

SOMMER SPORTS RETURN TO RACING – LAKE MINNEOLA HALF

As we return to racing, your race day may look a little different than in the past. Here are key things you need to know about returning to racing, and what we are doing to keep you safe.

1) Expect Changes

While we would love to jump right back in and produce events the way they were run pre COVID-19, we need to be honest with ourselves, that is not going to happen for quite some time. With the goal of eliminating as many touch points as possible, and maintaining social distancing throughout the event, here are a few of the changes you will notice:

- Staff & volunteers will wear face masks whenever possible
- Participants must undergo a touchless temperature check before they can receive their race packet.
- Facial coverings must be worn at all times when not racing.
- No mass starts, each run will have corral starts of 50 runners or less every two minutes.
- The race venue plan has been redesigned to maximize spacing
- No sponsor/vendor/club tents while we are still in the pandemic
- No onsite registration or changes. All new registrations and change requests must be completed online.
- Most touch points have been minimized
 - Food tent and beer garden have been eliminated. Athletes will receive a snack bag after finishing and will receive a coupon for a free beer from our partner, Suncreek Brewery.
 - No posted or displayed results onsite, however athletes can easily access live results via their phone
 - No onsite awards ceremony, awards can be claimed following the race from 9:30am – 11:30am. Our awards banner and podium will be set-up for photo ops.
 - Support stations will be mostly self-serve with water in sealed bottles. Hammer Nutrition's HEED electrolyte replenishment drink will be served in cups, and pouches of Hammer Gels will be available.
- Additional hand cleaning stations at key locations
- Free face masks available to all at our Safety Tent near the finish line.

2) Not Everyone Should Race Live

We are encouraging anyone who is in a high-risk category to please, please stay home and complete the race virtually. That means if you:

- Have chronic lung disease or moderate to severe asthma.

- Have serious heart conditions.
- Are immunocompromised.
- Are a medical professional who has been in contact with COVID-19 patients
- Traveled internationally in the last 14 days
- Have had close contact in the last 14 days with someone with a diagnosis of COVID-19
- Have flu-like symptoms (cough, sore throat, fever (100.0F or greater), shortness of breath, recent loss of smell, etc.)

You should not tempt fate and we encourage you to stay home and switch to the virtual race option.

3) This Is Not the ‘New Normal’

We do not expect things to stay this way forever and over time we will return to racing as you have known it. Going forward changes will be made based on our experiences from previous races, feedback garnered, and local requirements. We hope by next summer we will be able to gradually reintroduce many of the event amenities that were sidelined due to COVID-19.

4) Your Safety Is—Always Has Been, Always Will Be—Our #1 Priority

Your health and safety have always come first for us, and that will never change. As the COVID-19 pandemic evolves, we are staying on top of health protocols and following all established guidelines for gatherings. We are continuously reviewing our plans and revising them when necessary. We will spare no precaution to make racing a Sommer Sports event safe and fun!

As with any challenging time, this situation will eventually end! We are all in this together, and together we are strong!

See you soon!

The Sommer Sports Team



FINAL EVENT INFORMATION

RACE VENUE: [Clermont Victory Point](#), 938 Victory Way, Clermont, FL.

RACE PARKING: There is no main parking lot at Victory Pointe, however, plenty of parking is available in the greater Downtown Clermont area. [Please click here to view a Downtown Clermont Parking Map.](#)

PLEASE SOCIAL DISTANCE AT ALL TIMES!

REGISTRATION: Due to the current COVID-19 environment, there will be no onsite event registration, nor will you be able to change events or update your race entry. All changes must be made in advance online.

Friday packet pick-up is from 4:00pm to 7:00pm at Clermont Victory Pointe.

Saturday, race morning, packet pick-up will

be from 5:45am to 8:45am. Please maintain social distance while waiting in line to claim your packet.

A touchless temperature screening will be conducted just prior to receiving your race packet.

RACE NUMBER: Your race bib can be found in your race packet. Please make sure the race number on the bib corresponds to the race number assigned to you. Your race bib must be worn on the front of your running shirt or shorts during the run and remain visible at all times. Do not cut, fold or alter your race number in any way.

