



January 1, 2021, on New Year's Day

Miamisburg Community Park at 550 First St. in Miamisburg, Ohio

Registration, Info & Results at Run4pancakes.com

Featured in Runner's World as a [Great Race to Start the New Year!](#) This New Year's Day, resolve to run, eat pancakes and have a blast with family and friends! There are races for everyone, unique finisher medals and stylish pullovers. Come celebrate the new year running with us!

Timed Races

- Full Marathon (26.2 Miles)
- Half Marathon (13.1 Miles)
- 10k (6.2 miles)
- 5k (3.1 miles)
- 1-Mile
- Beast 3 Race Challenge: Race the 1-mile, 5k and 10k for a total of 10.3 miles all in one day
- Ultra Beast 4 Race Challenge: Race the 1-mile, 5k, 10k & Half Marathon for a total of 23.4 miles all in one day

Race Time Limits

- We will end timing at 1:30 p.m., meaning that racers will have to be completed with their race by this time.
- Full Marathoners and Ultra Beast 4 Race Challenge athletes will have about 5 hours to complete their race. Everyone else has from their start time until 1:30 p.m. If you cannot make the time cut off, please choose a different race distance

Race Course Information

1. Course Maps
 - a. 1-Mile Course: <http://www.mapmyrun.com/routes/view/951355487>
 - b. 5K Course: <http://www.mapmyrun.com/routes/view/951353745>
 - c. 10K Course: <https://www.mapmyrun.com/routes/view/2823640618>

- d. Half Marathon Course: <https://www.mapmyrun.com/routes/view/2823635188> (complete this course 2x)
 - e. Full Marathon Course: <https://www.mapmyrun.com/routes/view/2823635188> (complete this course 4x)
2. Packet Pick-up and the Start/Finish Line will be at the Miamisburg Community Park at 550 First St. in Miamisburg, Ohio.
 3. Masks will be required for all athletes when they are not actively running. The event will be held entirely outdoors, so prepare accordingly for all types of weather.
 4. Runners will complete an out and back course loop that starts and finishes in Miamisburg Community Park. The course uses the Miamisburg Park Path and the Mound business park. The course is hosted on paved roads and surfaces. There is a larger hill on the 10k and half & full marathon course. Half marathon runners will do the course loop 2 times, and full marathoners will complete 4 laps.
 5. Runners will be asked to socially distance on course, so please try to stay 6 feet from any other runner on course. We realize this may be a challenge so do your best to keep your distance when passing other runners, and try to run on your own without joining packs of other runners.
 - a. When on the path please run as far to your right as possible.
 - b. After the first 1.5 miles the course goes into the Mound Business Park. Outboard runners will use the road and Returning runners will use the sidewalks whenever possible. There are sections where athletes are in the parking lots. The course will be marked with signs and cones. In these sections please stay as far to your right as possible.
 6. Please only run in a single file line, so that other athletes may pass you at a safe distance. We discourage running packs, groups, or side by side.
 7. Runners may NOT engage in any spitting, or projections of any bodily fluid before, during or after the race. We will have portable restrooms at packet pickup and on course for you to use.

Bring Your Own Aid; There Are no Aid Stations on Course

As required by the Montgomery County Board of Health, we are not allowed to have any aid stations or water stops on course. Racers will be required to provide their own aid and hydration on course. Athletes may place their own aid as needed next to the course. Please be sure your aid is clearly labeled, and that you do not interfere with other athletes on course as you place or access your aid. Races begin at 8am, so be sure your aid is in place before that time. If you place aid on course, please space it out from the race course and other athletes, so there is at least 6 feet distance from the course and other athletes. Thank you for your understanding.

Race Swag, Goodies, and Post-Race Meal

While we cannot party together in-person after the race, we can still give you all the swag and goodies to celebrate your accomplishment. Everyone who registers for a timed race (guaranteed if you register on or before December 15) will get a medal and pullover. Fun runners do not get the pullover or finisher medal. Everyone received a to-go Pancake Breakfast with pancakes and other goodies.

Race Swag for Timed Races

- Pancake Run ¼ Zip Race Pullover
 - Men's cut, women's cut & youth sizing available
 - To be guaranteed a pullover, you must register at least 2 weeks in advance (by December 15) of the race.
- Pancake Run and/or Beast Finisher Medal
 - Everyone who races in a timed race will get the pancake run finisher medal
 - All Beast and Ultra Beast racers will also get a Beast Finisher Medal
 - To be guaranteed a race medal, you must register at least 2 weeks in advance (by December 15) of the race.

Goodies for Everyone Who Races (even those in the Fun Run)

- Custom Race Bib
- Pancake Breakfast to Go:
 - Pancakes (or gluten-free muffins option upon request)
 - Fruit
 - Drinks
 - Additional snacks

Registration Online ONLY at Run4Pancakes.com

Registration is online at run4pancakes.com and will remain open through the start of the last race on race day. There will not be any in-person registration at the race venue. However you may register online at home, and come out to the race venue for the event, even race day morning. Please also note:

- Prices will increase closer to race day, so register early to save some money.
- We have a low-cost option called a fun run, which does not include: timing, race medal, and race pullover. Runners can do any race distance or multiple race distances and do receive the post-race meal to go.
- If you register but then are unable to race with us in-person due to COVID or other circumstances, please email Rebekah at zoomracingusa12@gmail.com and we will mail your race swag. All mailing will occur after the race date and virtual bags will arrive mid-January.

