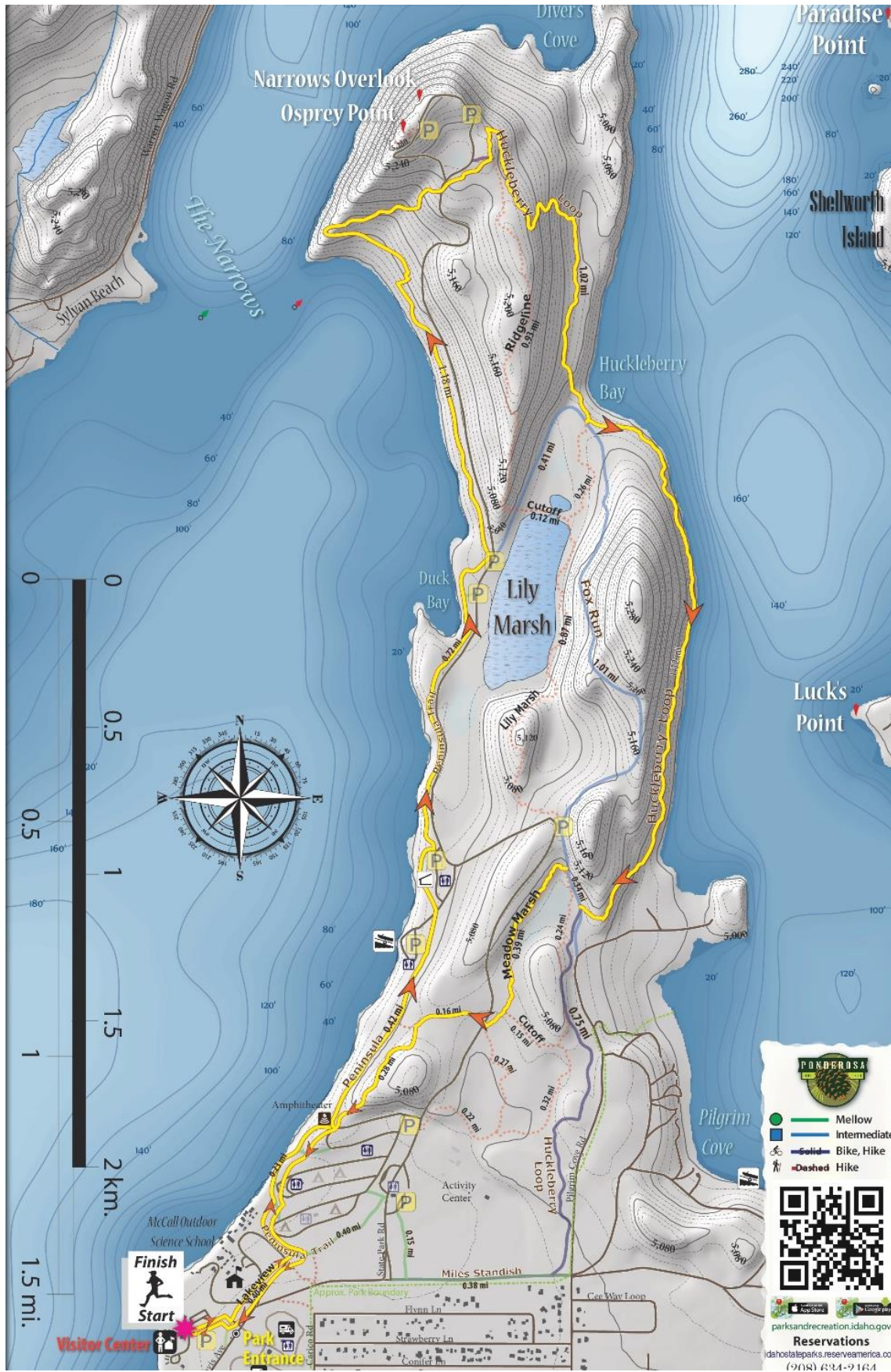




PONDEROSA PARK FUN RUN | 7 MILE COURSE



RACER INFORMATION

Thank you for joining the 43rd Annual Ponderosa Park Run on Saturday, June 20, 2020! Payette Lakes Ski Club is committed to hosting a fun and safe event for everyone at the Ponderosa Park Run this year. Our staff and volunteers are reviewing and revising event flow and procedures to limit crowded areas as much as possible. This will include a divided start for the 5 mile and 7 mile groups, and refreshments and awards being handed-out individually upon finishing. PLSC asks that racers limit mingling before and after the race, and observe social distancing guidelines during the event. Our goal is to host a fun recreational event while keeping our staff, volunteers and participants as safe as possible.

The 7 MILE course is marked on this map in **YELLOW**. All participants in the 7 MILE RACE will start and finish at the Visitor Center, inside Ponderosa State Park. The course will follow a mix of dirt and paved roads and single-track trail. The course is marked with hot pink ribbon and arrow signs. It is your responsibility to be familiar with the route, but remember to turn right at the 1st aid station!

COVID Message: Idaho has now moved into Stage 4 of our reopening protocol. As our community continues to adapt with measured steps forward toward a full reopening, please take a moment to learn about Idaho's phased guidelines and a few simple ways you can help protect yourself and this special place.

- **Expect health and safety protocols to be in place at local businesses and comply with these measures.**
- **Social gatherings of 50+ people are permitted when appropriate physical distancing can occur.**
- **Maintain social distance of at least 6 feet.**
- **Remember to pack your mask and wear face covering in public. Masks are REQUIRED for Start Line.**
- **Practice good hand hygiene.**
- **Stay home if you are sick.**

FAQ's:

DIVIDED STARTS: Each distance will start separately reducing crowd numbers at the Starting Line.

AID STATIONS: 2 Aid Stations will be in place along the course. Please check out when passing.

REFRESHMENTS: Participants will be given a take-away sack with a drink and snack.

CHILD CARE: NO child care will be provided this year.

AWARDS: Top Finishers will be handed awards directly upon finishing the race.
No ceremony will be held this year.

For more information, visit [ProtectYourMountainPlayground.com](https://www.protectyourmountainplayground.com). We look forward to welcoming you to the Ponderosa Park Run! #RecreateResponsibly #SpreadLoveNotCOVID