



Thank you for joining us at the 2021 BE BOLD 4 Miler at Bold Rock Cidery! The information below is specific to this event, and includes CDC safety guidelines. Please read it prior to race day, so that you are good to go, thanks!

PACKET PICK-UP

Packet Pick-Up is located in the meadow at Bold Rock Cidery in Nellysford on April 10 from 8-8:45 AM under the Corkscrew Racing tent. Participants will pick up their bib number and event shirt at this time.

- Face masks are required at packet pickup. There will be 3 LINES BY LAST NAME to pick up your bib and shirt. Please find your correct line and space you/your group 6 feet from the person/group in front of you.
- We will be running, rain or shine! The race will be postponed to Sunday, April 11 ONLY IF there is a thunderstorm that will not subside, or if there is inclement weather that makes the course unsafe for runners. We will notify you via email and will post it on our website and Facebook pages, if needed.
- Event shirts will be given out by date of registration. If you registered after the cut-off date, shirts are not guaranteed. Undated event shirts from 2020 or older will be given out, if available.

PARKING

- Event parking is located in front and behind the cidery...follow signs and parking volunteers.

RACE START & CORRALS

- Face masks and 6 feet of social distancing between groups are required at the race start.
- Pin your bib to the front of your shirt or jacket – bib should be visible at the start and finish.
- The start and finish are located in the meadow at the top of the gravel path. Race start is 9 AM.
- We will have a staggered start in groups of 25, every 1-2 minutes or so. Your corral number will be printed on your race bib. Space out and maintain 6 feet from one another (outside of your group) while lining up.
- Walkers and participants with strollers should place themselves in the back of their corral.
- **BYOW...bring your own water!** As a green initiative and a safety measure, we will not be providing water on the course or at the finish.

COURSE INFO

- The course is OPEN to traffic...please run against traffic and cross roads with caution.
- The course will be marked with white arrows on pavement, and blue arrows on orange cones.
- If Fido is running with you, he must remain on a leash at all times.
- Masks are required until you are able to be at least 10 feet from a person outside of your group and maintain a distance of 10 feet from fellow participants while on the course.
- Cross the finish line ONCE. Please move away from the finish line to allow others to cross the line safely.
- BYOW...bring your own water, and enough to properly rehydrate.

POST-RACE

On race day, the meadow will be set up for the BE BOLD 4 Miler, and ordering and flow patterns will be unique to the location. There are several picnic tables in the meadow but we strongly encourage participants to bring chairs and picnic blankets to spread out and enjoy the day, weather permitting...fingers crossed!

- All guests must wear a face mask when traversing the property, both upon arrival and when departing your seating area. Guests may only remove their face mask when seated at a table or picnic area.
- Your finisher glass and glass of Bold Rock will be available for redemption in the meadow. Please have your bib ticket ready...it's attached to your bib.
- Participants under 21 get a glass of non-alcoholic sparkling cider, available from the main bar in the cidery.
- Additional cider can be purchased at the mobile pouring station.
- The Bold Rock kitchen opens at 11 AM and they may be grilling burgers and hotdogs in the meadow!
- Awards are given to the overall male and female finishers, and to 1st place finishers. Winners must be present to receive their award.

RESULTS

Results will be published on RunSignUp when all finishers are in, and will be emailed out to each registrant in the afternoon. You can also see your results by logging in to RunSignUp.

Slow the Spread of COVID-19



WASH YOUR HANDS OFTEN



20
SECONDS

WHEN OUT WITH YOUR
FRIENDS, WEAR A MASK



AND STAY
6 FEET APART
FROM OTHERS



CLEAN
FREQUENTLY
TOUCHED
OBJECTS



DO NOT
TOUCH YOUR
EYES, NOSE,
AND MOUTH

COVER
YOUR
COUGHS
AND
SNEEZES



STAY HOME IF YOU ARE SICK



cdc.gov/coronavirus

Symptoms of Coronavirus (COVID-19)

Know the symptoms of COVID-19, which can include the following:



Symptoms can range from mild to severe illness, and appear 2–14 days after you are exposed to the virus that causes COVID-19.

Seek medical care immediately if someone has Emergency Warning Signs of COVID-19

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Pale, gray, or blue-colored skin, lips, or nail beds, depending on skin tone

This list is not all possible symptoms. Please call your healthcare provider for any other symptoms that are severe or concerning to you.



Centers for Disease
Control and Prevention
National Center for Emerging and
Zoonotic Infectious Diseases

[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)