

Runner Guide



SUMMER
SIZZLER

AIRLINE TRAIL 5K

COLUMBIA, CT

AUGUST 14TH, 2020

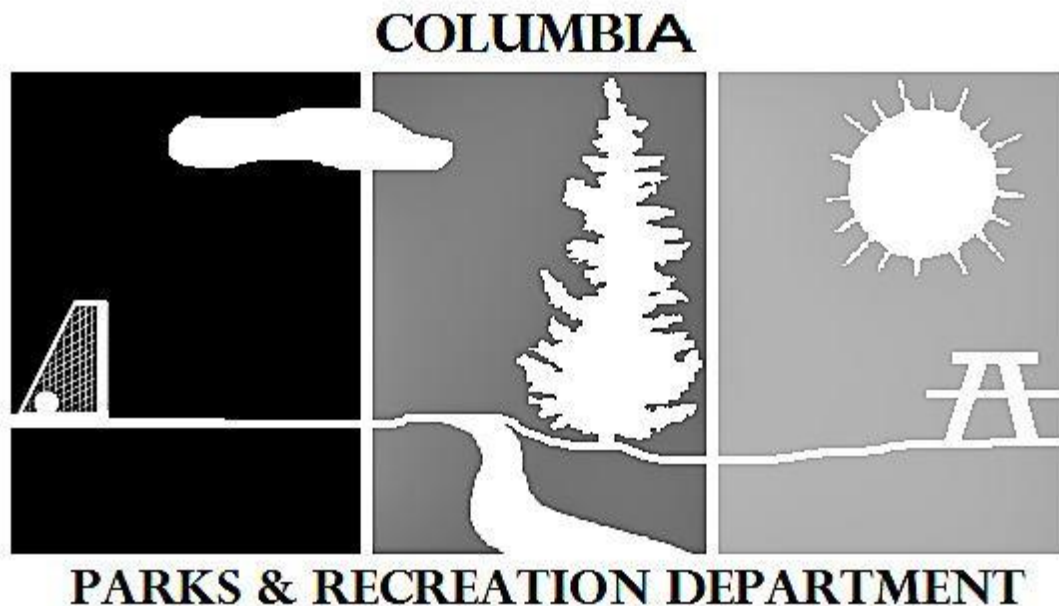
FROM THE RACE

We are thrilled to welcome you all to the 2nd annual Summer Sizzler Airline Trail 5K.

We are so grateful to all of you for coming out to run with us, as your participation has allowed us to support programs and events of Columbia Parks and Recreation.

We've made a few changes this year to make sure we keep you safe.

1. You should have received your race bib in the mail. We have done this to reduce contact and increase safety for everyone. If you have not received your race bib, please email us right away at events@o2eventproductions.com.
2. This year's race will have wave starts to ensure runner safety. You must run in your assigned wave or you will be disqualified and removed from the results. Each wave will be called to the starting area, so be sure to listen to race announcements on race day.
 - a. Wave #1 - runners with bib numbers in the 100's
 - b. wave #2 - runners with bib numbers in the 300's
 - c. Wave #3 - runners with bib numbers in the 400's
 - d. Wave #4 - runners with bib numbers in the 600's.
3. When you cross the finish line on Friday, you'll be directed back to the race staging area to pick up your race shirt and goodie bag. Runners are being encourage to NOT stay and socialize post-race. This is done in effort to help with social distancing and keeping everyone COVID-19 safe.