Please register in advance to be guaranteed swag

- You must register at least 2 weeks (December 15) in advance to be guaranteed a race pullover and medal. We need to order them in advance and cannot guarantee that anyone registering after the deadline will get one. We do try to order extras but sometimes those run out, so register by the deadline.

Event Pricing

Registration is not refundable under any circumstances. Those registering for the low-cost race option do not receive event timing, pullover, and finisher medal. Only those in timed races receive the event timing, pullover, and finisher medal. Everyone receives a post-race meal to go

Race Pricing Increase Dates: (1) November 1-15; (2) November 16-30; (3) December 1-20; (4) December 21-30; (5) December 31 - January 1.

- All ages, Fun Run, Does NOT include timing, event shirt, or finisher medal = \$12-14-16-18-20
- All ages, 1-Mile Race: Includes Swag and Timing = \$30-35-40-45-50
- All ages, 5K Race: Includes Swag and Timing = \$35-40-45-50-55
- All ages, 10K Race: Includes Swag and Timing = \$40-45-50-55-60
- The Beast 3-Race Challenge (Run the 1-mile, 5k & 10k): Includes Swag, Timing, Pancake & Beast Finisher Medals = \$60-65-70-75-80
- Half Marathon: Includes Swag and Timing = \$80-85-90-95-100
- Ultra Beast 4-Race Challenge (Run the 1-mile, 5k, 10k & Half Marathon): Includes Swag, Timing, Pancake & Beast Finisher Medals = \$85-90-95-100-105
- Full Marathon: Includes Swag and Timing = \$90-95-100-105-110

*Save \$10 off your entry by skipping the event long sleeve ¼ zip pullover. Pick the “No Shirt” option when you register.

* Please be sure to register before December 15th to be guaranteed swag!

Parking and Restrooms

There will be parking available at Miamisburg Community Park, Miamisburg Riverfront Park, and on the streets of Miamisburg. There will be restrooms available outside at Miamisburg Community Park, and on the race course. There is to be no spitting, or projections of any bodily fluid before, during or after race. We will have portable restrooms at packet pickup and on course for you to use.

Suggested Packet Pickup Times

We recommend you pick up your packet according to the suggested schedule below. This will allow for maximum social distancing and reduce your wait in line. Registration will be open from 6:00 a.m. through 10:30 a.m., which is the start of the last race.

- 6:30 a.m.- 8:00 a.m.: Any Race
- 6:30 a.m.-8:00 a.m.: Full Marathon and Ultra Beast 4 Race Challenge
- 7:00 a.m.-8:40 a.m.: Half Marathon & Beast 3 Race Challenge
- 8:00 a.m.-9:20 a.m.: 10k & 1-mile
- 8:30 a.m.-10:00 a.m.: 5k

NOTE: Masks will be required for all athletes when they are not actively running. The event will be held entirely outdoors, so prepare accordingly for all types of weather.

Please complete a Home Safety Self Check Before Arriving in Miamisburg

Before coming to the race, please do a safety self-check at home. If you answer yes to any of the following questions, please stay home and do not come to the race. Email Rebekah at zoomracingusa12@gmail.com and complete the race virtually when you are able. We will mail you your swag by mid-January and log your virtual time, when you are able to complete the event.

COVID-19 Home Safety Self Check

1. Have you had close contact with or cared for someone diagnosed with COVID-19 within the last 14 days?
2. Do you have a temperature greater than 100 degrees Fahrenheit?
3. Have you experienced any cold or flu-like symptoms in the last 14 days or any 2 of the following symptoms:
 - a. Cough
 - b. Shortness of breath or difficulty breathing
 - c. Fever
 - d. Chills
 - e. Repeated shaking with chills
 - f. Muscle pain
 - g. Headache
 - h. Sore throat
 - i. New loss of taste or smell

If you can answer no to all of the above questions, please come and race with us!

If you Cannot Race due to COVID

If you are experiencing COVID symptoms or may have been exposed to the virus, please stay home and do not come to the race. Email Rebekah at zoomracingusa12@gmail.com and complete the race virtually when you are able. We will mail you your swag by mid-January and log your virtual time, when you are able to complete the event.

Packet Pick-up Procedures on January 1st

Runners can pick up their race packets only on race day at the Community Center in Miamisburg Community Park at 550 First St. in Miamisburg, Ohio. This event will be held entirely outdoors, please dress accordingly. Here is how packet pickup will be run:

- Please arrive at your designated time, though you can pick up as needed. We are encouraging people to follow the suggested times to limit lines and so we can space out athletes.
- You are welcome to pick-up packets for friends or family members. We hope this will limit groups of people and cut down on the number of people picking up packets.

