



The Highmark Quad – The Virtual Edition

When The Quad Father started the first Games in 1983 his goal was create the region’s premier fitness program with four year-round events designed to keep you and your family in great shape; while having fun. That mission will not change in 2020! It just may look a little different than in years past.

This year the Highmark Quad Games has been challenged -- to pivot with the current health crisis and Erie County’s cancellation of all summer events, so we are going virtual!

Each of our events will take place over 8-14 days and participants can ride, run, swim, ski any course available, or the actual Quad event course, then submitting a time through Big White Trailers virtual submission form. Certain aspects of past events will be replaced with new and exciting editions to make this year’s events still fun for all!

Supporting the YMCA of Erie

All proceeds from this year’s events will continue to benefit the YMCA of Greater Erie and their COVID-19 Emergency Response Fund and financial assistance program. Since 1860 and throughout the Y’s history, the Y have been called upon to provide critical services during challenging or uncertain times. Throughout the COVID-19 crisis, our Y closed its physical doors and pivoted operations very quickly to meet emerging community needs like essential childcare for the "life-sustaining" workforce, emergency meals for children living with food insecurity, operation REACH to touch populations to reduce social isolation and launched a virtual platform to provide at-home tips and resources for all.

Before You Begin Health & Safety -

The Highmark Quad is here to help you focus on what matters most: your health, your family and friends, and your community. Your health and safety is very important to us.

1. Review national CDC guidelines on safe bicycling, running, swimming and skiing during COVID-19.
2. All registered participants will need to complete a COVID-19 participation waiver and accept the added question – acknowledging that all courses are open to traffic without aid stations or fire/police. Racing will not be encouraged by the Highmark Quad on any race course without traffic control.
3. Even with social distancing measures, it’s still best to fly solo for the time being. But share your plans with friends or family before going on your ride.
4. Make sure you have all that you need while out. Check your equipment before you leave the house - are tires inflated, is your bike running smooth. While bike shops are considered “essential businesses”, not all shops have stayed open. Some have limited hours. Plan ahead. Make sure your toolkit is properly stocked to handle any roadside repair that might come up. Be sure to wear all the appropriate equipment, and bring plenty of water and snacks.
 - Additional details will be sent out relating to each event – run, swim, and ski.
5. With hospitals and healthcare professionals overworked and overwhelmed as it is, take this time to keep your mind fresh and body healthy and active without going overboard.



6. We're all going through a lot right now. A friendly smile or wave to fellow riders or pedestrians will be appreciated. Remember, we're all in this together.

Participation Fee

\$35 for Quad Series and \$10 for each individual event. If you previously registered for the 2020/2021 Quad Games at a higher price, you will be contacted by email with options for adjusting your cost.

Overall and Age Group Awards

Due to safety concerns we will not be offering overall and age group awards in 2020. We don't want to encourage racing on open race courses without proper aid stations, fire police and traffic control. We will be offering appropriate competitions and fun contest at each event.

Participant and Championship Shirts

2020 participant shirts can be purchased at our online apparel store. Anyone who completes all four events will earn a Championship shirt (at no additional cost).

The Bike Event (July 1 – July 12)

- **Course:** participants can ride any 12 mile course they please, including completing 12 miles on a stationary bike. The Quad Bike course will be marked and participants can ride complete their 12-miles on the original course. Please note that the course will be open to traffic with no additional traffic control or aid stations. All riders must follow regular traffic laws.
- **Submitting your Time:** Big White Trailer will be setting up an online virtual submission form. Registered participants will need to submit their time using this form prior to midnight on July 12, 2020. You must submit a time to be eligible for the championship shirt and event contests or prizes.
- **After-Party:** The Crossroads Diner in Edinboro will be donating a free takeout meal - burger and fries - to all registered participants. A meal voucher will be emailed to each registered participant prior to July 1, 2020. Please give them a lot of love on all our social media accounts!
- **Contests:** Win gift certificates to the Crossroads Diner or the Quad Apparel Store, a Summer Access Pass to Mt. Pleasant, Quad Swag or a free registration for our 2021/2022 Quad Games.
 - **Strava Segments** – top rider and other random awards to those who post a time on our Strava segments along the course (they will be marked by July 1 or find them on Strava)
 - **Photo Contest/Scavenger Hunt** – while enjoying this year's course (at a more casual pace) enjoy the scenery and have some fun! Take photos or selfies at the following locations and post on Facebook or Instagram. Be sure to tag the Highmark Quad.
 - The starting line....can you find it?!
 - A picture next to the 2nd largest sycamore tree in PA (hint – at the end of the first Strava segment)



