



Notes „Lange Laufnacht 2021“

10.05.2021



Dear athletes, dear coaches,

Saturday is the day: a special "Long Running Night" in Karlsruhe.
Since we face a lot of Corona requirements, here are some requests to you:

Rapid tests:

We offer quick tests at the stadium entrance; however it would help us a lot if you could do a rapid test (not older than 24 hours / PCR test not older than 48 hours) at home or in Karlsruhe before the race.

Test stations in Karlsruhe can be found here:

[https://lraka.maps.arcgis.com/apps/instant/media/index.html?](https://lraka.maps.arcgis.com/apps/instant/media/index.html?appid=8c9130bfcdb147798328805f2cfbc50b)

[appid=8c9130bfcdb147798328805f2cfbc50b](https://lraka.maps.arcgis.com/apps/instant/media/index.html?appid=8c9130bfcdb147798328805f2cfbc50b)

Coaches / Supporters:

Coaches will only be allowed into the stadium if they have registered via e-mail by the 11th of May until 8pm (lgr-karlsruhe@web.de). We ask for your attention to avoid unpleasant discussions in front of the stadium.

Warm-up and check-out:

The warm-up must occur in the nearby "Günter-Klotz" parc. Please pay attention to the current German contact restrictions (only 2 people running together, not in groups). Please stick to the rules since controls are carried out regularly.

Please make sure to leave the stadium promptly after your competition to keep the number of people in the stadium small. Check out via the QR code at the stadium exit.

Curfew:

In your starting documents you will find a letter confirming your participation in a "professional and elite sports event". If you run into a curfew checkpoint on your way home, you can show this letter.

Pacemakers

Unfortunately, the regulations (only squad athletes, entry regulations) also affect the pacemaker situation. We will do our best to "push" the field in every race. But our pacers will not be able to pace for big parts of the races as usual. We hope for your understanding. Please coordinate with the other athletes to keep the pace high even after the pacemakers have left.

We are making all this effort because we love running and want to give you this important opportunity to compete. Please keep this in mind if you are annoyed by one or the other rule. We did not make these rules by choice.

Please help with your responsible behavior to show the public that such meetings can be run responsibly and successfully even in times of Corona.

We wish you good luck!

Team Lange Laufnacht