- Put on your mask. All athletes will be asked to wear a mask when they are not actively running. Disposable masks will be available for those who forget, lose or damage their mask on race day.
- Athletes will line up outside the registration tent, spacing 6 feet apart. A staff member will call you up to registration and first discuss with you the results of your COVID-19 Home Safety Self Check (see above). If you can answer no to all the questions, you will be able to pick up your packet.
 - Give the staff your name, and they will tell you your starting race wave and give you your race packet, which includes:
 - Timing Chip (for all timed races; fun runners will not receive a timing chip)
 - Open Marathon, Half, 10k, 5k and 1-mile: The timing chip will be a small chip you zip tie to your shoe. Please follow the instructions on the envelope.
 - BEAST ATHLETES ONLY: You will get your timing chip on a velcro strap. This will be placed on your ankle. After each race the timing staff will remove your timing chip and you will need to visit the Beast tent to get a new timing chip (on a velcro strap) for each race. Once you get your new strap, then you can head to the start line and continue on with your next race.
 - Race Bib and pins (everyone gets these)
 - NOTE: Wear this on the front on your person
 - Pullover (for all timed athletes who registered in time to get one)
 - Finisher Medal (for all timed athletes who registered in time to get one)
 - Pancake Breakfast to Go (everyone gets this)
 - NOTE: Please let the staff member know if you are gluten-free, as we have a separate option for these folks

Additional Safety Protocols at Packet Pickup

- All race staff will be wearing masks. Athletes are required to wear a mask. We will have disposable masks for those who need them.
- There will be hand sanitizer available.
- Race bags will be pre-packed and handled by staff that have passed a COVID-19 Home Safety Self Check.

Race Start Times

- 8:00 a.m.-8:40 a.m.: Full Marathon and Ultra Beast 4-Race Challenge
- 8:40 a.m.-9:20 a.m.: Half Marathon Start & Beast 3-Race Challenge
- 9:20 a.m.-10:00 a.m.: 10K Start & 1-mile Start
- 10:00 a.m.-11:00 a.m.: 5K Start
- Timing Ends at 1:30pm

Time Trial Race Starting Procedures on January 1st

- Athletes will start in waves. Waves will be assigned and emailed out the week of the race. If you register after this date we will tell you your wave at Packet Pick-up. Race waves will contain approximately 33 athletes.
- Please arrive at the Start Line line at least 10 minutes before the start of your wave, but no earlier for social distance purposes.
- The start line will be a large blue inflatable arch (or orange flags in the case of high winds). Starting corrals will be behind the large arch (or start flags) and be marked with signs and temporary fencing. The race starter will show you to your starting corral. Inside the starting corral there will be a grid of cones to designate 6 feet distance from other runners. Please stand next to a cone of your choosing.
- Athletes will start 3 at a time, every 10 seconds. The starter will release the first 3 athletes. The starter will then call the next row to move forward to the start line. Athletes will move up one row of cones closer to the start as each successive group of 3 starts the race.

- Once all athletes in the wave have started the race, the starter will call the next wave, who will follow the same procedures.
- **BEAST ATHLETES ONLY:** You will start your first race in waves, as described above. Once you finish your first race please visit the Beast tent to get a new timing chip (on a velcro strap); you will need a new chip for each race. Once you get your new strap, then you can head to the start line and continue on with your next race. There will be a dedicated start corral for Beast athletes to start their next races. When you arrive at the start line, alert the starter, and you will be able to start right away. If multiple Beast racers arrive at the same time, we will space you out and release you every 10 seconds.

The Beast 3-Race Challenge and Ultra Beast 4-Race Challenge

The Beast Challenge is a unique race where athletes complete multiple races, back-to-back, in one day. So come and conquer this new challenge!

- The Beast 3-Race Challenge is completing the 1-mile, 5K & 10K in one day
- The Ultra Beast 4-Race Challenge is completing the 1-mile, 5K, 10K & Half Marathon in one day

Here is how the Beast will work:

- Athletes will receive a timing chip on a velcro strap (as explained in the Registration section). Please place the strap on your ankle before you start your first race.
- Athletes will start their first race in waves as described above in a Time Trial format (see the section above on Time Trial starting).
- Complete your first race and cross the finish line. The timing staff will take your timing chip.
- Rest, recover, and refuel as needed. Take as much time as you need, but be sure you can complete all your races before timing ends at 1:30pm.
- Go to the Beast tent to get a new timing chip (on a velcro strap); you will need a new chip for each race.
- Once you get your new strap, then you can head to the start line and continue on with your next race. There will be a dedicated start corral for Beast athletes to start their next races. When you arrive at the start line, alert the starter, and you will be able to start right away. If multiple Beast racers arrive at the same time, we will space you out and release you every 10 seconds.
- Then repeat the steps above until you have completed all your races.

NOTE: If you decide to stop early or are unable to complete all of the races, please alert the timer or starter.

The Finish Line

- The Finish Line will be right next to the Start Line, and will be marked with the word "Finish" and have the Speedy Feet Logos on it.
- Once you have crossed the finish line and complete all your races, please move to your car and head home. We are not able to have a post-race party and discourage congregating in groups. Please put on your mask once you are done racing.
- We really appreciate you coming to race with us, and look forward to seeing you again on course soon.

