

Arkansaw High Country Race COVID Prevention Safety Plan

The 2020 running of the Arkansaw High Country Race WILL go on as planned, rolling out from Fayetteville, Arkansas on Saturday morning October 31st from in front of the Graduate Fayetteville on 70 N. East Avenue. We are excited to work with our host community and State officials to facilitate safe pre-race and start line gatherings that align with local, state, and national guidance and recommendations.

The ArHC is designed for social distancing, with over 1000 miles of racecourse and the opportunity to race the in either direction, separating and maintaining appropriate distances from your fellow competitors should not be an issue.

The following rules are in place to create the safest setting possible for competitors:

1. Do not be a jerk. We do not want to be the Mask Police, but current times have thrust us into that position. If you cannot abide by these rules, please stay home.
2. All participants will be required to fill out a screening checklist (emailed prior to the event) and bring it with them to the pre-race meeting. If you have any symptoms, you will not be allowed to participate in the Arkansaw High Country Race. If you are sick, you need to stay home.
3. Participants will wear a facial covering/mask (not buffs or neck gaiters) for the mandatory pre-race meeting on October 30th. The open-air venue will be announced later. Participants will keep a mask on AND maintain a minimum of 6 feet from other racers for the entire meeting. There will be no food or beverages allowed.
4. Participants will wear a facial covering/mask (not buffs or neck gaiters) at the start/finish line.
5. Participants will spread out at the starting line to keep no less than 6 feet between themselves and other riders. After the race start, participants will maintain this distance from other riders until the field has naturally spread out on the course. Participants will avoid riding in the draft of another rider.
6. ALL participants will carry a face covering/mask as part of their race kit. It is also highly recommended that participants carry and use a disinfectant (hand-sanitizer) during the race.
7. Participants will wear a face covering/mask when going into public buildings for services and when they are unable to keep a safe distance from others at an outdoor setting. Period.
8. Sadly, spectators need to stay home this year. But don't worry because we will livestream the start/finish on social media. Trackleaders.com will still provide dot-watching opportunities and the traditional Facebook selfies will create a connection for fans to this year's race.
9. Trail Angels may set up aid that has been sanitized but are asked to stay away while racers are on the site. Neutral support from any trail angel needs to be individual, self-serve options and available to all competitors.
10. The race is still self-supported, and all racers should plan to be able to provide their OWN recovery plans should they need to be extradited from the racecourse. HAVE A PLAN.
11. All other general race rules and guidelines still apply.

These additional rules follow recommendations of the Arkansas Health Department and in accordance with the Arkansas Mask Mandate (Executive Order 20-43).

More information on the Arkansas Mask Mandate can be found here:

https://www.healthy.arkansas.gov/images/uploads/pdf/mask_mandate_information.pdf

We look forward to seeing you in Fayetteville, Arkansas on Friday evening October 30th!