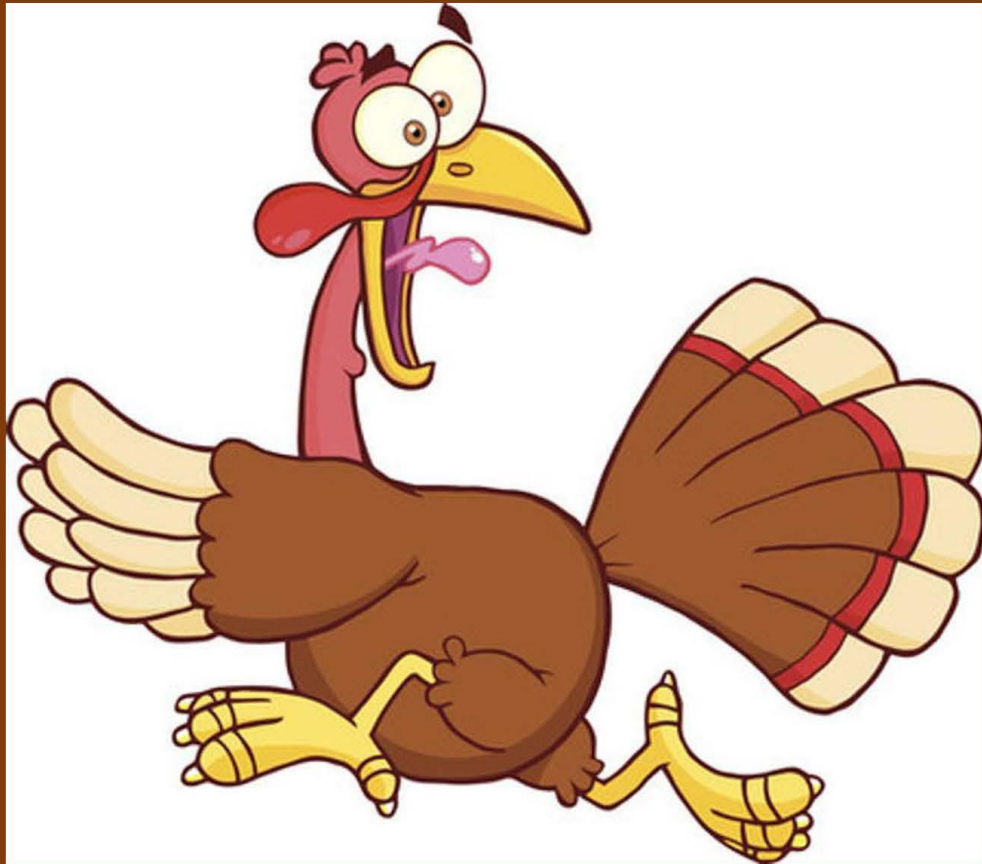


**Carlton Trail Ski Club Social Distanced  
Turkey Trot Cross Country Fun Run  
(CTSCSDTTCCFR)**



**Sat. Oct. 10, 2020**

Carlton Trail Ski Club's Dixon Trails (18 km NW of Humboldt)

**REGISTER BY THURS. OCT. 8 @ 8:00 p.m.**

**Full information in the following pages**

# Carlton Trail Ski Club Social Distanced Turkey Trot Cross Country Fun Run (CTSCSDTTCCFR)

**Sat. Oct. 10, 2020**

Carlton Trail Ski Club's Dixon Trails (18 km NW of Humboldt)

*Meet Director: Brian Grest*

*306-231-8284 (c) carltontrailskiclub@gmail.com*

**Register at <https://zone4.ca/register.asp?id=24699>.**

***Registration closes on Thurs. Oct. 8 @ 8:00 p.m.***

## **General Info:**

- This is a fun run only. It is not a competition *per se*. It is not sanctioned by Sask Athletics. There are no prizes.
- All runners **MUST** be pre-registered. **No walk-ons** allowed, sorry (COVID reasons)
- This is a true “cross country” course. You will be running through an alfalfa field, a wild haying field, and natural (but mowed) trails through forest, brush, and tall grass. The ground is uneven in many spots, there are many hills, and there are hazards typical of any run in fields and wildlife areas.
- Entry fee is \$10.00 (plus online service fee); \$5.00 for CTSC Members.
- Your \$10.00 entry fee (\$5.00 for CTSC Members) gives you:
  - o the opportunity to run on true “cross country” course that is well marked and well-signed
  - o an official time
  - o access to the times of all other racers who agree to let us publish their times (no awards, just bragging rights and virtual high fives)
  - o many volunteers, including spotters on the course and start/finish personnel, to make this a runner-friendly and safe event
  - o a social event, keeping in mind social distancing requirements.
- All proceeds will help the Carlton Trail Ski Club with costs associated with necessary repairs to its clubhouse.
- **PLEASE NOTE:** Due to COVID-19, we find it necessary to offer little in terms of amenities:
  - o There will be **no canteen** nor potable water on site. Bring your own water/drinks and snacks/lunch. We ask everyone to carry all garbage out with them (we will not have a garbage can at the start/finish area).

