

GREAT TRAIN RACE

Participant Guide



2021

Fredericksburg Area Running Club
gtr.runfarc.com



Introduction

Welcome Back

We hope you are as excited as us about the return of the Great Train Race in 2021! We will be live and in person this year on June 6th. We hope you will join us as we return to downtown Fredericksburg for this special event. The cancelation of the 2020 Great Train Race was a huge disappointment to everyone involved. The ever-changing environment that has marked this past year made planning the event very challenging. When Governor Northam increased race capacity in March we saw a path to a live event but holding the race in May just wasn't plausible. We made the decision to move the race to June to allow for the necessary planning and to put on the safest event we possibly could. Race information and the registration link can be found at www.gtr.runfarc.com.

The race is hosted by the Fredericksburg Area Running Club (FARC). The club is a non-profit organization that promotes running within the community and hosts races and other events. The club has a youth runner team called the Rappahannock Ospreys for runners 8 to 18 years of age. If you are interested in learning more about FARC or the Ospreys, please visit our website: www.runfarc.com.

The race benefits Loisann's Hope House which strives to end the cycle of all homelessness for all children and their families within the Community. Their program is designed to improve the quality of life for families by helping them move from homelessness to permanent housing. They offer educational opportunities and support services. They also provide transportation for those families without an automobile. Loisann's Hope House is funded through private donations and private, local, state, and federal grants.



For more information visit:
www.loisannshopehouse.org

Please do not attend the event if your participant or any family member is feeling sick or ill, has a fever or experiencing flu-like symptoms, or if they have been in close contact with someone who has COVID-19. Persons from high risk groups for COVID-19 complications should consult their physician. Runners and spectators are encouraged not to attend if experiencing symptoms. Runners may opt to switch to the virtual event if necessary.

This year we will be matching participants under the age of 10 with authorized adults at the finish line. If you are picking-up a runner at the finish you must display the wristband provided at packet pick-up to the volunteers in the finish area before leaving.

The race will start at 7:30am with runners 14 and over in the 1 mile Express. The sequence of events can be found on the race webpage: gtr.runfarc.com/race/. The times associated with events on the website are an estimate. The event schedule is highly dependent on the number of registered runners and the chosen events. By June 4th an email will be sent to all registered participants with final instructions to include the event timeline. Please ensure you are receiving emails from the race. Several emails will be sent prior to June 4th, ensure they are not going to your spam folder or, in the case of Gmail users, the Promotions tab.

Participants in the event must wear a mask when they arrive at the starting area and wear their mask until they start the event. Masks do not need to be worn while running. After runners finish, they will need to put their mask on while in the finish area. Extra masks will be available for runners who forget or lose theirs.

Packet pickup will be held at Dick's Sporting Goods located in the Spotsylvania Towne Centre during the following times:

- Friday June 4th from 5 to 9pm
- Saturday June 5th from 10am to 4pm

Where to find more detailed information:

Breakdown of the 3 events:	<u>Page 4</u>
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Events

3 Distances / 2 Participation Options

The race will start at 7:30 am on Sunday June 6th. As in past years the Great Train Race consists of 3 different distances. A 1 mile, ½ mile, and ¼ mile race. The different distances allow for young runners 17 and under to find a distance they can complete and gives runners the opportunity to progress from year to year. Runners may run live in 25 runner waves or virtually if they choose. Due to Chatham Bridge construction this year's event will be run completely on Sophia Street. This does create some challenges and we ask everyone to be patient and to follow course volunteer instructions. Interactive course maps are available at www.gtr.runfarc.com/course.

1 Mile Express

The Express is open to runners 6 to 17 years of age. Runners participating in the Express will start in waves of 25 released 5 minutes apart. You may also choose to participate virtually by running the appropriate distance anywhere you want during the month of June.

The Express will start just south of Lewis Street on Sophia Street near the library. Runners will head north on Sophia Street and turn-around at Pitt Street. Runners will then head back down Sophia past the start line and all the way down to the finish line. The finish line will be located just south of the railroad bridge overpass. Runners will be funneled into the commuter lot to receive their medals and hospitality items.



