race, each athlete is expected to do the following:

- Cross the finish line
- Pick up a finisher medal from a volunteer at the finish. Please do not touch the stack of medals.
- Help yourself to a water and a snack
- Results – There will be no on site, post-race, awards ceremony.
- Results will be available online as soon as possible at tri-3timing.com under the website result tab.
- We ask for all athletes and spectators of those athletes to promptly exit the event and enjoy our amenities in downtown Oregon.

Event/Race Area Rules

1. Race athletes will be required to comply with the event safety guidelines during all aspects of the race. All social distancing requirements will be in effect.
2. There will be yard signs with arrows to help you follow the route – keep an eye for these on the LEFT side of the road.
3. Runners should run against traffic on the LEFT side of the road for safety purposes.
4. Hand sanitizer stations will be available for all athletes as well as spectators.
5. Athletes under the age of 18 are required to have guardians with them at the event.



Race Specific Rules

1. Athletes are encouraged to bring their own nutrition. Any wrappings or bottles must be disposed of in trash receptacles. The only source of water handed out during the race is at Fairgrounds Park for the 10K athletes. However, there are also two water bottle fill stations available. One located at Park West for the 5K runners and another for the 10K athletes located at Fairgrounds Park.
2. The full course including recreation paths and roads will be open to pedestrian and vehicle traffic throughout the event. This is why we recommend running on the LEFT side of the road and looking for the directional signs on the left as well.
3. There is no posted time limit to the event. However, police traffic control crossing Rt. 64 for the 10K and route volunteers may pull support at 8:30 pm.
4. Athletes still on the course, attempting to finish the event when the event ends are still required to comply with the event rules and safety guidelines.
5. Athletes will be responsible for following proper rules of the road.
6. Volunteers, OPD staff as well as police support may remove any athlete from the course at any time.

Overall Safety Guideline Statement

Any athlete not participating within the COVID-19 safety guidelines or race safety rules, will be removed from the course and no refund will be provided.

By participating in the 2021 Parks & Pavement Run, you agree to follow the rules set forth by the Oregon Park District, The Ogle County Health Department, the Illinois Department of Public Health, and the Center for Disease Control.

These rules may be amended at any time and will be posted at the Check-In table during the duration of the event, in your packet as well as emailed to you prior to the event.

Your cooperation with these rules will allow us to execute a fun and safe racing experience for all athletes.

Any questions can be directed to the Amanda Zimmermann by calling 815-732-3101 or email at amanda@oregonpark.org





Copy of Covid-19 Waiver

(you had already signed at time of registration)

Please read this form carefully and be aware that in signing up and participating in this program(s), you will be expressly assuming the risk and legal liability and waiving and releasing all claims for injuries, damages, or loss which you or your minor child might sustain as a result of participating in any and all activities connected with and associated with this program(s) (including transportation services and vehicle operations, when provided). I recognize and acknowledge that there are certain risks of physical injury to athletes in this program(s), and I voluntarily agree to assume the full risk of any and all injuries, damages or loss, regardless of severity, that my minor child or I may sustain as a result of said participation. I further agree to waive and relinquish all claims I or my minor child may have (or accrue to me or my child) as a result of participating in this program(s) against the Oregon Park District, including its officials, agents, volunteers and employees. I have read and fully understand the above waiver and release all claims and assumption of risk.

I further understand and acknowledge that my enrollment and my (or my minor child's) participation in an Oregon Park District activity or facility use is wholly voluntary and that there are physical risks and hazards connected with participation, including, but not limited to the risk of communicable disease such as COVID-19.

I understand, acknowledge, and agree that Oregon Park District is not responsible for and does not assume the costs of any medical testing, care, or treatment associated with my (or my minor child's) participation in the activity or facility use, including, but not limited to, any medical testing, care, and treatment of myself or anyone with whom I may have contact during or after my (or my minor child's) participation in any activity or facility use.

I further understand and agree that if I (or my minor child) or anyone I have had direct recent contact with exhibits symptoms of COVID-19, as set out by the U.S. Centers for Disease Control, on the day of or within 14 days prior to the activity or facility use, I (or my minor child) will not participate in the activity or facility use. I understand and agree that if I (or my minor child) exhibit symptoms of COVID-19, as set out by the U.S. Centers for Disease Control, during the activity or facility use, I (or my minor child) will leave immediately and notify the Oregon Park District of the same. I understand and agree that any registration, activity, or program fees will be returned if my (or minor child's) participation in the activity or facility use is terminated under either of these circumstances. I understand and agree that if I or anyone I have had direct contact with exhibits symptoms of COVID-19, as set out by the U.S. Centers for Disease Control, within 14 days after the activity or facility use, I will immediately provide notice of the same to the Oregon Park District.