- The **clubhouse will be closed**.
- Consider the **outhouse to be for emergency purposes only**. It will be open, but we are asking it be used as little as possible.
- There is **no change room area**. Participants are expected to come dressed to participate
- There will be no “group” course walk-through (there is a video and pics later in this document)

## Directions:

- From downtown Humboldt (McDonald/7-11 corner), go 10 km west on Hwy 5. Turn north (right) on the grid closest to (and just east of) the orange Pioneer Inland Terminal. There is a little blue cross country ski highway sign there. **Do not take Dixon Road – take the next road just west of Dixon Road**. Proceed 6.4 km north then turn left (west). About 1.5 km down this road, you will see the clubhouse (a former one-room school house) on your right.
- If coming from the west, turn north (left) on the first grid just past the orange Pioneer Inland Terminal. There is a little blue cross country ski highway sign there. Proceed 6.4 km north then turn left (west). About 1.5 km down this road, you will see the clubhouse (a former one-room school house) on your right.
- The parking lot is very large and very wide and can easily accommodate all social distancing needs.



## Race Format:

- We will be utilizing interval starts instead of mass starts. This ensures only 1 person is on the start line at any given time.
- Runners will be sent off at 30 second intervals and will be timed (*members of the same household may request the same start time*). Thus, all runners are running against the clock, not against other runners. Official times will be e-mailed to all participants later that night.
- We are discouraging course walk-throughs the day of the meet, but walk-throughs are possible if you come to the start/finish line an hour before your start time, identify yourself as a “walk-through” participant, await permission to access to the course,

and stay socially distanced and give right of way at least 2 m of distance to all runners on the course. Virtual walk-through videos have been created by CTSC's Troy Gullacher and can be found at <https://youtu.be/caKx0C-2YZw> (2 km loop) and <https://youtu.be/WbFuOxo4uzQ> (1 km loop). There is also a pictorial walk-through at the end of this document (Appendix B).

### **Distances (and loops):**

- Choose your own distance from these options:
  - o 3 km (2k loop + 1k loop to finish)
  - o 5 km (2k loop X 2 + 1k loop to finish)
  - o 7 km (2k loop X 3 + 1k loop to finish)
  - o 9 km (2k loop X 4 + 1k loop to finish)

### **The Running Course:**

- The start/finish area is a 250m walk from the clubhouse. From the parking lot, go behind the clubhouse and look for the sign on the path to your left that will lead you to the start/finish line.
- The running course itself involves two loops:
  - o The 2 km loop is a rolling loop which winds through the trees and through an open field, involves elevation changes, and challenges the runner with varied terrain.
    - Runners will run this loop 1 to 4 times, depending on the distance chosen. Runners running this loop more than once will re-enter this loop without coming back to the start/finish area. With 1k to go, runners will head to the start/finish area to complete the 1k loop and to then hit the finish line.
    - **View a MAP of the 2 km loop in Appendix A**
  - o The 1 km loop is cut through an alfalfa field, and is relatively flat
    - All runners will do their last 1 km on this loop. It is spectator-friendly.
    - **View a MAP of the 1 km loop in Appendix A**
- The course is marked with cut paths, flags, and signage:
  - o the 2 km loop follows an 8-10 foot wide mowed path. Much of it is cut through forest or high vegetation (just follow the cut path). In areas where it is more open or the possibility of confusion exists, flags are in the ground to indicate where to go.
  - o the 1 km loop is cut through an alfalfa field. Runners will stay on the cut area and watch for signage at the end of the loop to indicate finish line.
  - o There is signage to direct the runners at certain points and also to point out some hazards
  - o Because we are not using a mass start, there is no finish line funnel. The finish line is orange and has huge blue markers on either side.
  - o **View PICTURES of the 2 km loop and start/finish area in Appendix B.**

## **Schedule:**

- In accordance with current Public Health orders, we need to limit the number of guests (runners and whoever accompanied them) in the start/finish area to 30 or less at any given time (volunteers do not count). Thus, a limited number of people will be scheduled to be at the start/finish area at certain times only (warm-up done prior to arrival at the start/finish area) and will be sent off shortly after their arrival at the start/finish area. We also ask that when you have completed your race, you leave the start/finish area.
- We plan on having six blocks of start times: 10:00, 10:45; 11:30; 12:15, 1:00, 1:45.