RUN STARTS: So that we can maintain social distancing along the course, the 5K run will utilize a corral start. Corrals of 50 runners or less will start every two minutes. Corral signs will be posted in the open field adjacent to the Run Start Inflatable on Victory Way. Please assemble in your designated start corral no more than 5 minutes before your race start time. Please maintain social distancing while waiting for your start. Our official run starter will direct runners from each corral into the start chute in advance of your official start time. Please maintain social distancing upon entering the run start chute.

RUN COURSE: All run courses are out and back on the South Lake Trail. All turnaround points will be marked with signs and will have a course marshal present. It is the responsibility of each athlete to know the course so please study the course maps and become familiar with them prior to the race. You will find the course maps on our [Maps & Downloads Page](#).

RUN WATER STATIONS: Run water stations will be located midway on the 5K course, and every two miles on the 10K and Half Marathon courses. To minimize touch points between athletes and volunteers, these stations will be self-serve. Water will be served in 8 ounce and .5 liter bottles and we encourage you to carry this bottle with you on the course. When you are ready to dispose of it, please toss it in one of the many trash cans you will find along the course. Hammer Nutrition's HEED will also be available at each station. It will be served in cups and they will be spaced out along a table for athletes to grab.



LITTER: Please respect the environment by helping keep the Clermont area clean! Do not discard your energy product wrappers (i.e., Bar and Gel wrappers) or water bottles along the course.

TIMING: This race will be timed using state of the art race|result disposable tags. The timing tags are attached to the back of your race bib and do not need to be returned.

If you or your friends wish to receive text or email results notifications during the race, please make sure you follow the link in the email to authorize messaging via RunSignUp.com.

RaceJoy – Enjoy an interactive Race Day Experience with RaceJoy! Features include Live Phone Tracking, GPS Progress Alerts and Cheers! We are providing you with RaceJoy FREE of charge as part of the official race experience for the Lake Minneola Half Marathon, 10K and 5K.

[Click here for additional info on RaceJoy.](#)

15K CHALLENGE: If you registered for the 15K Challenge, you will use the same bib for both events. The 5K start line will remain live until 9:30am. If you finish the 10K in greater than 60 minutes, then just proceed to the 5K start line (same as 10K) as soon as you finish the 10K. Then just cross the timing mat and head out on to the 5K course. After you finish, report to the “Bonus Medal” tent to claim your 15K Challenge Medal.

DOUBLE HALF CHALLENGE: If you registered for the Orange Blossom – Lake Minneola Double Half Challenge, after you finish your half marathon report to the “Bonus Medal” tent to claim your Double Half Challenge Medal.

RESULTS & AWARDS: In order to avoid touch points and maintain social distancing, preliminary race results will not be posted onsite, nor will results printouts be available at the venue. Real time live results will be available

online. Live text messaging of finish times is available via <https://runsignup.com/Race/Results/25973/>. During the current COVID-19 environment, an awards ceremony will not take place at the event. You will be able to claim your award following the race from 9:30am to 11:30am at Clermont Victory Pointe. The awards podium will be nearby so photos can be captured.

SAFETY STATION: After you exit the finish chute you will see our Safety Station Tent. This tent will have Free disposable face masks for all athletes to claim along with a hand sanitizing station.

VOLUNTEERS: Please thank the volunteers whenever possible!

Event Timetable*:

***All activities take place at Clermont Victory Pointe**

LAKE MINNEOLA HALF EVENT TIMETABLE*

** Subject to Change*

Friday, October 16, 2020

4:00pm - 7:00pm Packet Pick-up for all events

Location: Clermont Victory Pointe

Saturday, October 17, 2020

5:45am - 8:45am Packet Pick-up – all events

6:45am **Half Marathon START** by corrals.

8:00am **10K START** by corrals.

9:00am **5K START** by corrals.

9:30am-11:30am Claim awards at Victory Pointe

11:30am Course Support Ends

FINAL TIP: PLEASE REMEMBER TO WEAR A FACIAL COVERING AT ALL TIMES WHEN NOT RACING, AND BE SURE TO MAINTAIN SOCIAL DISTANCING.

RACE SMART!