Covid-19 Questionnaire

(1 questionnaire per athlete)

Full Athlete's Name: _____

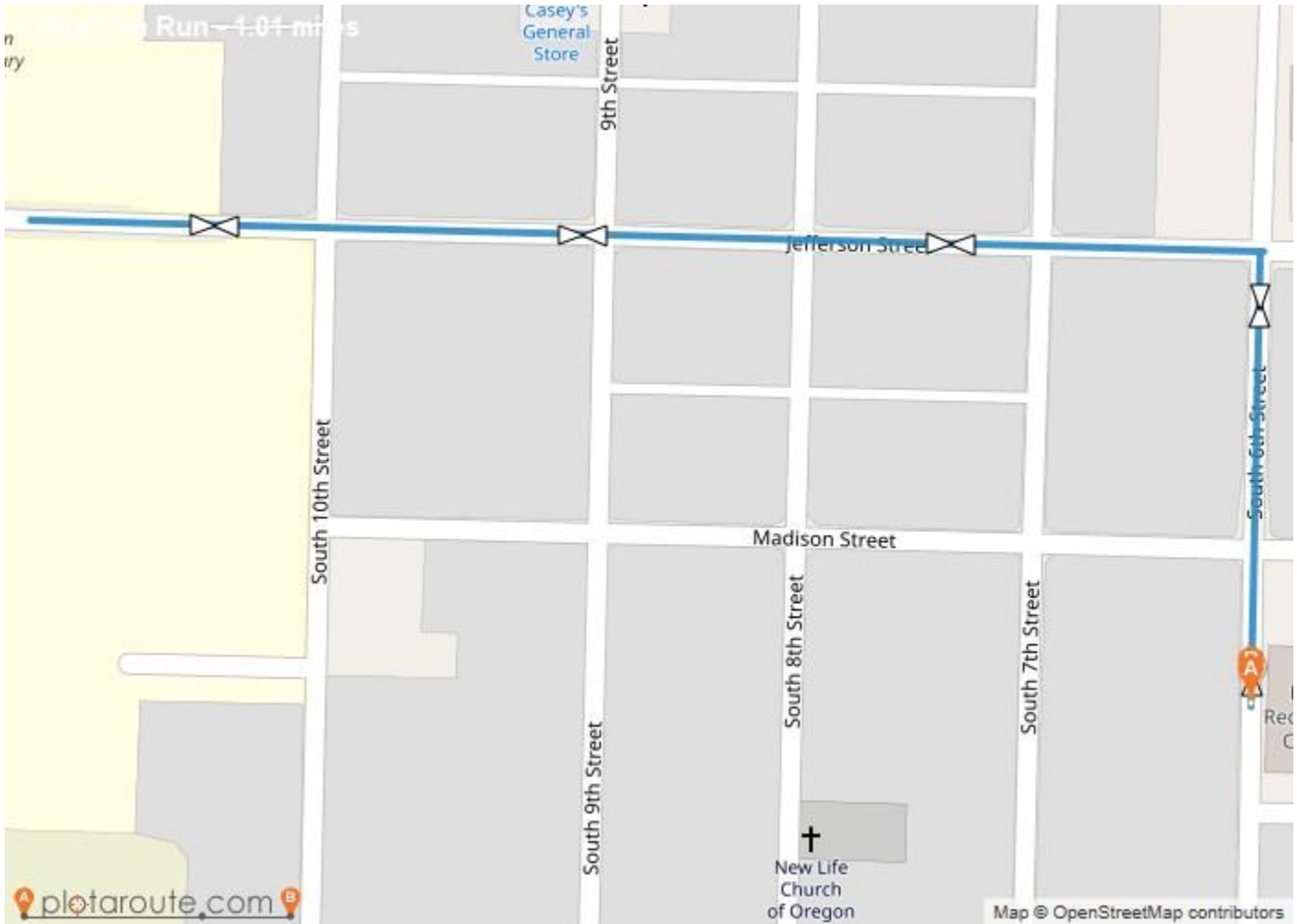
Date: 06/25/2021

Have you had a fever or do you current feel feverish?	YES	NO	If yes to any of these questions, you will not be allowed to participate in the event.
Do you have a cough?	YES	NO	
Are you having shortness of breath or trouble breathing?	YES	NO	
Do you have chills or repeated shaking with chills?	YES	NO	
Do you have any muscle pain?	YES	NO	
Do you have any recent onset of headache or sore throat?	YES	NO	
Do you have any flu like symptoms	YES	NO	
Do you have any recent loss of taste or smell?	YES	NO	
Have you experienced any recent GI upset or diarrhea?	YES	NO	
Have you had contact with anyone testing positive for COVID-19 in the past 14 days?	YES	NO	
Have you traveled outside the state in the past 14 days?	YES	NO	If Yes, Location:
Have you been tested for COVID-19 in the past 14 days?	YES	NO	If Yes, Date & Result:
Have you been diagnosed with COVID-19?	YES	NO	If Yes, Date:
Race Official Section Only	Approve	Decline	Time:



Parks & Pavement 1 Mile Fun Run Route

(There will be a volunteer at the turn around point)



Parks & Pavement 5K Route

(There will be a mix of directional signs and road volunteers on the route)

Revised 6/18/2021



Parks & Pavement 10K Route

(The second half of the 10K route will only be marked by signs - no road volunteers)

Revised 6/18/2021