RACE DAY SCHEDULE

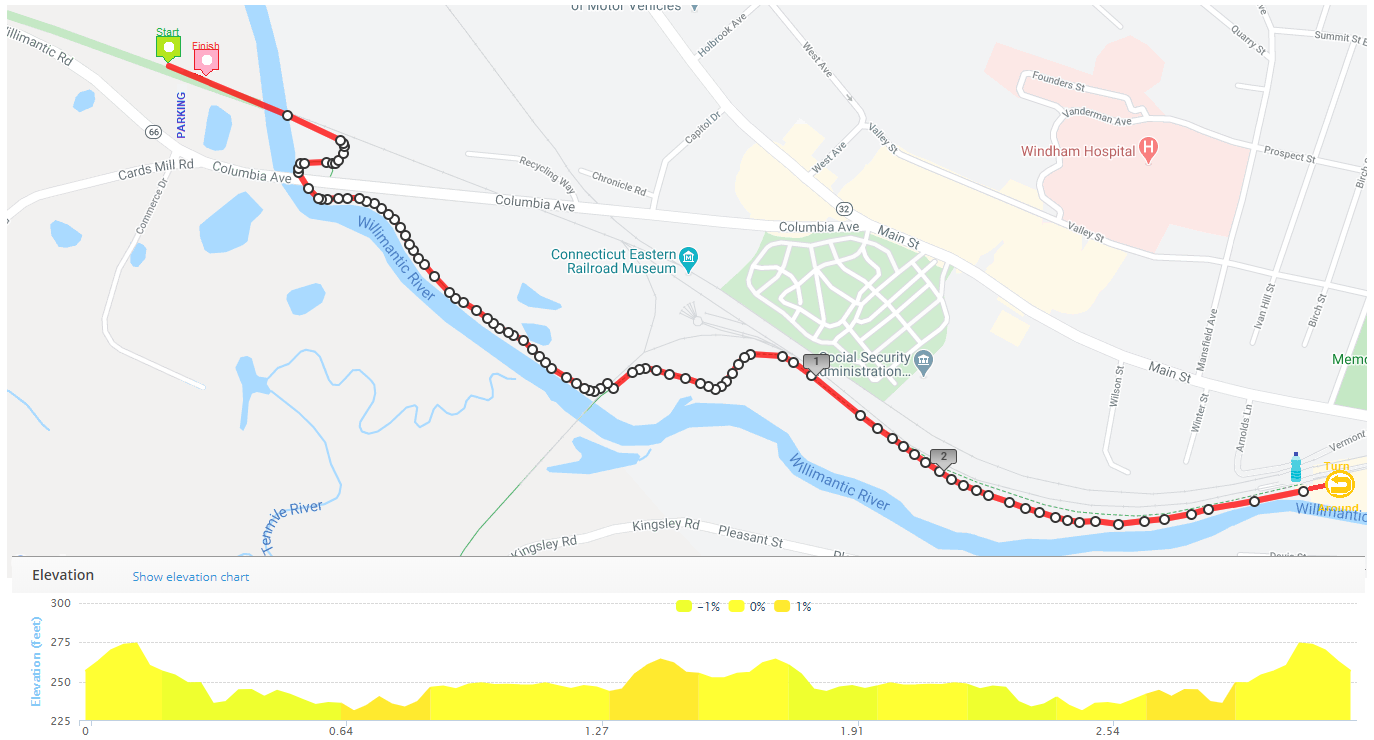
- Runner arrival - 5:30 PM to 6:30 PM
- Waves
 - #1 6:45:00 PM
 - #2 6:45:30 PM
 - #3 6:46:30 PM
 - #4 6:47:30 PM

RACE DAY INFORMATION

- **Race location**
 - 22 Willimantic RD, Columbia, CT
 - TS Automobile
- **Parking**
 - Paring is located in the grass field.
 - **NO PARKING ON THE PAVED LOT**
 - **Please review our site map for parking**
 - <http://o2eventproductions.com/summersizzler/Summersizzlersiteplan.pdf>
- **Gear check**
 - There is no gear check. Please keep all of your belongings in your car.
- **Portable Toilets**
 - There will be three portable toilets at the staging area.
 - There will be hand sanitizer near the portable toilets for runners.
- **Water station**
 - There will be water at the turn around point on the course and water at the finish line.
 - We are asking runners to keep our trails clean, by doing one of two things.
 1. Carry your water bottle back to the finish and take it with you.
 2. Throw it in the garbage bin located on the course near 2 miles.
- **Results and awards**
 - Results and awards will be based on "NET TIME".
 - Results will be available on-line at the completion of the race.
 - Results will at www.o2eventproductions.com & www.tlmracing.com
 - Awards will be mailed to winners within two weeks of the race.
 - Fastest Female and Male
 - Age groups 10 & under, 11-13, 14-18, 19-29, 30-39, 40-49, 50-59, 60-69, 70+



COURSE MAP AND ELEVATION PROFILE



FREQUENTLY ASKED QUESTIONS

Q: Can I bring my family/friends to watch?

