



LOTOJA

COVID-19 ADAPTATIONS

OVERVIEW

WHAT ARE WE LEARNING FROM THE COVID-19 PANDEMIC?

The COVID-19 pandemic has affected all of us in many ways. A few of us have become experts in hosting Zoom meetings. Many are learning the importance of staying healthy physically, mentally, spiritually, economically, and socially. Our experience with this virus defines our perspective and influences our daily choices. We are witnessing a vast spectrum of responses to COVID-19; from the person that hasn't been outside since the economic shut down to another that ignores "staying safe" recommendations. Most of us are somewhere in between.

LOTOJA'S PERSPECTIVE...

LoToJa will err on the side of caution as we plan and execute this year's event. We will follow CDC and local/state health department recommendations in our preparations and event production efforts, adjusting our plans and processes to mitigate the health risks to everyone either involved or affected by our event. This includes cyclists, their crews, volunteers, sponsors, vendors, etc. as well as the businesses and residents in the communities we pass through. We feel very strongly that the COVID-19 pandemic should not stop any of us from living life. WE CAN ADAPT. WE MUST MOVE FORWARD.



LOTOJA'S COMMITMENT TO YOU

LoToJa will continue to do its best to plan, invest, and implement ideas that will help keep everyone as safe as possible during the event. Safety for all has been and always will be our number one priority.

YOUR COMMITMENT TO LOTOJA

We expect all LoToJa participants, especially cyclists and their crews, to read and follow all event guidelines and information published on our website as well as communicated through email. Please understand that your attitudes, cooperation, and choices can affect everyone's LoToJa in a positive or negative way.



WHAT CAN WE ALL DO TO HELP STOP THE SPREAD OF COVID-19?

Our answer to this question can be summarized in the three simple sign designs included below. Additional event plans and adaptations will be presented in the following pages.



PRE-EVENT ADAPTATIONS OVERVIEW:

- No orientation meetings, large indoor gatherings, etc.
- Event information will be provided online and via LoToJa Latest emails
- Communications specific to COVID-19 will be provided as follows:
 - 1) Health Reminders – signs and symptoms, how it spreads, people at high-risk, etc.
 - 2) Recommendations on how to prepare before coming to LoToJa
 - 3) Information on what to do and expect during LoToJa

EVENT ADAPTATIONS OVERVIEW:

- Overall Application
- Packet Pickup
- Start Line
- Cyclist and Crew Distancing
- Feed Zones, Water Stops, and Relay Transition Zones
- Finish Line
- Awards Ceremony (Race Only)

OVERALL APPLICATION:

- Implement social distancing guidelines and solutions in every area
- Provide hand sanitizer everywhere
- Hand washing stations at every feed zone
- Special reminder signs
- As needed place temporary markings on the ground, providing 6 foot distancing
- Face masks recommended for those that are not vaccinated
- Personal Protective Equipment (PPE) used by all volunteers, vendors, etc.

PACKET PICKUP:

- Located outside in open spacious area
- One-way distribution process
- Electronic no contact check-in process
- Screening questions and temperature check

START LINE:

- Limit start groups to an average of no more than 50 cyclists
- Enlarge start corral to accommodate 6' start lanes (marked on ground)
- Separate and enlarge staging areas for Ride vs. Race cyclists
- Start window increased from 90 to 120 minutes (from 3 to 4 minute intervals)
- Alternate Race and Ride starts to create 8-minute gaps on roads to first feed zone
- Allow cyclists to roll through the start line up to two minutes after main group leaves

CYCLIST AND CREW DISTANCING:

- Reduced number of cyclists and crews
- Lengthen, enlarge, and/or change feed zone locations to increase event distancing
- Separate Race and Ride feed zones in Preston and Alpine
- Divide where Race and Ride crews and their vehicles are allowed
 - Race crews ONLY allowed in Montpelier, Thayne*, and Alpine feed zones
 - Ride crews ONLY allowed in Preston, Afton, and Etna* feed zones
 - LoToJa volunteers will provide neutral support in locations crews are not allowed

**Thayne (for Racers) and Etna (for Riders) are alternate meet-up spots for cyclists/crews in Star Valley*



FEED ZONES, WATER STOPS, AND RELAY TRANSITION ZONES:

- Food is prepackaged and handled by volunteers only; passed using disposable trays
- Fruit is cut by volunteers on demand as requested; passed using disposable trays
- Water distribution ONLY (no pre-mix)
- Energy drink powder provided in individual containers, mixed by cyclist
- Adapt water jugs with extended spout/valve (controlled by volunteer only)
- No hand-ups to Race cyclists at neutral feed zones (pre-filled bottles will be available to stop and grab at designated tables)
- Volunteers will drive separately or only with people they feel sure are not sick

WATER TABLE EXAMPLE:



FINISH LINE:

- Cyclists are required to remove and deposit their own timing chip
- Finisher Medals distributed same as feed zone food (no volunteer/cyclist contact)
- Finisher buffs given using grabber device to maintain 6' distance
- One-way pedestrian flow in and out of finish line areas (counter clockwise)
- Water stations to follow same guidelines/setup as feed zones

RACE DAY AWARDS CEREMONIES (RACE ONLY):

- One category per awards ceremony to limit numbers and practice physical distancing
- Awards given up to 5 places per category/ceremony; short and simple
- Podium blocks will be placed six feet apart
- Self serve awards where riders pickup their prize bag after hand sanitizing
- One-way pedestrian traffic plan in/out of awards area
- LoToJa 1000, 2000, 3000, and 4000 awards distributed Sunday morning (location TBD)

IN CONCLUSION...

Thank you for taking the time to read through this LoToJa COVID-19 Overview. We welcome and appreciate any helpful feedback that will continue to improve our plans.

This year's LoToJa will be as successful as the implementation of our ideas on the preceding pages and any additional thoughts you might provide. LoToJa is also dependent upon the attitudes, cooperation, and choices of its cyclists and their support crews, including our volunteers, vendors, and event partners. Please remember LoToJa is about EVERYONE having a great experience, not just you. THANK YOU AGAIN!