½ Mile George Dashington

The George Dashington is open to runners 12 years of age and under. Runners in the George Dashington may choose the live 25 runner wave start or run virtually.

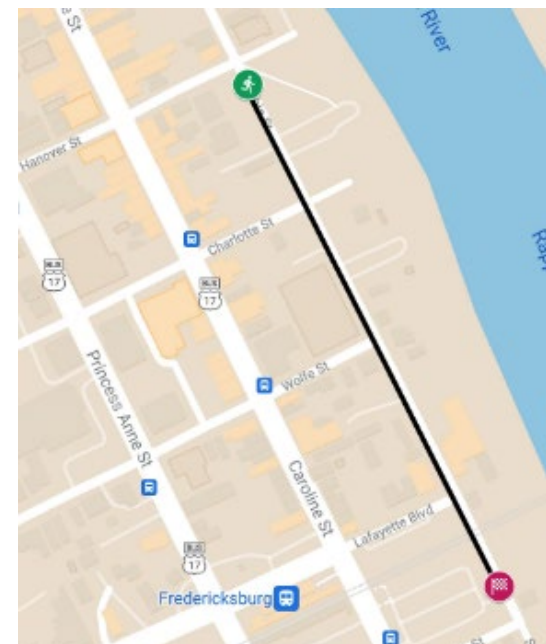
The George Dashington will start a block south of the library at Amelia Street. Runners will head south on Sophia Street to the finish line. The finish line will be located just south of the railroad bridge overpass. Runners will be funneled into the commuter lot to receive their medals and hospitality items.



¼ Mile Caboose Run

The Caboose Run is open to runners 5 and under. Runners in the Caboose Run may choose the live 25 runner wave start or run virtually.

The Caboose Run will start just south of Hanover Street on Sophia Street. Runners will head south on Sophia Street and head to the finish line. The finish line will be located just south of the railroad bridge overpass. Runners will be funneled into the commuter lot to receive their medals and hospitality items.



The wave start method is being utilized to control the number of runners who will group up during the event and to provide a manageable flow of participants at the finish.

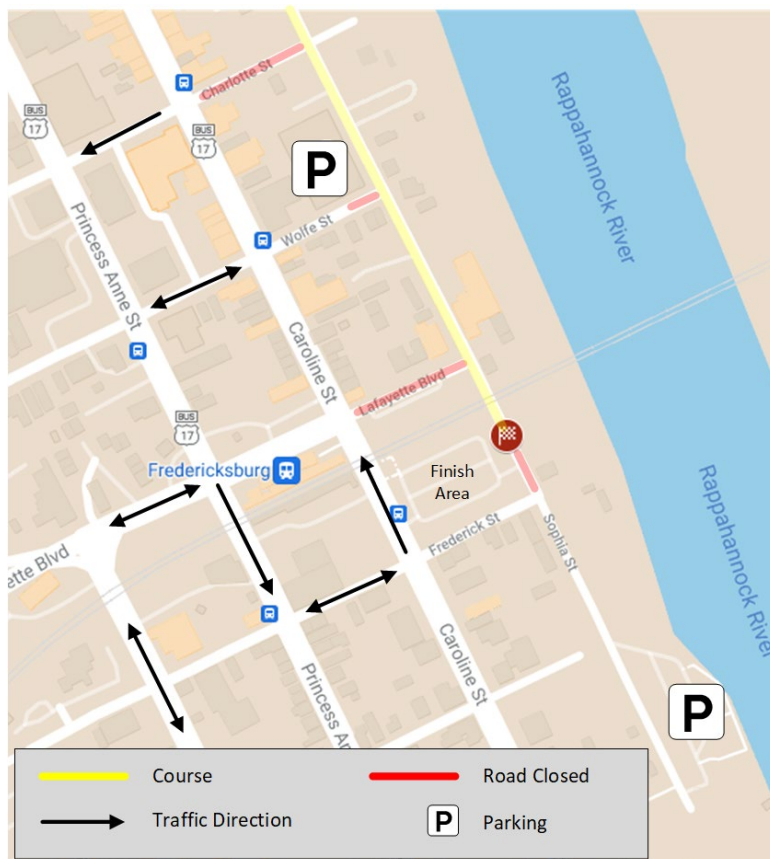
Race Procedures and Parking Locations

Be sure to arrive on time and at the correct location

This years race is very different from past years. Please take time to familiarize yourself with the below information so you and your runner can have a safe and fun event. Runners will be assigned a start window by June 4th along with final instructions by email.