In-Race Photos

We will have a photographer out on course to take your pictures while you race. We will post all pictures on our Facebook page (facebook.com/zoomracingusa) after the race for you to like, tag and share!

Results

Results will be posted on Run4Pancakes.com, which is also where you registered for the event.

If you decide to stop early or are unable to complete your race, please alert the timer or starter so we can adjust your results accordingly.

Medical Support

On race day, Dr. Curry and his team from Integrative Health and Sports Performance (IHSP) and Sugarcreek Chiropractic will be on site to provide medical support for our event. Please stop by their medical tent to say hello, to get information on all the ways they can help you stay healthy and perform at your peak! They are online at <https://ihsp-oh.com/>

Should an emergency arise on race day, please call 911 and inform a staff member or Dr. Curry's team.

Inclement & Cold Weather

Our race is scheduled in Ohio on January 1st. Cold weather, snow, ice, and freezing wind chills could be a part of the race day weather. The race will be held entirely outside this year, so please be ready. Please prepare for these conditions. Dress warmly! Clothing should provide an internal layer that allows evaporation of sweat with minimal absorption, a middle layer that provides insulation, and a removable external layer that is wind and water resistant and allows for evaporation of moisture. Toes, fingers, ears, and skin should be protected the most. Remove wet clothing as soon as practical and replace with dry, clean items. If you are doing multiple races, it is advised you have dry clothes to change into following each race. In between races, please return to your cars to get out of the cold. In the case of inclement weather, cold temperatures or excessive snow races may be shortened, delayed or have a time limit imposed.

In Case the Race is Canceled due to Weather or COVID

As a last resort in the case of inclement weather, or as required by the State of Ohio and/or the Montgomery County Board of Health the event may be canceled. We will inform racers via email, text, social media and the event webpage. In this case, we will move the race to a virtual format. If we move to a virtual event, you will have until January 15, 2021, to complete your designated race. We will provide you a link to submit your race results. We will mail you all your swag and goodies by mid-January. We do not offer any refunds.

Questions and More Information

BEFORE THE RACE: Please contact Rebekah for additional accommodations or questions at zoomracingusa12@gmail.com or (614) 381-2781

ON RACE DAY: Ask a Staff member or the race starter or call Rebekah at (614) 381-2781.

GENERAL SAFETY PROTOCOLS

Developed in Partnership with the Montgomery County Board of Health

1. If you have symptoms of COVID-19 you may not participate.
 - a. We ask that you conduct a COVID-19 Home Safety Self-Check at home and we will also conduct one with you before you pick up your packet. You can see the COVID-19 Home Safety Self-Check above. If you are experiencing symptoms, please stay home. You can review a list of symptoms at the Montgomery County Board of Health website here: <https://www.phdmc.org/coronavirus-updates/329-covid-19-symptoms>
 - b. If you cannot participate on race day, please contact Rebekah at zoomracingusa12@gmail.com and complete the race virtually when you are able. We will mail you your swag by mid-January and log your virtual time, when you are able to complete the event.
2. There is no in-person race day registration at the race venue, but you can register online and then come see us.

- a. You can register online at home at Run4Pancakes.com all the way through race morning. So register online and then come and see us.
 3. All runners must wear masks until the race actually starts.
 - a. Everyone will be required to wear a mask at all times at the race site, unless they are actively running. The race staff and all race contractors will wear masks. We will have disposable masks at packet pick-up if you need one.
 4. There will be a separate Start and Finish line so we can socially distance and allow one-way flow of runners/walkers. These will be clearly marked on race day.
 5. We will have staggered starts in waves on race day. See the information above for start time and procedures.
 6. Hand sanitizer stations will be provided at the start and finish line areas, as well as at packet pickup.
 7. As required by the Montgomery County Board of Health, we may not have aid stations or water stops on course. Racers will be required to carry all of their own aid and hydration on course.
 8. There will not be a post-race party. Instead we are giving athletes their post race meal when they pick-up their packet. So you can enjoy your pancakes and goodies anytime since your meal is now to go!
 9. There is to be no spitting, or projections of any bodily fluid before, during or after race. We will have portable restrooms at packet pickup and on course for you to use.
 10. All participants must avoid any physical contact with other participants, which includes high fives, fist bumps, or close contact before, during or after the event.
 11. Before and during the race, participants must abide by the six-foot social distancing requirement when lining up or passing other participants.
 12. Spectators are not permitted on the course, at start line, or finish line.
 13. Participants are encouraged to gather their belongings and leave immediately after the race/walk.
 14. There is to be no congregating after the race.
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IN CASE OF EMERGENCY

Emergency Contingency Policy & Plans: Races and events will be held unless race management, in consultation with local safety officials, determines that race conditions are too dangerous. Every effort will be made to conduct the race and to ensure the safety of all participants. Events may be held in the rain or snow or if there is snow on the course, so please prepare in advance. If the race is cancelled there will be no refunds. This position is consistent with USAT & USATF recommendations and with the protocol of sharing the risks associated with the sports of running, biking, swimming, triathlon, duathlon, aquabike and aquathlon. Each athlete must accept any such risk for their entry fee paid including other amenities paid for such as t-shirts, insurance, and online administrative fees. All fees collected are used to develop and produce the event, including all race supplies. In the event of inclement weather, Acts of God, or unforeseen circumstances, we reserve the right to alter, cancel or eliminate any/all portions of the race. The following procedure will be followed:

- The race director in consultation with local safety officials will make the final decision to delay, adjust or cancel the race.
- The decision will be posted on the website, in social media and communicated at the race venue via the PA announcing system.
- In the case of an emergency please dial 911. Volunteers will be instructed to contact 911 in the case of an emergency.

