



## Timberline Marathon COVID-19 Safety Plan

Cascadia Sports Timing, LLC is excited to host the Timberline Marathon and Half Marathon on June 5<sup>th</sup> and 6<sup>th</sup>, 2021! This will be a modified live event with COVID-19 safety protocols in place. It is essential that you read this document carefully and fully understand how we are conducting the event and your responsibilities to help us ensure a safe environment for everyone there.

### REGISTRATION

There will be no on-site registration. You must register online before June 3, 2021 at 11:59PM PDT. You may also mail-in your registration; however, entry must be received by May 31, 2021. Shirts are not included after May 1, 2021. Participation is limited to 300 people per day.

### PARTICIPATION RESTRICTIONS

You cannot participate (or work) at this event if you have been diagnosed with COVID-19 (have not recovered or are still within the 10 day isolation period), had symptoms of COVID-19 (within the last 24 hours), or had contact with a person that has or is suspected to have COVID-19 (within the last 14 days.) People with underlying health conditions should consult their medical provider regarding participation in athletic activities.

### PACKET PICKUP LOCATION

All packet pickup will be vehicle drive up at the Historic Clackamas Ranger Station next to the start/finish area. You must remain in your vehicle. Event staff will bring you your bib and medal – and race shirt if you ordered one when you registered. There will be no shirt exchanges. Staff will not be answering questions at that location in order to keep vehicles moving quickly. It is your responsibility to be familiar with the information in this document and the event website and to email us if you have any questions.

### PACKET PICKUP TIMES

Friday, June 4<sup>th</sup> from 4pm to 6pm PDT  
Saturday, June 5<sup>th</sup> from 7:00am to 10am PDT  
Sunday, June 6<sup>th</sup> from 7:30am to 10am PDT

### PARKING

After you receive your race packet proceed straight ahead to the parking area along both sides of Skyline Road. Remain with your vehicle until it is your time to start the race. Masks **MUST** be worn anytime you are outside your vehicle. Your race number must be exposed on the front of your body.

## START AND FINISH AREA ACCESS

Participants are required to wear their race number on the front of their body to enter the area. **Do not enter the area until 5-10 minutes before your designated start time range below. No one will be allowed entry without a mask covering their nose and mouth.** We will have you wait in a socially distanced line outside the area if there are already 80 people inside. There is no gear check.

## START TIMES

We will be using a constant rolling start with each participant starting 12 seconds apart not to exceed 300 participants in one hour. The maximum number of participants allowed in the start/finish controlled access area at any one time is 80 with no more than 50 in the start/finish chute with a minimum of 6 feet spacing in all areas. Choose your estimated pace and start anytime within that time range.

### Marathon

8:00am – 8:30am

### Half Marathon

9:00am – 9:15am pace 9:44/mile and under

9:16am – 9:30am pace 9:45/mile to 10:59/mile

9:31am – 9:45am pace 11:00/mile to 12:59/mile

9:46am – 10:00am pace 13:00/mile and up

You will be chip timed from when you cross the start line until you return across the finish line. **It is important that you estimate your pace accurately when selecting your start group to maintain optimal spacing on the course.** If you have never completed a trail run before a good rule of thumb is to add 1 minute per mile to your road pace.

## COURSE AID STATIONS

Participants are asked to please bring your own hydration and nutrition and not stop at any aid stations. We will have emergency water and Gatorade in 8oz cups with lids. Discard these in the trash can at the aid station. There will be no food. Aid stations will also have at least one portable toilet. Do not use campground toilets. Each aid station location will have a radio operator to call in medical emergencies to the American Medical Response Reach and Treat Team staged in the start/finish area. Aid stations are located as follows:

### Half Marathon

Aid station #1 North Arm Campground MILE 6.14

Aid station #2 Dam MILE 9.87

Aid station #3 Oak Fork Campground MILE 12.51

### Marathon

Aid station #1 North Arm Campground MILE 6.14

Aid station #2 Dam MILE 9.87

Aid station #3 Oak Fork Campground MILE 12.51

Aid station #4 North Arm Campground MILE 17.55

Aid station #5 Dam MILE 21.53

Aid station #6 Oak Fork Campground MILE 24.17

### **ON-COURSE RUN SPACING**

Participants must make an effort to remain at least 6 feet from other participants. Pass other participants in a manner that is safe and makes the moment of passage as brief as possible. Similarly, if you are passed, allow for passing such that the distance between participants can be achieved in as brief a time as possible. You are not required to wear a mask after you cross the start line but must put it back on before exiting the finish chute.

### **FINISH LINE**

Upon crossing the finish line slow down to a walk and place your face mask back on before you exit the finish chute. Exit the area without delay and return to your vehicle before removing your mask. If you have an injury that requires attention, stop at the American Medial Response ambulance inside the controlled access area. **Once you leave the controlled access area you will not be allowed back in.** With COVID protocols we are restricted from providing food, beverages, awards, etc. in the finish area. Saturday and Sunday results will be combined and awards will be mailed to the overall top three males and females in each distance and also to the 10 year age group winners. Go to the results page at [www.timberlinemarathon.com](http://www.timberlinemarathon.com).