As previously mentioned, we will only hand-off runners under the age of 10 to authorized adults. A wristband with your runner's bib number will be provided at packet pick-up. The wristband will need to be shown to pick-up your runner at the finish. Be sure to have your wristband before dropping off your runner. If you forget yours, a limited number of replacements will be available at the check-in table. You must show your race registration to receive a replacement wristband.

It is recommended that 2 adults accompany each runner. One adult can take their runner to the start area while the other parks and goes to the finish area. Parking is available at the parking garage on Wolfe Street (first 4 hours are free), at the City Docks at the south end of Sophia Street, and any available street parking. The below diagram shows parking proximity to the finish area.



1 Mile Express

Runners in the Express should proceed to the check-in table located on Lewis Street from the Caroline Street side during their designated arrival time. When their wave is called to the staging area runners should proceed to the designated area. Runners will be called to the start line from the staging area.

The Express will start with 14 and over Waves proceeding down in age.

½ Mile George Dashington

Runners in the George Dashington should proceed to the check-in table located on Lewis Street from the Caroline Street side during their designated arrival time. Runners will be called to the staging area along Sophia Street by wave. Runners will be called to the start line from the staging area.

The George Dashington will start after the Express has completed. The event will progress from the oldest to youngest runners.

¼ Mile Caboose Run

Runners in the Caboose Run should proceed to the check-in table located on Hanover Street from the Caroline Street side during their designated arrival time. Runners will be called to the staging area along Hanover Street by wave. Runners will be called to the start line from the staging area.

The Caboose Run will start after the George Dashington has completed. The event will progress from the oldest to youngest runners.

Spectators

There will be limited areas to view runners while on the course

Due to both the Chatham Bridge construction and the apartments being built at the south end of Sophia near Wolfe Street there will unfortunately be limited areas for spectators. Under no circumstances will anyone be near the Chatham Bridge construction area! Unless authorized, no spectators are permitted on the course except to quickly cross from one side of Sophia St to the other. Please do not cross Sophia St while runners are in the area.

The series of pictures below will be helpful to show roads that are closed to traffic, traffic flow, sidewalks that are open to spectators, and how to access the finish area.



