



OAT Runners! It's almost time! And let us say, we are SO looking forward to seeing your smiling faces and muddy running shoes.

There is a LOT of **important information** below. Please take the time to read it all. It will make the day go much smoother and easier!

So we've been monitoring the ever-changing Washington State requirements with regard to covid-19 and racing. The new [Phase 3 guidelines](#) were released today, so this is our plan for the race on April 17th:

Shuttle buses

We had hoped to have a point-to-point race as per usual, but we have decided to cancel the shuttles for this year and make OAT Run a modified lollipop course (more on that later). There are many reasons for this. At this time we would be allowed shuttles, but only at partial capacity. Due to the very long drive to get to our remote start lines, this would mean multiple trips and a very long drawn

out day and a lot of waiting around for everyone. In addition, we have gotten feedback that some people are still not comfortable with riding in shuttles, and frankly we are not sure that we feel good about it either. So no shuttles. *That said, we fully plan to be back to shuttling for a point-to-point course in 2022 (and presumably GOAT Run 2021 since it is in September).*

Check in

We will have a Drive-Thru check in on Friday, April 16th from 4:30-6:30pm and on Saturday, April 17th from 9am-12:30pm. The location is **Extreme Sports Park** in Port Angeles at **2917 W Edgewood Dr**. We want you to **print out your Liability Waiver ahead of time and have it filled out and bring it with you**. We will swap you - Liability Waiver for your race number and OAT Run pint glass, a t-shirt (if you ordered and paid for a t-shirt at registration), and last but not least a beer ticket for post-race.

You can check in another person and pick up their number **ONLY** if you bring their signed liability waiver with you.

PRINT OUT YOUR LIABILITY WAIVER [HERE](#).

The courses

We have designed courses that start and end at the Adventure Trail Horse Trailer parking lot, which is the normal location of the Finish Line.

Directions to Start/ Finish Line:

From Extreme Sports Park (packet pick up): Turn right out of the Extreme Sports Park onto Edgewood Drive. In 1 mile you will go around a 90-degree turn to the left, then continue another 0.2 miles. Turn right onto Elwha River Road. In 2 miles, turn right onto Highway 112. In 0.2 miles, turn left onto Dan Kelly Road. In 3/4 of a mile, turn left into the horse trailer parking area. The Start / Finish line is in the second parking area (continue under the power line) but you can park in either the first or second lot.

From Port Angeles (if you picked up your packet on Friday): Drive west on Highway 101 approximately 4 miles. Turn right onto Highway 112. In 2.2 miles, turn left onto Dan Kelly Road. In 3/4 of a mile, turn left into the horse trailer parking area. The Start / Finish line is in the second parking area (continue under the power line) but you can park in either the first or second lot.

The **courses** are what we are calling a modified lollipop. Our goal was to minimize any two-way runner traffic on the singletrack trail. There are some spots with two-way traffic, we couldn't get rid of all of it - they are described below. The courses do now include some gravel logging road - but the road is gated and there will be no car traffic to worry about, so for our purposes, it is just a nice wide trail. And the road is pretty too! Here are the 2021 courses:

Click [here](#) for the 12K course.

The normal (pre-2021) course is 7.2 miles, and 600 feet cumulative elevation gain. This course is 7.6 miles and 900 feet cumulative elevation gain, so a little more climbing. It includes around 2.5 miles of gravel road, and the rest is singletrack trail. The first and last mile will have two-way runner traffic. *** note we plan to return to our normal point-to-point course for 2022.*

Click [here](#) for the Half Marathon course.

The normal (pre-2021) course is 12.5 miles, and 1,300 feet cumulative elevation gain. This course is 12.8 miles and 1,500 feet cumulative elevation gain, so a little more climbing. It includes just under 4 miles of gravel road, and the rest is singletrack trail. The first and last mile will have two-way runner traffic, as well as the 1.3 mile out-and-back. *** note we plan to return to our normal point-to-point course for 2022.*

Covid Safety Modifications

The number one most important thing is that you cannot participate if you have been diagnosed with COVID-19 (have not recovered or are still within the required 10-day isolation period), had [symptoms](#) of COVID-19 (within the last 24 hours), or had contact with a person that has or is suspected to have COVID-19 (within the last 14 days). If any of these apply to you, DO NOT SHOW UP! We are happy to transfer you to OAT Run 2022 so you can experience all the fun without risking the health of yourself or others. Also keep in mind that if races in Washington State start showing up as locations where the virus is spreading, that ALL races in the state can potentially be shut down again - please do your part in preventing this awful scenario from happening!

The next big thing that has thrown a monkey wrench is that we are required to have **Wave Starts**. It'll be good, though, we anticipate very little trail crowding. This is how it will work:

We will have 12 waves of 25 people - you will sign up for a wave (more on that below). Each wave will be a 15-minute block of time - you can start running as soon as you show up during that time frame as we will do chip timing on the start times.

The first 6 waves are for half marathon runners, and the last 6 waves are for 12K runners. Within your distance, if you typically run in the front-of-the-pack pace, sign up for an earlier wave, back-of-the-pack-pace, sign up for a late wave, and middle-of-the-pack one of the middle waves. We are not going to nit pick this and assign paces or anything, just use your best judgement!

Sign up for your Wave Start Time, click on the link in your confirmation email that you received on March 23 or after (may have gone to your junk mail - it will be from the registration company Webscorer)

MANDATORY:

Masks are mandatory at all times except when you are out on the race course.

You should maintain six feet of distance from other runners and race staff at all times. That said, of course you will get closer when you have to pass on the singletrack trail. If someone is passing you from behind, stay to the right and slow or stop to let them pass quickly (if you are passing, please call out and let them know you are coming!). In the spots where there is two-way traffic, use your best

judgement please. NOTE: It is hard to hear if someone is passing if you wear headphones - for this reason we recommend to skip the headphones or wear only in one ear.

We will provide hand sanitizing stations.

If you want to see all state requirements for races click [here](#).

Food and Drinks

On the course:

We will not have snacks out on the race course or at the finish line this year. We will have water and gatorade available, but please note that we are only allowed to have 5 runners congregate at a water station at a time, so you will have to be quick! It would probably be best if you are prepared to be as self-sufficient as possible and carry your own hydration and nutrition that you need. **Arrive at the start line with your water bottle FULL as we will not have a way to fill them at the start line.**

After the race:

Runners are invited to a private picnic at Extreme Sports Park. We will have burritos from Little Devils Lunchbox (chicken, pork, or vegetarian) and a beer. You are welcome to hang out to eat and drink, but we are only allowed a maximum of 50 people at once with the Phase 3 guidelines. So if you notice it getting crowded, please help us out and don't linger longer. You are required to wear a mask as you pick up your food and drink, but can take it off when you get to your picnic spot. Sit or stand 6 feet apart please! The property is 100 acres - there is TONS of room to spread out.

The burritos will be wrapped TO GO style, so you can still have your amazing lunch (seriously, these are the best burritos ever!!) but just pick it up and take it with you if you prefer not to hang around.

We will not have extra food or beer for guests / spectators this year.

Door prizes!

Last but not least, we will have some fun door prizes again this year. We will choose numbers before the race. When you get to the Finish Line, check the wooden information board that is by the gate to see if you have won a prize! To claim your prize, go to the announcer station.

If you have any questions, please feel free to contact us at contact@peninsulaadventuresports.com

We are so excited to see you on April 17th!!

Best Regards,
Lorrie Mittmann
Race Director