### **SANITATION**

Portable toilets will be spaced 12 feet apart with lines marked for 6 feet distancing. Toilets will be sanitized after all participants start and each hour as participants finish the race. Each unit will have hand sanitizer. Hand wash stations will be located nearby. There will be trash cans at multiple locations in the controlled access area and at course aid stations. Trash cans will be emptied at the end of each race day as a minimum. Event staff shall have face masks and gloves and those handling trash and sanitizing toilets shall additionally have face shields.

### **RECORD KEEPING**

Registration data for each participant will be kept for 30 days after the event in case contract tracing is necessary. Contact information for each event staff member and subcontractor shall be kept for the same period of time.

### **PERSONAL HYGIENE**

Use good hygiene including sanitizing/washing hands frequently and covering your sneeze or cough. Avoid touching your eyes, nose and mouth. When using sanitizer, coat all surfaces of your hands and rub them together until they are dry. Do not share phones, water bottles, clothing, towels or snacks and do not spit (saliva, gum, etc.)

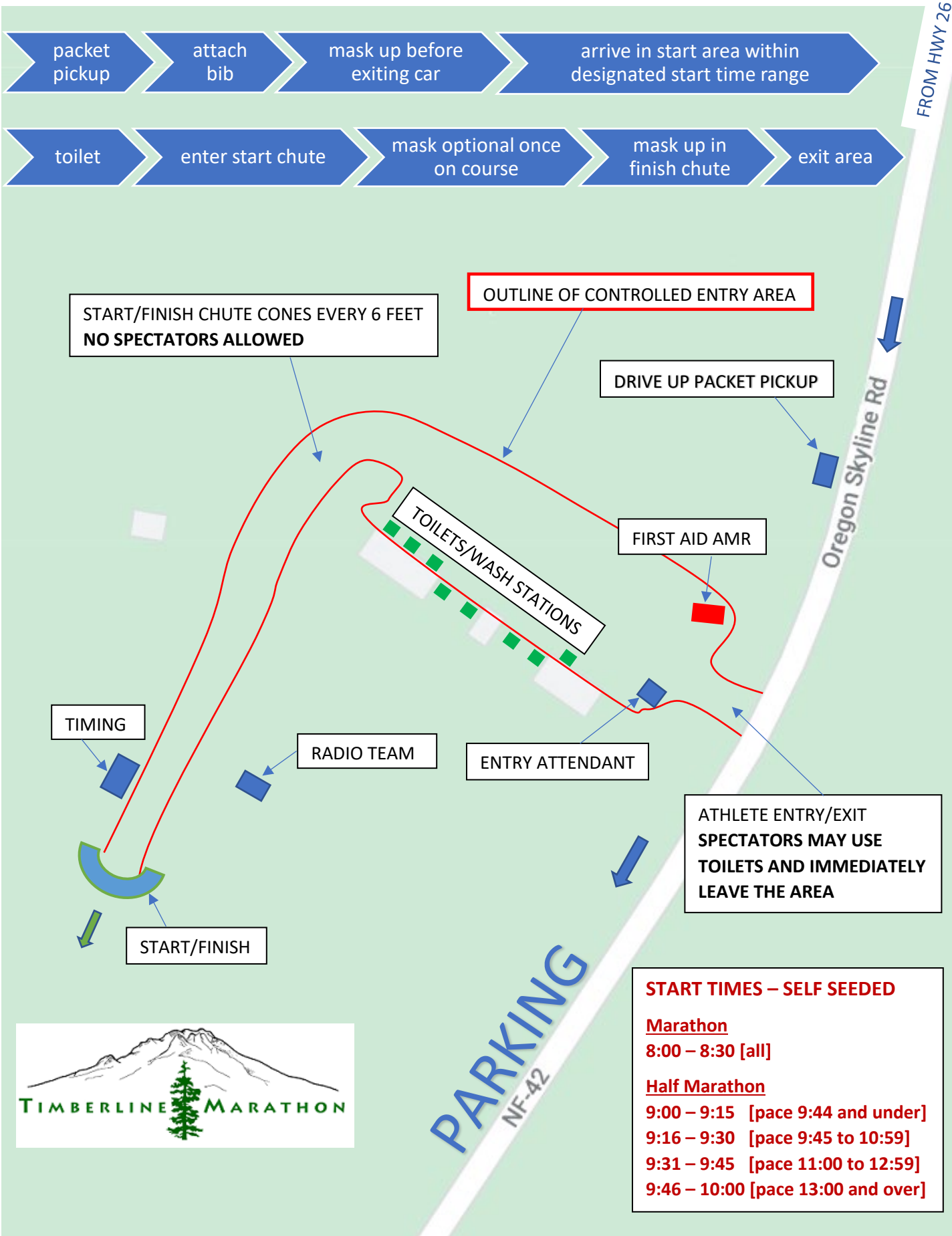
### **SPECTATORS**

**Spectators are not allowed at this year's event unless it is absolutely essential.** Spectators with masks will be allowed to use the toilets and handwash stations but must immediately leave the area. No more than 5 spectators will be allowed in the area at one time. You will not be allowed access the start/finish chute, surrounding area or the race course. Do not drive into any campground areas unless you are a registered guest. A good viewing area is at the day use fee area near the dam. Please social distance and wear a mask. Stay away from the aid station and runners/walkers.

