



2020 Mountain RATS Festival

Where to Find Information

Links to Q&A videos will be available on our website and Facebook pages

All registered racers will receive race update emails (make sure you haven't unsubscribed)

Online at geminiadventures.com, mountainrats.com, Instagram, Facebook, Facebook event pages

Registration

Please register online before the event. We will not be doing in person entries.

You will be able to register from your phone on Sunday morning on UltraSignup.

The Saturday trail runs are sold out and do not have a waitlist. We do have some volunteer entries left! These are available in exchange for a day's work course marking, supporting an aid station, medical volunteer, finish line, and more.

Packet Pickup

Pick up your packet Friday night or before your **start time** Saturday morning. Pick up will be available throughout the morning to avoid a large crowd.

All racers will receive custom sport buffs. We hope you enjoy them! They're extremely useful. Swag will come in a reusable bag and pickup will be touch free.

Start Area

All racers and volunteers will need to wear a mask unless running or eating and 6 feet of distance is possible.

Spectators are strongly discouraged for this year's events. Volunteering will be the best way to support your athletes.

Races will start in waves determined by age group. If you'd like to start in a different wave please email reid_delman@geminiadventures.com.

Waves will start at 10-minute intervals. There will be marked corrals for runners who are **starting, on deck** and **in the hole**. Please allow for social distance in the corrals and do not approach the start until your wave is one of these groups.

Your cut-off will be determined by your wave start time.

Porta-Potties and hand wash stations will be available for runners

Aid Stations

Masks should be worn in the aid station. There will be marked areas for runners to take off their mask to eat or drink.

Food will be pre-packaged and available on tables for racers. Volunteers will not be handing runners food and will be wiping down tables between groups. Please make sure that trash goes into the proper receptacles.

Water and Tailwind refills will be no-touch. Racers will open their bottles or bladders and volunteers will pour. Volunteers will have masks and gloves and the pitchers will be sanitized.

There will be hand sanitizer and disinfectant wipes or spray available at each station.

Food selection will be more limited than usual and we will share as we get closer to the race. If you have things that you specifically want it may be best to plan to carry your own snacks.

This is a tough one for us! Taking care of our racers and creating a fun atmosphere at the aid stations is our priority and we can still do that but it will look a little different this year. We're putting our energy into a creating a safe and joyful event.

Finish

Finisher awards will be on tables at the finish line for racers to take. Great job!

Food at the finish line will be pre-packaged. Please be careful with trash, this is a zero waste event. Thank you to Walking Mountains and Color Roasters.

Racers will be able to collect their free beer from Sierra Nevada or Color Roasters coffee outside at Color Roasters. Thank you sponsors! We will also have music throughout the day courtesy of Color Roasters. Please respect social distancing rules and wear your mask unless you are eating.

Podium! We will have socially distanced awards ceremonies for each event. The times may not allow for everyone to attend but we need to keep the awards smaller this year Please respect social distancing guidelines.

Saturday at 11:30am half marathon

Saturday at 12:45 marathon

Saturday at 2pm 55K

Sunday at 10am 5K

Sunday at 1pm bike