

Dear Stroke & Stride Athlete,

Today is the day we all get to gather again, but for the rest of this summer, that gathering will look a little bit different than summers in the past. *Please read through this entire guide* and be sure to remind friends of some of the bolded items. We'll have extra staff on site to ensure frequent announcements to any and all questions you might have.

What do I need to know before I arrive?

- NO SPECTATORS! As you might have expected, we're limited to just athletes and volunteers only. This is a very strict policy as our main requirement from the health department is to ensure a certain event capacity.

- Parking: When you arrive onsite, you'll park in the normal, main Boulder Reservoir lot. Every other parking spot will be coned off, so please don't move the cones, just park in the open spot. If for any reason cones have been moved or are missing, please just make sure there's *one parking spot of space between you and the car next to you*.

- Body Marking: We've posted the athlete start list. *Before you arrive, please mark one of your hands with your bib #* and this will make number check-in go very quickly so lines don't back up. This also gives you a chance to see which friends will be out there alongside you.

- Water: *Please bring your own water and any snacks you'll need for post event.* Sadly, no pizza this summer, and we're also not able to provide you with pre or post water. Our goal was to eliminate as many contact points as possible from the time you arrive onsite.

What do I need to know when I walk to the grass area for number and chip pick-up?

Masks: *They are required from the moment you exit your car, until you're ready to walk down to the swim beach.* They are NOT required when you are racing at any point.

STEP 1 - Medical Check: We advise that you drive and don't ride your bike to the reservoir as that will elevate your temperature. *Step 1 when you check in is to hop in the medical check in line (red/gray tent). Our paramedics will take your temperature, and ask you the standard screening questions.*

- All athletes are encouraged to frequently use hand sanitizer supplied around the venue
- All athletes are encouraged to refrain from mixing and mingling with others not in their household during events during the event as much as possible.
- All athletes need to maintain at least 6 feet of physical distance from others as much as possible.
- [Populations at higher risk for severe COVID-19](#) should consider additional protections or stay home during this time per CDPHE guidance.

STEP 2 - Number Pick-up: *Once you clear the medical check-in, please move to the next tent to pick-up your number.* Please just show our staff your bib #. **PLEASE BRING YOUR OWN RACE BELT OR SAFETY**

PINS. Unlike prior years, you have more time to pick-up your number and timing chip. *We will close registration for all distances at 6:10pm.* This allows you all a little extra time to spread things out, and also so you don't feel rushed trying to embrace the new format.

STEP 3 - Timing Chip: *After you pick up your number move right along to the next tent and show our staff your race bib to receive your timing chip. This timing chip will go directly on your ankle, and after the swim or run finish you'll be REQUIRED to remove your own timing chip.*

STEP 4 - Grass Transition Area Set-up: *After you pick-up your timing chip, you'll find a nice spot in the grass area to set-up your gear/transition area. Households who arrived together can stay together in this zone. All other athletes will need to maintain 6ft separation from the next closest athlete. Please note, you can warm-up running, but there is no swim warm-up.*

It's almost time to start the race. How does this new time-trial format work?

Time-Trial Swim Format:

- *Instead of the traditional mass swim start, you will line up on the swim beach (6ft apart) and proceed with a time-trial start every 5 seconds. An additional timing line will be placed at the swim start to capture the time each athlete enters the water. This will allow you to flow down to the swim start in a fashion to limit group gathering size, keeps participants in the same household together and isolated from other households, yet also allows our staff the proper swim safety accountability measures.*

- *Start line will be located on the north end of the main swim beach (ROKA Flags) – same traditional spot as year's past. You'll see white cyclocross stakes on the beach with "6ft spacing" signs. Simply line-up next to the open and closest one to the start area.*

- *Athlete's in the 2-lap (1-mile) swim will have a start window of 6:00pm-6:10pm. When you exit the water (Red Flags) after lap 1, run down the beach inside the cones by the water's edge to start lap 1.*

- *Athletes in the 1-lap (1/2 – mile) will have a start window of 6:00pm-6:15pm.*

Finish line and Post Event:

- *All athletes will be required to remove their own timing chips and place them in a specially marked bin.*

- **Results** will be live and available online – link will be posted on Stroke & Stride homepage. We will NOT have printed results online.

- *Once you finish, please cool down, and once you start packing up your gear, you'll be required to once again wear your mask.*

If there is a confirmed case of COVID-19 among patrons or employees: Without Limits Productions will notify and cooperate with their local public health agency on next steps.