



As we released our Liberty Mountain Trail Series calendar this summer, we had great anticipation that our Fall events would be able to proceed with a sense of normalcy. In the past few weeks, we have felt that the COVID-19 situation has not changed enough for us to properly host our races in the normal fashion. The health and well-being of our runners, spectators, staff, and volunteers are our main priority. We also want to ensure that we are looking out for the safety of our larger community as well.

So, keeping this in mind, we will have some significant modifications made to our events this year. At this time, we are not canceling the events. With the races being outdoors and taking part across our beautiful Liberty Mountain, we are still able to move forward with our races, but they will look different. Please read below for important information concerning participation. Our events will proceed with Virginia Phase 3 mandates in mind and a commitment that our participants would adhere to the rules and restrictions.

IMPORTANT INFORMATION FOR PARTICIPATION

We will be moving forward with a "Minimum Contact" event. The race day will be broken into 2 separate events, the half-marathon and the 5k.

A "race heat" format will be used and limited to no more than 50 participants per wave. Participants registered prior to Sept 11, will automatically be assigned to START WAVE 1 — 8 a.m. or START WAVE A — 1 p.m., respectively. New participants should select a wave start time when registering.

Race Start Times

Deep Hollow Half Marathon

- Wave 1 starts at 8 a.m. (50 runners)
- Wave 2 at 8:15 a.m. (50 runners)
- Wave 3 at 8:30 a.m. (50 runners)

The venue will be disinfected at 11:30 am for the next event.

Deep Hollow 5k

- Wave A starts at 1 p.m. (50 runners)
- Wave B at 1:15 p.m. (50 runners)
- Wave C at 1:30 p.m. (50 runners)

Awards

There will be no awards ceremony. Awards will be available for pick-up beginning Monday, Oct. 12 at Hydaway Outdoor Center or mailed if desired.

Packet Pick-Up

There will be no race day registration or packet pickup on Saturday, Oct. 10.

Packet pickup will be extended to Thursday, Oct. 8 and Friday, Oct. 9, in the LaHaye Rotunda on-campus at Liberty University. Our staff will help you get your T-shirt and race information.

Race Day Details

Participants are encouraged to bring their own hydration, though we will have traditional aid station support being served by volunteers in masks and gloves.

Participants should only arrive for their start time and leave the start/finish area upon finishing. There will be some hospitality available at the end of the race (pizza, water, Gatorade), though we ask that runners do depart Hydaway shortly after they finish their run.

All warmups and warm down activity will not be allowed in or around our start/finish area. Runners may warm-up/warm-down in the designated field or access the trail system via Lake Hydaway Road. The pavilion will be utilized as a staging area for the runner waves.

We will be asking that participants wear a mask and ensure 10 feet of social distancing throughout the event as much as possible.

On race day, if you are experiencing a fever or symptoms of COVID-19 or have had known exposure to a COVID-19 case in the prior 14 days we ask that you please stay home for the safety of our other participants.

Thank you for your cooperation — we are looking forward to this year's Liberty Mountain Trail Series despite the challenges COVID-19 brings. If you have any questions regarding Deep Hollow and/or COVID-19, please email outdoorrecreation@liberty.edu.