IN THE CASE OF A HUMAN CAUSES THREAT: CALL 911, Then Run, Hide, or Fight

Purpose: In the case of an incident at one of our events, we have prepared a simple response plan, based on recommendations created by the Department of Homeland Security and local Law Enforcement. These events often happen without warning, and can be unpredictable. We have created this plan in the event of such an incident.

You can learn more at: <https://www.dhs.gov/what-to-do-bomb-threat#> & <https://www.dhs.gov/private-citizen>

The Basics

1. First, if you experience any type of an emergency at one of our events please first call 911. You can also alert a race official, staff member or volunteer. They will have a direct line of communication with emergency officials. We will alert the appropriate authorities and enact the appropriate response plan (detailed below).
2. Second assess the situation, and, if able, get to safety. If you feel a threat, please first get to safety. This may include, running, hiding, ducking, laying down, going off course to shelter, or getting away from the threat. If you are in the midst of a race event, please stop racing and get to safety. Your time is not more important than your safety.
3. Third, report into family, friends and race officials. Once you have found a safe place, and if able, please alert family, friends, and race officials. You can email, call, text us at 937-572-5018 or mick@zoomracingusa.com. We request you touch base with our staff so we know you are okay and safe.
4. Someone will contact you about collecting your belongings. If you have to leave in the case of an emergency, we will find a way to get you all of your belongings. We will secure them until you or someone you know is able to retrieve them. We will work with local law enforcement and authorities to secure your things.

Run, Hide, Fight: The Department of Homeland Security has developed the run, hide, fight protocol. In the case of an emergency, there might not be time to enact an emergency plan. Chaos may ensue, and things move very quickly. With that in mind, Department of Homeland Security recommends you take any the following actions. Run. Hide. Fight. There is no right way to respond, and each situation is different. So, they recommend doing any or all of the following:

- Run: Get away from the threat as soon as you can.
- Hide: Get out of the line of sight or the vicinity of the threat. This may mean ducking, finding shelter, barricading yourself in, or using natural obstacles to hide from the threat.
- Fight: Should the threat be imminent or should you feel called to engage the threat, you can fight. This can take many forms, but it has the goal of stopping the threat and saving additional lives.

Pocket card found at: https://www.dhs.gov/sites/default/files/publications/active_shooter_pocket_card_508.pdf

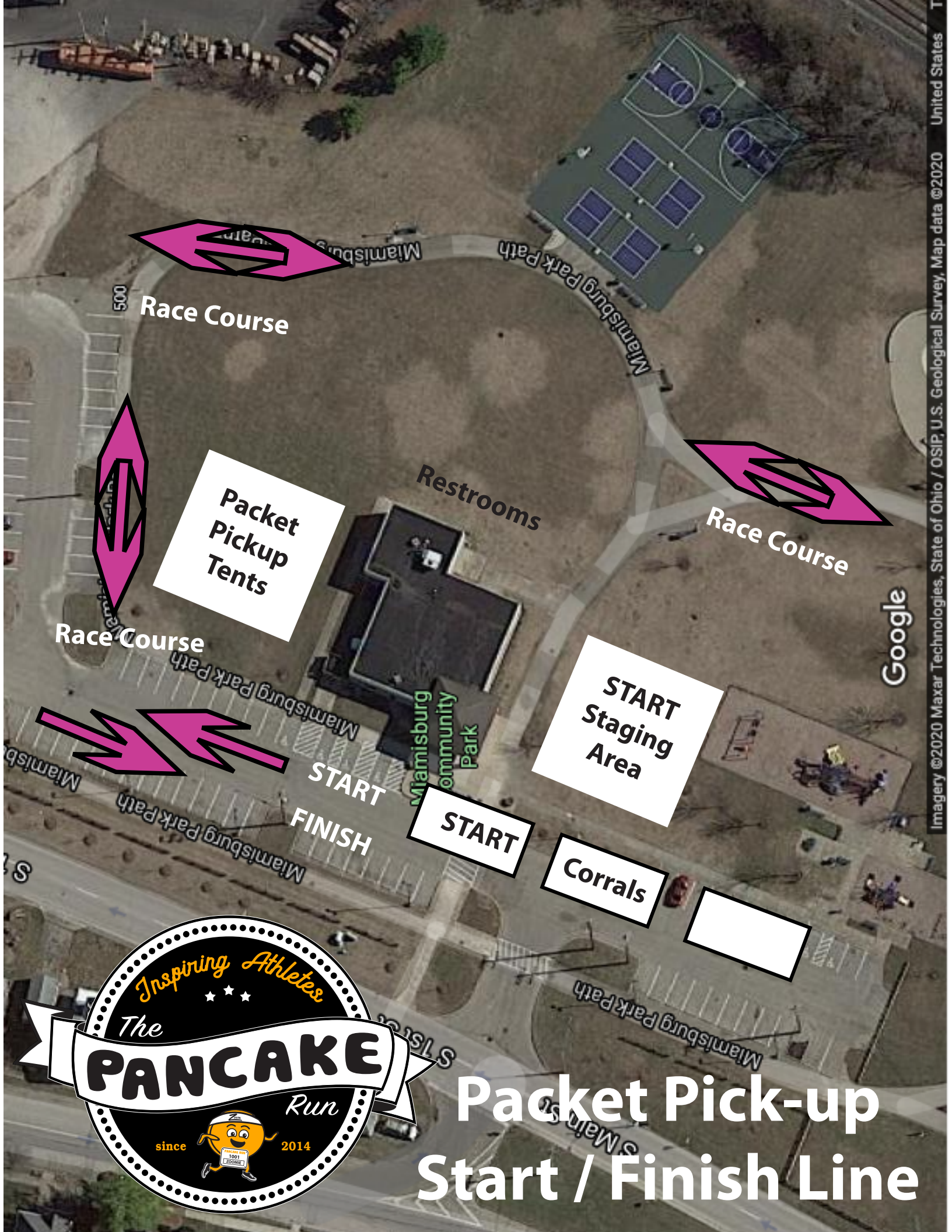
Our Emergency Protocol: In the case of an emergency, threat and/or an uncertain situation that could potentially endanger lives, we will call 911 and alert the appropriate authorities. In conjunction with local authorities, we will assess the threat and take appropriate action.

