



SCHEDULE OF EVENTS

Tuesday July 7th

- **4-6pm** - Packet pick up at Bingham Cyclery in Ogden

Friday July 10th

- **4-6pm** - Packet pick up at Vendor Village at brim trailhead
- **4pm-6pm** – Course Preview and clinics

Saturday July 11th

- **7am** – Final packet pick up at start line
- **8:20am** - Giant Hyssop Comp Bike Start
- **8:30am** - Giant Hyssop Non Comp Bike Start
- **9:00am** - Tiny Trumpet Comp Bike Start
- **9:10am** - Tiny Trumpet Non-Comp Bike Start
- **9:30am** - Tiny Trumpet Comp Trail Run Start
- **9:45am** - Tiny Trumpet Non-Comp Trail Run Start
- **10:30am-1pm** - Tacos and beverages at the finish line

Thank you for signing up for Wildflower Trailfest 2020! This women's only trail event is one of a kind!

Friday July 10th we have some great activities planned with Women MTB running onsite clinics. Clinics require advance registration through womenmtb.com on their clinics tab.

The night before:

Lay out everything you need for the race and load up your pack. This event has two aid stations: One at the start and one about 6-7 miles in on the Giant Hyssop (where the road crosses to Doctors Dozen). The aid stations will have pumps, tubes, water and an assortment of snacks/nutrition. We recommend you pack everything you need though. We will have a course sweep on each course to help those in need. Items we recommend packing:

- Water pack
- Shoes
- Snacks
- Pump
- Spare tube with your tire size
- Helmets are required for all riders

Race day!!!!

Getting there: Review your start time! The road up to Powder Mountain is steep and long. Please leave your home, hotel, campsite with adequate time to get to the start line. To get to the starting line/parking area punch in North Summit Pass Road Eden, UT into your GPS. Once you hit North Summit Pass road continue down that same road until it turns to dirt (Map attached). You can find parking here and the start/finish is 100 yard down the road.

Once you have arrived it is time to gather all your gear and warm up. There will be an aid station at the start/finish with pumps, snacks, etc to load up on. Due to COVID-19 we will only have pre-packaged snacks and water bottles. There will not be communal water stations to refill bottles, per current health guidelines. Sorry, we know this is super lame but we'll recycle all the plastic bottles.



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All courses will be ran counter clockwise this year. You will be given a wristband in your packet. Please wear the wristband on the course. The course you signed up for will be marked with your wristband color. Follow the course markings (most marking are ribbons on trees) that match your wristband color.

Wristband colors:

Giant Hyssop = **YELLOW**

Tiny Trumpet = **BLUE**

Rules and other items:

1. Have fun!
2. Be safe – This is a not a race. Go at your own pace and challenge yourself, but make sure to ride safe.
3. Be kind:
 - If someone needs help stop to help them. If someone is struggling offer them words of encouragement.
 - Let others pass when you can
 - Don't litter
4. Registered riders only please.
5. Be prepared – carry what you think you may need. Have water with you and a snack. Wear a helmet always.
6. Bathrooms – There will be bathrooms at the start/finish. Please try to go before you ride.
7. If you get hurt or your bike breaks and you cannot continue, try to flag down another rider to let an official know you are in need of help. We will have sweeps coming through the course. We will also have two mountain patrols on hand to help with an emergencies. If you are not able to let someone know you need help, if you can, move off the trail so that you are still visible and wait for someone to come by.
8. If anyone is seriously hurt try to call 911 or cut the course immediately to find an EMT.
9. You will be given a ticket in your packet for tacos and we will also have beverages at the finish line as well. You will need to turn this ticket in at the finish festival to get your lunch, please remember to *bring it with you*. Additional meal tickets are \$12 and can be ordered up until Wednesday at 5 pm. Email kim@wildfloweroutdoor.com with email subject LUNCH



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COVID-19 Guidelines

Reducing the spread of COVID-19 is our number one priority. We ask that all participants, volunteers, vendors and spectators follow our guidelines and CDC guidelines. We must work together as a community at this time to help each other. These guidelines comply with the State of Utah Phased Health Guidelines version 4.6 as well as guidance and recommendations from the State and our Local Health Department.

If you are feeling any of the following symptoms the day of the event, we ask that you do not attend. COVID-19 symptoms, include, but not limited to:

Fever or chills
Cough
Shortness of breath or difficulty breathing
Fatigue
Muscle or body aches
Headache
New loss of taste or smell
Sore throat
Congestion or runny nose
Nausea or vomiting
Diarrhea

We respectfully and politely ask that anyone not willing to follow the guidelines please do not attend the event.

Start/Finish:

Wearing face coverings are highly recommended at all times around the start/finish area. Retain a 6' distance as much as possible from others.

Course:

This is a mountain bike race and participants should only come within six feet of each other when passing or helping other riders. If participants are passing we will ask them to give audible warning and ask the rider in front of them to pull off the trail where feasible. If a participant is in need of help with their bike or injury, riders should pass with care and contact the designated sweeps. Sweeps will determine if rider is in need of medical assistance or help with repairing their bike. Sweeps will stay 6' from rider when helping and/or wear a mask when distancing is not possible.



