**East Texas Showdown/Slowdown Guidelines**

**The first is obviously Covid related.** In light of recent developments with Covid, we have decided to follow in the footsteps of other larger events and require a negative Covid test within 48 hours of the race ~or~ proof of vaccination (this means you received your second dose 14 days before the start of the race). Proof of a negative test or vaccination card will be checked before entering by event staff. This is, of course, to maintain a safe environment for our participants but also to protect the residents who live in the rural area with limited medical facilities. We want to respect each other and the hosts providing a space for the East Texas Showdown/Slowdown. **Please note that these requirements are subject to change and participants will be notified if any updates are made.**

Additionally, we ask that all people associated with the race wear a mask when using indoor facilities (gas stations, bathrooms, restaurants, etc.) while participating in the race. Outdoor events will be “mask respectful”. What this means is, wear a mask outdoors if you feel more comfortable doing so, but it is not required. Your choice to mask up, or not, outside won’t be criticized in any way.

We will also be following CDC guidelines, which are as follows:

* If you are feeling any symptoms of Covid-19 (fever, persistent cough, sudden loss of taste or smell, etc.) or if you’ve been in contact with someone diagnosed with Covid-19, please stay home and isolate. We want this to be fun, safe event for everyone!
* Please practice social distancing! I know this might be tough in some situations, but then you can mask up and everyone can be safe!
* Need to sneeze or cough? We get it, it’s a normal human function, but do it safely, away from crowds and then wash those hands.
* Speaking of washing hands… do it often and do it well. With soap or sanitizer.

We want this event to be a huge success and part of that is everyone going home healthy! We’re nearly three years into this horrible thing; we all know what we need to do. So, let’s respect ourselves, and others, by following the guidelines we’ve all come to know. It’s easy and it’s the right thing to do!

**The second important set of guidelines is Leave No Trace.** If you’re unfamiliar with these guidelines, they are as follows:

* Plan ahead and prepare! – We know all of you will be familiar with what to do here. Know what you’re doing and what it takes to do it. Make a list and check it twice, as Santa does.
* Travel and camp on durable surfaces – we don’t want to damage any land or waterways. Even one person trekking through a sensitive area can do lasting damage! There are trails, roads and paths for a reason.
* Dispose of waste properly – this is BIG ONE. This is my backyard. These are my people. And we want to respect this beautiful land and we want to be welcomed back after this inaugural race. So, if you pack it in, pack it out. “Only trash throws trash”.
* Leave what you find – take some dope pictures of the cool rock. Leave the actual rock for the next person to also take a dope picture of.
* Minimize campfire impact – be CAREFUL. It’s like rule number one “Don’t Play With Fire”. Enough of our world is burning up; let’s not start another. Make sure your fire is COMPLETELY out (not smoldering) before leaving the area.
* Respect wildlife – don’t chase the deer. Don’t try to catch a raccoon. Don’t hand feed anything. Pretty self-explanatory here.
* BE CONSIDERATE OF OTHERS – A lot of people recreate here. A lot of people call this place their home. Be respectful of that and treat them like you want to be treated.

Again, let’s do our best to respect this land and the people in and around it. We want to be good stewards and guests. Cyclists, and outdoor recreationalist in general, can sometimes get a bad rap and want to change that stigma.

Also, please be aware of the **two** waivers that **must** be submitted before showing up to the race. We have required a Covid-19 waiver and an Injury waiver. Both need to be electronically signed and submitted as soon as possible to participate!

Thank you again for supporting Bikes or Death and for supporting bikepacking. Now, lets go ride some damn bikes!