1. In the face of a threat, we may need to stop the race. We will consult local law enforcement in this decision. In this case, a race official, staff member or law enforcement officer will inform you that the race is stopped. They may hold you on course and not allow you to proceed until the threat has been eliminated. This is for your safety. If the race is stopped or cancelled we will give you further directions on how to return to the start finish line or parking area to retrieve your things. We will additionally stop all timing, and results will reflect this. We will make a note in the results to reflect this situation. We will only post times for people who completed the entire race before the race was stopped. We will not be able to provide refunds under these circumstances; we apologize for any inconvenience this may cause.
2. In the face of a threat, we may need to delay the race. We will consult local law enforcement in this decision. In this case, a race official, staff member or law enforcement officer will inform you that the race is delayed. They may hold you on course and not allow you to proceed until the threat has been eliminated. This is for your safety. Should the race be delayed, we may allow you to continue racing once the threat has been eliminated. This is optional. If the race is delayed, we will not be able to adjust your finishing time. Should you want your finishing time, we will make a note in the results to reflect the delay. We will not be able to provide refunds under these circumstances; we apologize for any inconvenience this may cause.
3. We may need to cancel the race. We will consult local law enforcement in this decision. In this case, a race official, staff member or law enforcement officer will inform you that the race is cancelled. This is for your safety. Should the race be cancelled due to a serious threat we will not be able to provide refunds under these circumstances; we apologize for any inconvenience this may cause. Race cancellation is a last resort, and will only be used for your safety.

Questions or More Information

BEFORE THE RACE: Please contact Rebekah for additional accommodations or questions at zoomracingusa12@gmail.com or (614) 381-2781.

ON RACE DAY: Ask a staff member or the race starter or call Rebekah at (614) 381-2781.



500

Race Course

Packet
Pickup
Tents

Restrooms

Race Course

Race Course

START
Staging
Area

START
FINISH

START

Corrals



Packet Pick-up
Start / Finish Line

Google

1-MILE TURN AROUND

5K TURN AROUND

10k, HALF & FULL Run Upper Parking Lots

HALF & FULL Runs Lower Parking Lot ONLY

10k HALF & FULL Up the Hill!

THE Pan RUN4PAN

Zoom

1001

0
START



1

Mile Marker

Half is 2 Loops Full is 4 Loops

THE

THE Pancake RUN



RUN4PANCAKES.COM

5K TURN AROUND



Runs & Walks Guidance

Public Health Strongly Encourages Virtual Runs/Walks

If you have symptoms of COVID-19 you may not participate.

No race day registration or packet pick-up on site.

Runners must wear masks until the race actually starts.

Start and finish lines must be separate to allow one way flow of runners/walkers.

Use staggered, wave or interval starts.

Hand sanitizer stations must be provided at the start and finish line areas.

No water stations/stops may be provided. Bottled water may be made available for race/walk participants. Post-race food is to be a grab-n-go item if a snack is made available.

No spitting, or projections of any bodily fluid before, during or after race.

All participants must avoid any physical contact with other participants which include high fives, fist bumps, or close contact before, during or after the event.

Before and during the race, participants must abide by the six-foot social distancing requirement when lining up or passing other participants.

Spectators are not permitted on the course, at start line, or finish line.

Participants are encouraged to gather their belongings and leave immediately after the race/walk.

No congregating after the race/walk.

No awards ceremony.