### **CONTACT INFORMATION**

We want to ensure that you are able to participate in a safe environment and have all of your questions answered to the best of our ability. You may contact Race Director, Chuck Neely at [cascadiatiming@gmail.com](mailto:cascadiatiming@gmail.com).

TIMBERLINE MARATHON COVID-19 SAFETY PLAN  
 START/FINISH CONTROLLED AREA LAYOUT





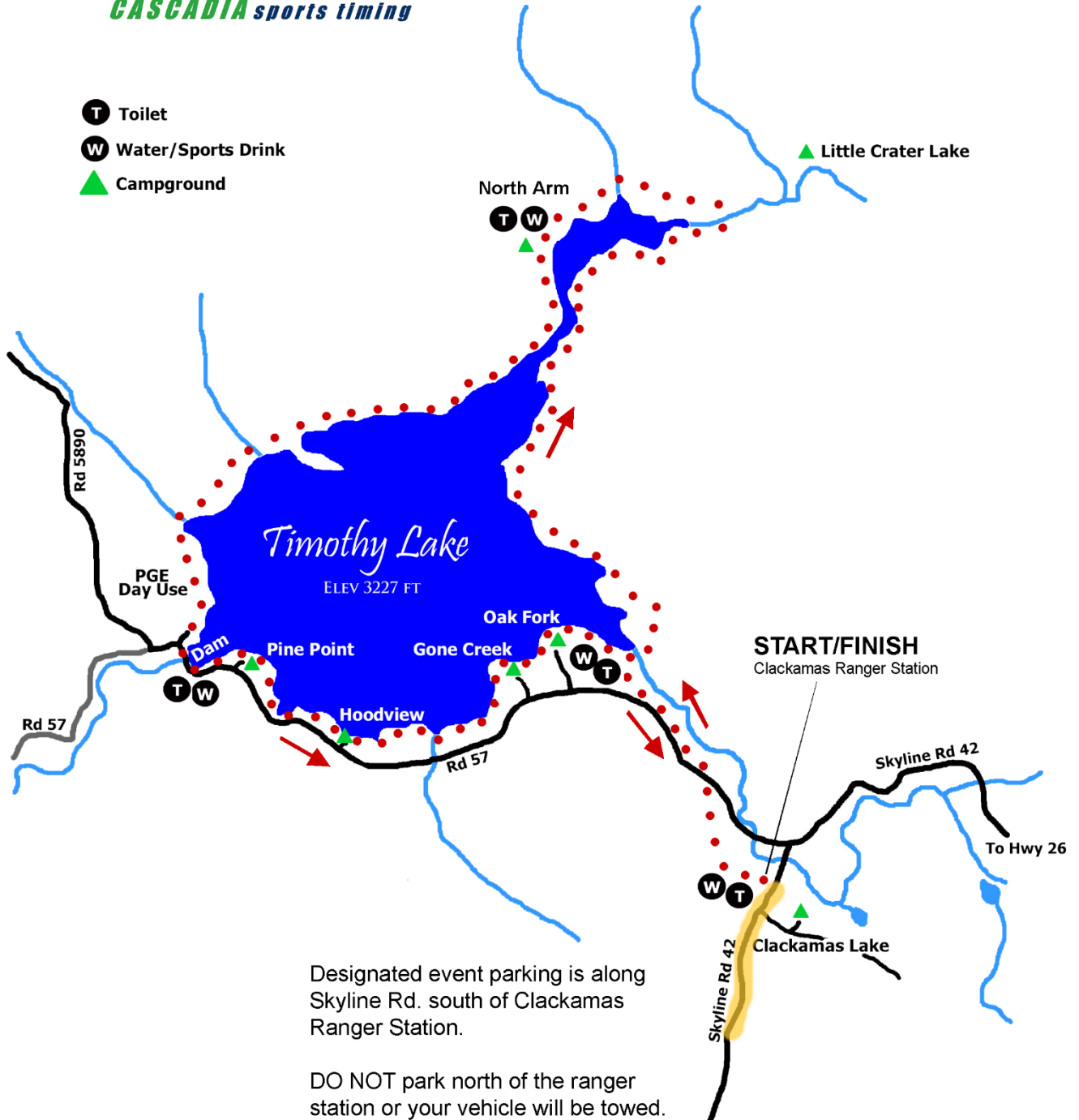
Mt. Hood, Oregon

# COURSE MAP

Marathon is two loops - 26.2 miles total  
Half marathon is one loop - 14.4 miles total



- T** Toilet
- W** Water/Sports Drink
- ▲** Campground



Designated event parking is along Skyline Rd. south of Clackamas Ranger Station.

DO NOT park north of the ranger station or your vehicle will be towed.