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Vendor booths:

Vendor booths will be placed 10' apart from each other. Vendors will only take credit cards, no cash payments will be allowed. Vendors will be required to supply a list of employees with contacts working at the event. Vendors will be required to wear face coverings and have hand sanitizer available for customers. Vendors will be required to clean their space with disinfectant after every transaction and each hour. Ground will be marked so customers know where to stand while waiting for vendors.

Wildflower tent/water station:

Face coverings will be worn when people are within 6' of participants. Water will be available in bottles for participants. All food will be individually packaged, no bulk food will be provided. Participants will be required to grab and go. Bike pumps will be available along with sanitizing wipes and sanitizer pumps at each location.

Distancing measures:

Participants, Vendors, Volunteers and spectators are required to take personal responsibility and reasonable precautions which will be defined in the pre-race communications as well as signage around the event grounds.

Vendors are required to wear face coverings throughout the event.

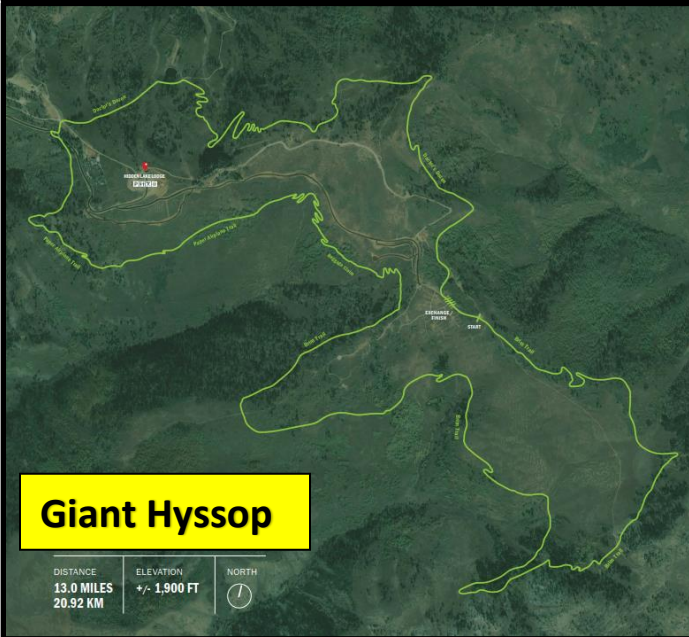
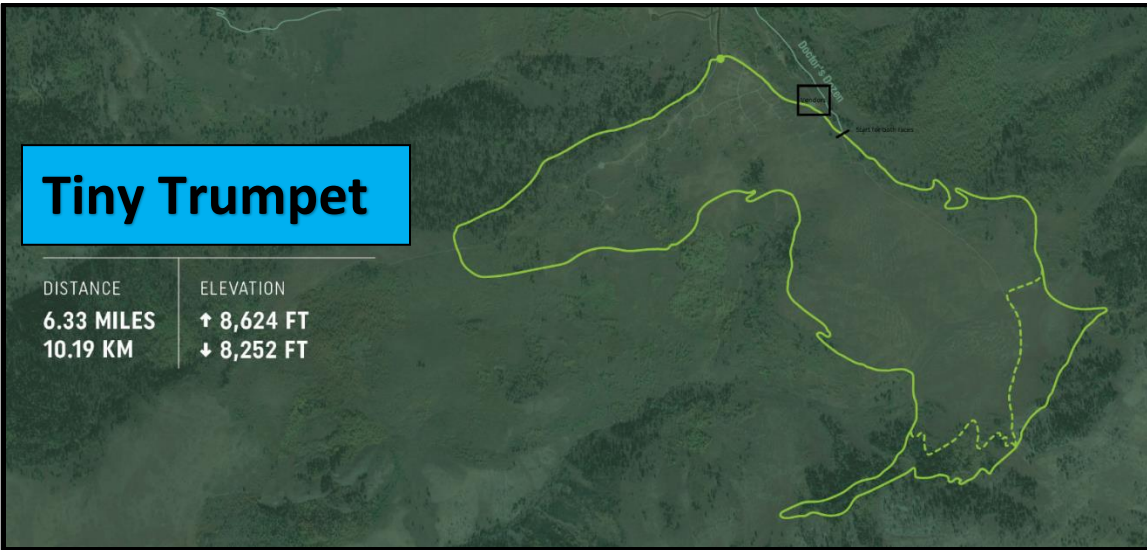
Vendors, Volunteers and Staff are required to follow these hygiene guidelines:

- Use of hand sanitizer frequently
- Washing hands frequently with soap and water for 20 seconds
- Avoid touching of ones face
- Cover coughs and sneezes
- Regular cleaning of high traffic surfaces
- Social distance by 6' or more when interacting with others
- Avoid contact of high traffic surfaces
- No shaking hands

Parking area:



Routes:



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