This document is subject to change as State and Federal guidelines are updated.

Published: 8/10/20

Emergency Action Plan for Pancakes & Resolutions 5k, 10k & 1-mile Walk/Run

Start / Finish at Community Park 550 S. 1st Street, Miamisburg, OH 45342

Post Race Party at TJ Chumps 12 E Linden Ave, Miamisburg, OH 45342

In the Case of Emergency

Call Race Director 937-572-5018 (Mick) and/or 911

Introduction: The purpose of the emergency action plan is to guide athletic personnel, emergency medical services, and event volunteers in the event of an emergency situation.

Medical Personnel: Medical personnel may include, but not be limited to, ambulance, licensed physicians (MD/DO/DC), EMT's, certified athletic trainers, physician assistants, and lifeguards. Volunteers and athletic training students may also be present assuming the role of a first responder with basic first aid training.

Emergency Equipment: First Aid Kits at the Registration Tent & Aid Stations

Role of First Responders

1. Establish safety of scene
2. Immediate care of the athlete
3. Assess the ABC's (Airway, Breathing, Circulation)
4. Activate the Emergency Management System (EMS), when necessary
5. Call to medical director and/or 911
6. Control scene: limit scene to first aid providers and EMS. Direct other athletes around scene and move any bystanders away from the area.

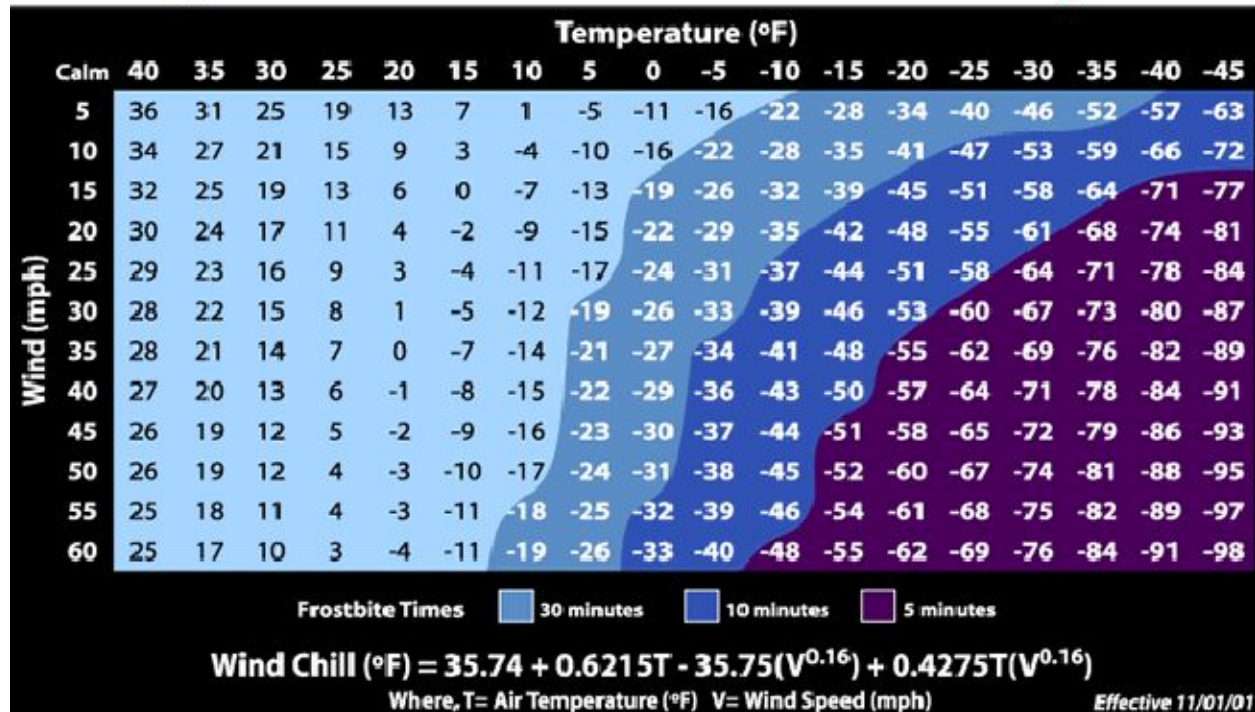
On-field Management

If Conscious...	If Unconscious....
<p>If Head/Neck Injury</p> <ul style="list-style-type: none">- Check Airway/Breathing/Circulation- Stabilize C-spine- Call Medical Director and EMS- Determine need for spineboard <p>No Head/Neck Injury</p> <ul style="list-style-type: none">- Quick assessment of condition- Determine need of EMS- If minor injury, give basic first aid and notify Medical Director <p>In case of severe orthopedic trauma:</p> <ul style="list-style-type: none">- Call Medical Director and EMS	<ul style="list-style-type: none">- Check ABC's- Assume Head/Neck Injury- Call Medical Director and EMS- Medical Director and EMS spineboard athlete- Monitor ABC's and transport to hospital

Extreme Cold: If race conditions put athletes at risk for Frostbite, post-pone or reschedule the race.