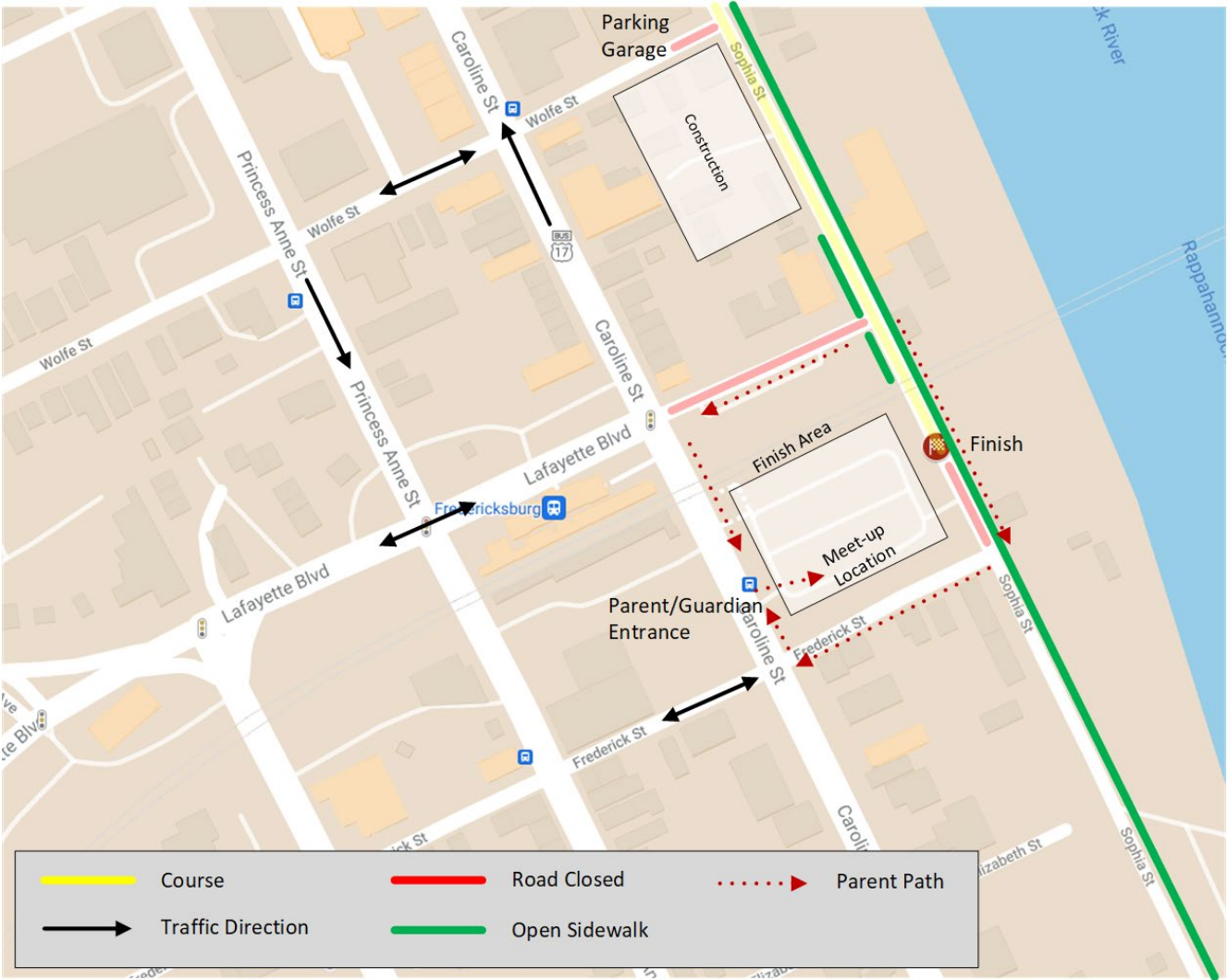
The below diagram shows the course from Lewis St to George St. The area between Lewis St and Amelia St will be used to stage runners for the George Dashington and will not be open to spectators. The area in front of the Chatham Bridge construction entrance must remain clear of spectators.



The diagram below shows the course from George St to Wolfe St. Note that the construction area for the park and the apartment construction does not have accessible sidewalks.



The diagram below shows the course from Wolfe St past the finish area. Spectators will not be permitted to go under the railroad bridge on the west side of Sophia St. Parents/Guardians meeting-up with their runners must enter the finish area from the Caroline St side of the parking lot.



Frequently Asked Questions

Can parents/guardians run with their child?

Parents or guardians of runners under the age of 8 may run with their child in the George Dashington or Caboose Run. We prefer runners complete the event on their own but understand some runners need a bit of reassurance. No parents may run with participants in the Express. You must indicate at packet-pick-up that you will be running and sign a waiver. The runner's bib will be marked with a sticker to indicate they are running with an adult. The parent/guardian must run with the child throughout the whole course and may not enter or exit the course. Only 1 parent or guardian may run with a child. Please do not pull or carry your runner to the finish.

Can siblings run together?

Siblings who are running in the same event who are close in age may run together. Please indicate this when you register your runner. There are no guarantees that siblings will be able to run together but we will make every effort to accommodate requests.

Can friends run together?

Non-family members will not be permitted to run together during the event. If they are close in age they may be in the same wave starts but no special accommodations will be made to ensure this.

What if I become separated from my runner?

If your runner is lost, please notify a volunteer or staff member. We have procedures in place for locating lost children. We will also have a designated table in the finish area for lost children where a volunteer will help link the runner back up with their parent/guardian.