## **Competitor Numbers & Bright Tops:**

- Please wear a competitor number, and wear the number on the FRONT. Any number is acceptable (try to use 2 or 3 digit numbers that are not common). If you don't wear a number, be prepared to tell us who you are when you cross the finish line.
- Please wear bright colors to run in. We are on private property that is posted as "no hunting", but let's make 100% sure no one mistakes you for a moose (it is hunting season).

## **Warm-ups:**

- We ask runners to warm up in the open spaces behind the clubhouse or along the road, being fully aware of passing traffic and social distancing requirements. We do NOT recommend warming up on trails across the road (south) as this is not private property and we cannot control if hunters are present.
- 10 minutes prior to your scheduled block's start time (no earlier, please), you may make your way to the start/finish area and wait, distantly, if necessary, until the previous groups leave the start/finish area (we have to ensure 30 or less people at the start/finish area at one time).
- When it's time to go to the start area, some runners will be sent off immediately while others will still have a few minutes to warm up in the start area. You will have a schedule ahead of time to see the order of start (runners sent at 30-second intervals).

## **Overtaking/Encountering Other Runners**

- Although interval starts alleviate having 30 runners shoulder to shoulder, there will still be times on the course where runners pass other runners on the course (e.g. a faster runner overtaking a slower runner). Please familiarize yourself with the following procedure so you can implement it on Saturday. If coming up to and needing to pass another runner (and this is the cross country skier in us):
  - o When within 10 meters, yell "TRACK!" That is your signal to them to move to the extreme RIGHT of the trail.
  - o You will then move to the extreme LEFT of the trail to pass them with 2 meters of gap between you as you pass

- Move back to the middle or right of the course after you are at least 10 meters ahead of them

If you, as a runner, hear someone yell “TRACK!”, get as far right on the trail as possible until they have passed you and are 10 meters ahead of you.

- Runners are NOT permitted to run together alongside other runners (e.g. no running with your buddy nor drafting for another runner) *unless they are from the same household*. When one runner overtakes another, they MUST stay separated, even if this means the slower runner slows down a bit to create separation after they are passed. Think “COVID safety” over “results”, and think “10 meters” for distance to stay behind.

### **Masks Protocol (social distancing)**

- Masks are required whenever social distancing (minimum 2m) cannot be maintained. Please bring your own mask (we will not be providing any).
- Runners are not required to wear masks while running.

### **Bathroom Facility:**

- The bathroom facility consists of a **two-seater outhouse** at the clubhouse, but we strongly encourage all runners to minimize the use of the outhouses. One strategy would be to stop somewhere appropriate in Humboldt prior to arrival (and again on departure if need be). Consider the outhouse at Dixon to be for emergency use only.
- The outhouses will be equipped with hand sanitizer and wipes. We also encourage individuals to bring their own personal sanitizer.

### **Medical Considerations:**

- Please bring your own medical kits with ice packs and tensors
- There will be spotters on the course to call for assistance for an athlete if needed.

### **COVID-19 Considerations:**

The following COVID-19 considerations have been implemented into this event in accordance with current Provincial Government guidelines. All participants must adhere to the guidelines.

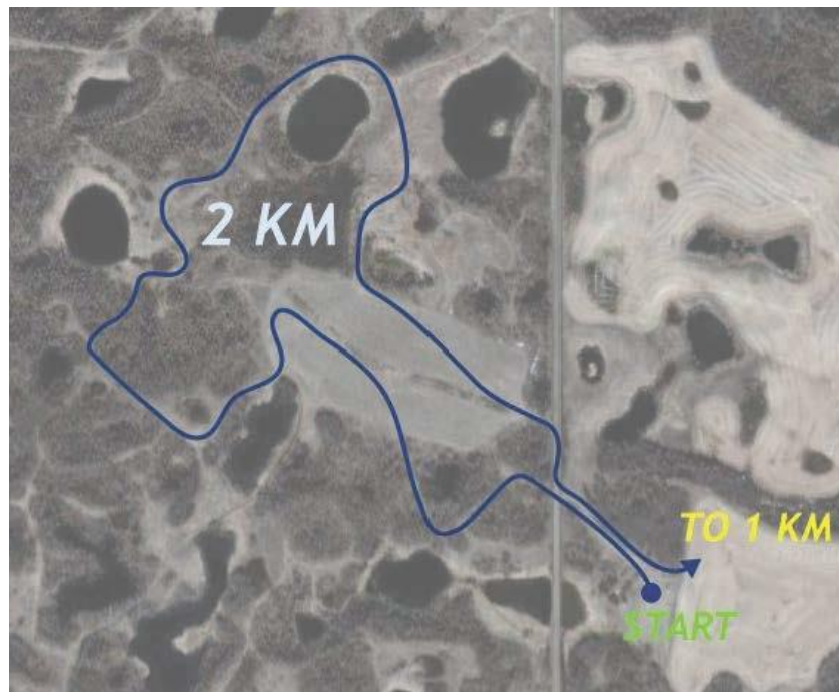
- Physical distancing and mask protocols are in place in line with current guidelines and protocols
- The start/finish area is very large, making social distancing very easy.
- Runners exhibiting signs of illness will not be permitted to take part.
- People arriving in the parking lot will have ample space to stay far away from one another.
- There will not be a coaches/athletes meeting prior to the run.
- There will be no “group” course walk-through.
- Interval starts (30 seconds apart) will be utilized instead of a mass start.