NWS Windchill Chart



If you suspect a participant has Frostbite, Hypothermia or other cold related illness contact the medical director, race director or call 911 and get the patient indoors immediately.

Frostbite – Frostbite is an injury to the body that is caused by freezing. Frostbite causes a loss of feeling and color in the affected areas. It most often affects the nose, ears, cheeks, chin, fingers, or toes. Frostbite can permanently damage body tissues, and severe cases can lead to amputation. In extremely cold temperatures, the risk of frostbite is increased in athletes with reduced blood circulation and among athletes who are not dressed properly.

Frostbite Symptoms

- Reduced blood flow to hands and feet (fingers or toes can freeze)
- Numbness
- Tingling or stinging
- Aching
- Bluish or pale, waxy skin

Frostbite First Aid

- Don't walk on a frostbitten foot. You could cause more damage.
- Get into a warm room as soon as possible.
- Unless absolutely necessary, do not walk on frostbitten feet or toes-this increases the damage.
- Immerse the affected area in warm-not hot-water (the temperature should be comfortable to the touch for unaffected parts of the body).
- Warm the affected area using body heat; for example, the heat of an armpit can be used to warm frostbitten fingers.
- Do not rub or massage the frostbitten area; doing so may cause more damage.
- Do not use a heating pad, heat lamp, or the heat of a stove, fireplace, or radiator for warming. Affected areas are numb and can be easily burned.
- Frostbitten skin will become red and swollen and feel like it's on fire. You may develop blisters. Don't break the blisters. It could cause scarring.
- If your skin turns blue or gray, is very swollen, blistered or feels hard and numb even under the surface, go to a hospital immediately.

Hypothermia - When exposed to cold temperatures, your body begins to lose heat faster than it can be produced. Prolonged exposure to cold will eventually use up your body's stored energy. The result is hypothermia, or abnormally low body temperature. A body temperature that is too low affects the brain, making the victim unable to think clearly or move well. This makes hypothermia particularly dangerous because a person may not know it is happening and will not be able to do anything about it.

Hypothermia Early Symptoms

- Shivering
- Fatigue
- Loss of coordination
- Confusion and disorientation

Hypothermia Late Symptoms

- No shivering
- Blue skin
- Dilated pupils
- Slowed pulse and breathing
- Loss of consciousness

Hypothermia First Aid

- Move the victim into a warm room or shelter.
- Remove their wet clothing.
- Warm the center of their body first-chest, neck, head, and groin-using an electric blanket, if available; or use skin-to-skin contact under loose, dry layers of blankets, clothing, towels, or sheets.
- Warm beverages may help increase the body temperature, but do not give alcoholic beverages. Do not try to give beverages to an unconscious person.
- After their body temperature has increased, keep the victim dry and wrapped in a warm blanket, including the head and neck.

Lightning

Proximity of lightning will be determined by a lightning detector or by the Flash-to-bang method. Using the flash-to-bang method, distance of lightning is determined by counting the seconds between the flash of lightning and when the thunder is heard. That number is then divided by five (5) to calculate the distance in miles the lightning is occurring. (Ex: 30 seconds is counted between the flash of lightning and bang of thunder, $30 \div 5 = 6$ miles way)

- Flash-to-bang count that is at 30 or less (6 miles) there is inherent danger and race should be suspended and situation should be monitored
- Flash-to-bang count at 15 or less (3 miles) there is immediate danger, seek shelter immediately
- All athletes should be moved to their cars, find shelter in the closest building or shelter facility.
- If unable to reach shelter, assume a crouched position with head down and arms hugging around your knees (avoid trees and other tall structures)
- 30 minutes will be allowed from the last lightning flash seen or the last flash-to-bang count greater than 30 before the race will be permitted to continue
- If inclement weather approaches during the course of the race, all emergency contacts will be notified to help assist athletes to safety

Heavy Winds

In the event of heavy winds, the Race Director should make certain no race apparatus or equipment being used will topple and cause injury to anyone in the area. This includes tents, speakers, finish/start lines, bike racks, banners, etc.

Tornado

In the event of a tornado, the Race Director should communicate with all athletes, volunteers, and other personnel that a tornado warning has been issued. All parties at the race site should be instructed to move to a safe location and take shelter, in the closest building or shelter facility. If it is during the course of the race and shelter is unavailable, all should be instructed to lie flat in a ditch or depression and cover their head with their hands. It is advised to all athletes to wear their helmets at all times.

Heavy Rains

While rain itself is not a danger to athletes and volunteers, rain slicked road ways, standing water and poor visibility are all dangers that may result from heavy rainfall. The Race Director will communicate with local law enforcement to determine the condition of the roadways and running trails.

Directions to Nearest Hospital/Medical Facility

Sycamore Medical Center

Address: 4000 Miamisburg Centerville Road, Miamisburg, OH 45342

Phone: (937) 866-0551

Distance: 4 Miles from Start / Finish Line at Community Park 550 S 1st Street, Miamisburg, OH 45342

Directions:

1. Head North on S 1st Street / Main Street
2. Go about 4 blocks and take a RIGHT on OH-725 E/E Central Ave
3. Continue to follow OH-725 E
4. Turn right. Destination will be on the right