



Welcome to the 2020 Don Olson Classic. We are so happy that we have the opportunity to host you this year. As some of you may have noticed, the world has changed since our last race & by necessity, so have we.

The health & safety of our guests & our volunteers is our highest priority, so while some of the changes you may notice are a bit restrictive, they are necessary to make our coming together possible.

Please read these final race instructions carefully. This document contains critical information that will help ensure a great race & a healthy future.

Public Health

ALL guests & volunteers MUST have a mask & hand sanitizer with them.

A minimum distance of 2m must be maintained between everyone attending the DOC unless they are members of the same family living together.

When a distance of 2m cannot be maintained, masks are mandatory.

Any direct interaction between guests & volunteers will require both parties to wear a mask.

Common touch surfaces will be sanitized frequently & hand sanitizer will be available at the marshalling & race areas.

Frequent hand washing/sanitizing is strongly encouraged.

All guests & volunteers attending the race are requested to download the Government of Canada COVID Alert app onto their phone if they have not already.

Personal contact information for all guests & volunteers will be shared with public health if requested.

The event will be held exclusively outdoors.

Venue

Getting to Albion Hills is easy. It is located 9 km north of Bolton at 16500 Regional Road 50, Palgrave, Ontario (40 minutes northwest of Toronto).

Enter the above address or Albion Hills Conservation Area into Google Maps and you will find us! There is a large sign on the west side of Regional Road 50 just south of Palgrave identifying the park entrance.

When you arrive on site, there will be volunteers to help guide you.

IMPORTANT:

Please arrive at the scheduled time for your wave per the FINAL SCHEDULE. Athletes will not be permitted to enter their marshalling area until their scheduled time.

Albion Hills will be charging their usual admission fee for anyone entering the park. Please go to <https://trca.ca/parks/albion-hills-conservation-area/> for more details on admission fees.

Parking

Parking is available at our marshalling areas at Cedar Grove 1/Trailview & Cedar Grove 2.

The FINAL SCHEDULE identifies where your wave will be asked to park. Be prepared to tell our volunteers which event & which wave you are competing in & they will guide you from there.

IMPORTANT:

Please wear a mask when speaking with our parking volunteers.

Race Kit Pickup

Race kit pick up is available on **RACE DAY ONLY**. Please review the **FINAL SCHEDULE** for the designated time & location for the race kit pick up for your wave.

Race kits will not be released earlier or later than indicated on the schedule.

IMPORTANT:

Anyone picking up a race kit **MUST** be wearing a mask & sanitize their hands.

If there is a line up, you must maintain 2m spacing between you & everyone else in line.

Race Details

This year's '**Don Olson Classic**' features multiple 2.5K & 5K capped waves run on a scenic, runner friendly course.

It is a 2.5K loop course on wide-open trails in the beautiful Caledon countryside. The gently rolling course starts and finishes in front of the chalet.

This is a cross-country course with several roots and rocks, many of which are covered by fallen leaves. Please be mindful of where you are stepping as you race. The race is suitable for spikes and they are permitted.

The course is very well marked with volunteers on course to support our athletes. Only registered athletes competing in the current wave will be permitted to be on course.

There will be no pre-race walk-through & no access to the course for athletes in pending waves.

The FINAL SCHEDULE clearly identifies the timelines that we all need to adhere to. Please review it carefully.

Athletes will be permitted to enter the marshalling area one hour before the start of their wave. They will have a 30 minute window to pick up their race kits. 15 before the start of their wave they will be walked as a group with their gear to the starting grid at the race site. Each wave will start as scheduled.

Each wave will be run as a pursuit, slowest to fastest, with athletes released from a socially distanced starting grid at 15 second intervals. There will be passing but the course is wide enough to allow for it to happen safely.

There will be no drafting, no spitting & no contact of any kind permitted before, during or after each race.

The race will be chip-timed with the chip attached to each athlete's bib.

Results will be posted online on the Chip Time Results and 310 Running websites immediately after each wave. Final results & award winners will be posted once all waves have been completed & the results collated.

One spectator per athlete will be permitted in the race area provided they registered their intent to spectate by completing & submitting a COVID-19 Health Questionnaire.

We reserve the right to refuse entry into the marshalling or race areas at any time.

Awards/Prizing

Awards for the 2.5K race will include top 3 male & female age group athletes. Age groups for the 2.5K race are: Under 9, 9-10, 11-12 and 13-14.

Awards for 5K race will include top 3 overall male & female athletes & top 3 male & female age group athletes. Age groups for the 5K race are: Under 15, 16-19, 20-29, 30-39, 40-49, 50-59 and 60+.

Please be aware that your age group is based on your age as of December 31, 2020.

There will be no duplication of awards. Awards will be mailed to winners as soon as possible.


Washrooms

There will be washroom facilities available in the marshalling & race areas.

Sanitizing supplies will be available inside of each. It will be the responsibility of each user to sanitize the washroom facilities before & after usage.

First Responders

Certified first responders will be on site in case of a medical emergency.





COVID-19

Core Four

- Stay apart**
2m
Maintain 2-metres distance from everyone outside your **safe social circle**.
- Lather up**
Wash your hands with soap and water; or use hand sanitizer.
- Mask up**
Wear a non-medical mask where maintaining physical distancing is difficult and **where masks are mandatory**. Protect the supply of medical grade masks for health care workers.
- Get tested**
Get tested if you think you have COVID-19 or may have been exposed to it. Stay home, self-isolate and prevent potential spread.

CDS-0673-02 20/07/08

For more information visit peelregion.ca/coronavirus

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 **Region of Peel**
working with you