- The running path allows for 2m between runners when passing, and runners have been instructed on how to create distance when one runner passes another (by having read the previous pages).
- Runners are forbidden from running beside other runners except to pass (no drafting).
- The number of people gathered at the start/finish line is limited to 30 at any given time. Runners arrive and compete at different times throughout the day.
- Runners arriving before the previous group leaves the start/finish area will stay away from the main start/finish area until the previous groups have left that area.
- Runners will leave the start/finish area immediately when done.
- Warm-ups will take place in a separate area, and social distancing can easily be maintained in this area.
- Athletes will be arrive dressed to participate. No change areas will be utilized.
- The clubhouse is closed.
- There is no food service at the event.
- We are encouraging minimal use of the bathroom facility (but still stocked with sanitizer and wipes).
- Volunteers can all do their jobs while staying socially distanced from all competitors
- There will be no awards and thus no need for an awards ceremony.
- There is ample room for spectators to stay distanced from the athletes in the start/finish area.

## **Appendix A – Course Maps**

### **2 km loop:**



**1 km loop (ignore the yellow “lap” as it is not applicable to this day):**



**Appendix B: 2 km loop and start/finish area Walk-Through-in-Pictures**

There are no pictures of the 1km loop as it is very straightforward – follow the cut path in the field and obey the flags blocking off wrong turns.

**2 km loop:**



Start line takes you down a hill, curving left.



Stay to the left the whole way down the hill.





At the bottom of the hill, you are crossing a road. On run day, there will be a marshal there ensuring no traffic will be racing through.



At the bottom of the hill, keep going STRAIGHT (cross the road and run straight into the path cut into the trees).



The path is cut through the trees in this section.



Coming out of the trees, you will enter an open field. Stay between the flags.



Stay between the flags and/or between the flags and the brush/tall grass.

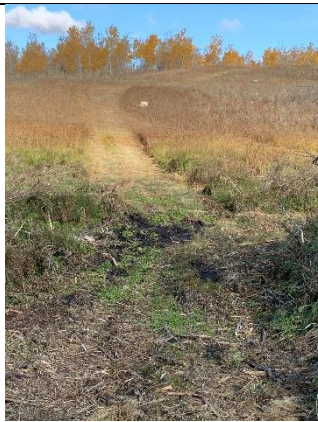


Leaving the field, you'll climb a hill through the brush, watching for rocks on the trail.





These logs are covering/creating a bridge over a small stream. The logs are not secured so be very careful should you choose to step on them or should you choose to jump over them.



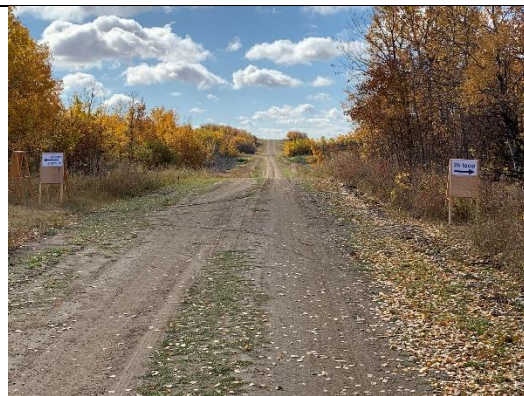
After the logs, make a hard left (you'll see an arrow) through some ruts and up the hill. Follow the cut path.



Stay on the path cut through the brush and long grass as it winds through the hills and past a slough.



When you come out of the path through the long grass, you will enter another field, turn left, and stay between the flags until you get to the road and turn right. You are near the end of the 2 km loop.



Up the road a bit, you will either turn right to go back into the trees (2 km loop) or left to the last 1 km and finish.





3k runners - turn left here to do your 1 km loop. 5k, 7k, and 9k runners – turn left here only when you have 1k left in your chosen run distance.



If you are running 5k, 7k, or 9k, you will re-enter the trees here if you still have at least 3k to go.



Going back up the hill to the 1 km loop or finish line, stay to the left.



Ignore the “finish line” sign in this picture, sorry. Every runner will keep left of the “1k Lap” sign and will enter the 1k loop a little further ahead.



For your final 1k, you will take a sharp left into the 1 km loop. The 1 km loop is a mowed path through a field. Stay on the cut path. There will be flags anywhere there could be confusion.



The finish line will be marked by two large blue signs and an orange line on the ground.