



Birkie Lumberjack 5K Run/Walk

Safety Measures & Procedures

The ABSF is committed to providing safe and healthy events at all times and is following all local and state guidelines in hosting this event. During the COVID-19 pandemic we are implementing extra precautions, which will require full cooperation among our participants, volunteers and staff. We ask that you adhere to the following safety measures, requirements and guidelines during your participation to ensure the continuation of in-person running event options. If you are feeling unwell within 72-hours of the event, please do not attend the event. If, at any point, you would like to change your registration to the virtual option, please email registration@birkie.com.

Bib Pick-Up

- Bib pick-up will be available by drive-up only at the Birkie office (Friday) or Hatchery Park (Saturday), see hours below.
- Follow the traffic flow to a waiting spot, open your window when a staff member arrives, give them your name(s), and your bib and t-shirt packet(s) will be brought to you. No need to get out of the car!
- Bib pick-up is available only during the following times:
 - Friday at the [Birkie Office](#): 2pm-5pm
 - Saturday at the Lumberjack Run/Walk venue ([Fish Hatchery Park](#)): 7am-10am
- If you are part of a family or group participating together, we ask you to send one representative to obtain all race packets for your party.
- Staff members will be wearing face masks during bib packet pick-up.
- Please arrive at the venue no more than **40** minutes before your scheduled start time if you need to obtain your bib, or **30** minutes before your start time if you have already picked up your packet.

Instructions for Participants at the In-Person Event

- Face masks are required in the start and finish area. Face masks may be removed when you are on course, but please keep a mask with you for emergency situations.
- Please be aware that there will be no medical volunteers on the course. Staff will be on the course should you need assistance.
- Staff members and volunteers will be required to wear face masks throughout the In-Person event on August 1.
- Practice physical distancing throughout the event (6' please)! Physical distancing indicators will be marked on the ground in the Start Corral as guidance for proper spacing.
- You must participate in the start corral that you select and will receive a bib number that corresponds to your corral. Start corrals are strictly limited to 20 people.
- You may start your race anytime within your 10-minute start corral time. Your time starts when you cross the start line.
- Please no spectators. We know a race isn't the same without cheering fans, so please download and sign up for the [RaceJoy app](#) so your fans can cheer you on from anywhere.
- Be ready to run or walk prior to entering the Start Corral. Have your race number adhered to the front of your shirt, pre-race warm-up complete, hands washed or sanitized, and restroom used, mask on, etc.
- Call out to a fellow runner in order to maintain physical distance while passing.
- Please be courteous and avoid others if you need to spit or blow your nose.
- We encourage you to run with your phone and use the RaceJoy app, but if wearing ear buds, please only wear one ear bud in order to hear other runners approaching.
- There will not be an aid station on course. Please carry your own water or energy if needed.
- Water will be available at the finish line. Please do not congregate in the finish area.
- Before leaving the finish area, take a quick selfie at the finish line results board!

Please be aware that the status of the Lumberjack 5K Run/Walk is subject to change at any time. We realize that the COVID-19 pandemic is a dynamic situation, and we will continue to monitor all updates from the Wisconsin Department of Health, CDC, and Sawyer County Health officials. If the status of the event changes, we will notify participants via email as soon as possible.