

October 3rd Whitefish Trail Legacy Run (Half Marathon, 10k, 5k, Fun Run) Event Information:

Hello Runners!

My name is Alan, and I am your race director for the WT Legacy Run. Thank you for registering and supporting conservation, education, and recreation in our community 😊. We would like to thank Title Sponsor Whitefish Therapy and Sport Center for making this event possible. You have registered for either the Half Marathon, 10k, 5k, or family fun run on **SUNDAY October 3rd at the Whitefish Bike Retreat** (located at 855 Beaver Lake Road, Whitefish, MT 59937). Below are event details, including Covid precautions, and please let me know if you have any questions!

COVID-19 Precautions.

- Due to Covid-19, all double-overhead high-fives will transition open-air fist pumps. Here are some [alternatives approved by the WHO](#) 😊. In all seriousness...let's all do our best to stay healthy and support our local healthcare workers.
- We ask that if you have COVID symptoms, please do not race. In the event you become sick prior to the event, we will happily defer your registration to next year.
- If you are not vaccinated against Covid-19, please wear a mask if you cannot appropriately distance yourself from others.
- To stay consistent with other regional races, masks are now REQUIRED at the race start. Your free neck gaiter/buff would be a great option that you would likely use throughout the race. Once you are spread out a bit on course, you can take your mask/buff down. We will have a masks available at check in.
- We are providing a starting window of ~10 minutes for each race to allow runners to spread out. Your time will not start until you cross the starting mat, so feel free to hang back if you want to further spread out.
- Aid-stations will be 'contactless' from a runner perspective. Volunteers will be dispensing Hammer Gels, water, HEED, and good cheer! When you enter an aid-station, simply let a volunteer know what items you would like, and they will serve you. If you need to fill up a water bottle, hand it to a volunteer to fill it. Otherwise, we'll have small cups pre-filled with liquids. Thanks for your cooperation and understanding!
- The post-race awards and finish celebration will be limited to discourage crowding. We'll have grab and go food, snacks, and drinks. We'd love to have a raging party to celebrate your success, but this year just isn't the right year. The lodge will be closed to the public and will only be accessible to WLP staff, volunteers, and guests staying at the lodge.
- Hand sanitizer will be available at all check-ins and aid-stations. Please use it!

PACKET PICK UP

1. FRIDAY October 1st – 3:00pm - 7:00pm in the Gazebo in the SE corner of Depot Park. ([510 Railway St, Whitefish, MT 59937](#))
2. SATURDAY October 2nd – 11:00am – 4:00pm Depot Park downtown Whitefish ([510 Railway St, Whitefish, MT 59937](#))

3. SUNDAY October 3rd – 8:00am – 9:00am Whitefish Bike Retreat ([855 Beaver Lake Road, Whitefish, MT 59937](#))

PARKING

1. Parking is VERY limited at the Whitefish Bike Retreat, so we strongly recommend arriving early. Once the Bike Retreat parking is FULL, we will direct runners to park along the 1/4 mile long driveway and along Beaver Lake Road. We will have a shuttle to take runners from Beaver Lake Road to the start and finish. MASKS ARE REQUIRED ON THE SHUTTLE. If you do not want to wear a mask on the shuttle, you are welcome to walk the ¼ mile up the driveway to the start. We recommend arriving a minimum 30 minutes prior to your race start time. Note the NEW start times below.

NEW RACE START times! Note the slight changes in start time for the Half Marathon. We have tried to engineer the races so there's less crowding during start. Please arrive early as the start/finish may be ¼ mile from your vehicle.

1. Half Marathon – 9:40 am (ORANGE)
2. 10k - 10:30 am (YELLOW)
3. 5k - 10:40 am (PINK/RED)
4. Family-fun run - 11:00 am (BLUE)

COURSE

1. Courses will be marked with different colored fluorescent flags depending on the race (see colors above). These will be staked into the ground along the course and turns will be marked accordingly with signs (a map is attached).
2. Hammer Nutrition is providing gels, HEED, and electrolyte Fizz for all aid stations.
3. Half marathoners will have 3 aid stations with snacks, water, and fizz.
4. 10k, 5k, and family fun run will have 1 aid station. Note: because vehicle access is limited on the trail, the one aid station for the 10k and 5k will be towards the end of the race. If you need a hammer gel or water before then, we recommend grabbing these items at the Hammer Nutrition tent before the start of your race.
5. The courses share sections of the trail, so you may see runners from other races on your course.

GIVEAWAYS AND AWARDS

1. All runners will receive a custom race buff
2. All runners will be chip timed by Competitive Timing
3. Top male and females from each race will receive a handmade race mug as an award
4. Top 5 male and female from each race will get a hand-made wooden medal
5. All finishers for all races will get a custom finisher patch

SAFETY

1. To practice important bear safety, we strongly recommend against wearing earbuds and listening to music during the race.
2. If you are injured during the race, seek help from fellow runners, course volunteers, and aid station volunteers. Volunteers will have cell phones and will be directed to call 911 in case of an emergency.
3. Dogs (both off and on leash) are not allowed to participate in the race.

RAFFLE!

- Because the Whitefish Trail Hootenanny was cancelled earlier this year, we are hosting an additional raffle. Need not be present to win, and winners will be announced on Sunday October 3rd. Prizes include two roundtrip tickets on Alaska Airlines and a season ski pass to Whitefish Mountain Resort. If you would like to buy tickets, they can be purchased [on our website](#) OR at the race.

Whew! Any questions? We are looking forward to seeing you soon!