A: We are encouraging runners to only come with people who are running. We're respecting social distance orders by the state of Connecticut.

Q: Do I have to wear a mask?

A: Yes & no. We are requiring all runners to wear a mask during pre & post-race activities. You may remove your mask on the course IF you have at least a six (6) foot space between you and other runners.

Q: How will waves be grouped?

A: Waves will be divided up based on times that you provided us during registration.

Q: Do I have to start in my assigned wave?

A: Yes. Waves will be based on a set number of runners to ensure there is adequate room for social distancing.

Q: What will happen if I still start in the wave I am not assigned too?

A: This will lead to disqualification from the race.

Q: When should I arrive to the race?

A: We are asking runners to arrive between 5:30 pm and 6:30 pm to reduce the time of contact with others.

Q: Will there be space to socially distance before the race?

A: There is a large area near the parking that will allow space to socially distance or you may wait in your car.

Q: How will I know when it is time for my wave to start?

A: Your bib number will correspond with your wave. In addition, we will have announcements informing runners when it is time to move to the staging area. Once you are in the staging area, race staff will let you know when it's time to move to the starting line.

Q: Will there be water on the course?

A: Yes. There will be bottled water at the ½ way point. Runners are encouraged to either hold onto the bottle until the end of the race, or throw it in the baskets down the course. Please KEEP OUR TRAILS CLEAN!!!!!!

Q: Will there be an award ceremony?

A: No. Results will be posted on-line at the conclusion of the race. Awards may be picked-up at Columbia Parks & Recreation. We will mail out awards to anyone who cannot pick them up in person.

Q: Will results and awards be based on "Gun time" or "Net time"?

A: We will use Net times for all results and all awards.

Q: What do I do after I finish?

A: Runners will be asked to follow the chute back to the main staging area to collect refreshment packet and depart from the race.

COVID-19 SAFETY MEASURES

1. All runners are asked to wear a mask during pre-race & post-race & when encountering runners on the course.
2. Please exercise social distancing of 6 feet when possible pre-race and post-race.
3. Race day check in line(s) will be marked with 6-foot intervals (as in stores now)
4. Runners will start in waves of no larger than 30 (6 feet apart).
 - Each wave will start one minute apart.
 - Runners will be pre-assigned a wave based on the time submitted during registration.
 - Runners will be called to the starting line based on waves.
 - Runners will stand on X's in the starting area when lining up for the start, to maintain 6 foot separation.
5. No drafting rule.
 - Similar to triathlons, i.e. runners must maintain a 6-foot separation from runners they pass or are passed by.
6. Each runner will be given a post-race refreshments packet to take with them.
7. Hand sanitizer will be available for runners to use before and after the use of the port-o-potty.
8. Results will be posted on-line after the last runner completes the race.
9. There will not be an on-site award ceremony.
 - Runners will be able to pick-up awards at the Columbia Parks & Recreation office the following week, or they can be mailed to winners.
10. Runners are "strongly encouraged" to leave finish area ASAP after they finish the race.
 - No congregating in groups post-race.

THANK YOU TO OUR AMAZING SPONSORS

- The Main Moose
- Jerry's Marine
- Columbia Marine
- Discovery Zone Learning Center
- Highland Park Market, Coventry
- Eric's Tree Service
- Ted's IGA, Hebron
- Stop & Shop, Willimantic
- TS Automotive
- Columbia Manufacturing
- Columbia Package Store