- Can you find a peacock? Or two? Please be respectful of the owner's property and take your picture from the road. (hint – red barn)
- It's not time to ski yet, but take a selfie in front of the Mt. Pleasant sign! Get really adventurous and hike to the top of Chestnut (ski slope) for a little extra work out! Tag Mt. Pleasant in the post for a chance to win a Summer Access Pass.
- Little White Church – Washington Valley Christian Church (hint – it's a little off the course but visible around mile 5.5). Can you find it?!
- The finish line – the most glorious site around!
- A selfie in front of the Crossroads Diner Sign while you are picking up your FREE burger and fries after your ride. Tag the @crossroadsdiner when you post this picture on Facebook for a chance to win a gift certificate to their restaurant.
- Best costume – take your fun to the next level and dress up for your ride. Take a selfie and share on our Facebook page!
- Family – Invite your family to join the fun or snap a family selfie (before, during or after the ride)
- Riding Solo – stay safe and enjoy a solo ride. Take a selfie of yourself enjoying the ride or click a picture of your beautiful bike.

RULES: This year's Highmark Quad Bike course will be open to traffic without any additional traffic control. We ask that you don't race but enjoy a ride while following all traffic rules. No aid stations or assistance will be available on the course. Be respectful of neighbors and property along the course.

- Post selfies to the Highmark Quad Facebook page or tag @highmarkquad to be entered into prize drawings for the scavenger hunt/photo contest.
 - Please be respectful of property along the course. While taking pictures stay on the side of the road (or in a safe area) while not disrupting the property owners or property; but also be aware of traffic.
 - Be safe and have fun!
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- **RaceJoy:** We will also be partnering with Big White Trailer to offer RaceJoy (sponsored by UTZ Snacks) for all our registrants – have a virtual cheering section or allow your biggest fans to follow your progress while riding the course. Please use all safety precautions when using this app.
 - **Safety:** All Quad courses in 2020 will be open to traffic without any additional traffic control or aid stations. Please abide by all traffic rules. Do not race on an open course. Be sure to carry your cellphone with you, in case of an emergency. Be sure to take any additional equipment with you – water, sunscreen, etc.

The Run Event (September 6 – September 20)

- **Course:** participants can complete any 5 or 3.1 mile course they please, including running/walking on a treadmill. The Quad Run course will be marked and participants can



complete their run on the original course. Please note that the course will be open to traffic with no additional traffic control or aid stations. All participants must follow regular traffic laws.

- **Submitting your Time:** Big White Trailer will be setting up an online virtual submission form. Registered participants will need to submit their time using this form prior to midnight on September 20, 2020. You must submit a time to be eligible for the championship shirt and event contests or prizes.
- **After-Party:** TBD
- **Contests:** TBD
 - **Strava Segments** – top runner and other random awards to those who post a time on our Strava segments along the course (they will be marked by September 6 or find them on Strava)
 - **Photo Contest/Scavenger Hunt** – details TBD
- **RaceJoy:** We will also be partnering with Big White Trailer to offer RaceJoy (sponsored by AXA Advisors) for all our registrants – have a virtual cheering section or allow your biggest fans to follow your progress while riding the course. Please use all safety precautions when using this app.
- **Safety:** All Quad courses in 2020 will be open to traffic without any additional traffic control or aid stations. Please abide by all traffic rules. Do not race on an open course. Be sure to take all appropriate equipment with you – water, sunscreen, cellphone, etc.

The Swim Event (TBD – October or November)

Due to the uncertainty of access to pools these details are subject to change.

- **Course:** participants can swim 100 yards at any open facility. If pools are not open, we may change this event to 100 yard rowing competition. This event is subject to cancellation.
- **Submitting your Time:** Big White Trailer will be setting up an online virtual submission form. Registered participants will need to submit their time using this form prior to midnight on TBD. You must submit a time to be eligible for the championship shirt and event contests or prizes.
- **After-Party:** TBD
- **Contests:** TBD
- **Safety:** Always swim with a buddy and follow all rules of the facility you are using. Be sure to take all appropriate equipment with you – water, cellphone, etc.

The Ski/Snowshoe Event (January 1 – February 14)



- **Course:** participants can ski or snowshoe any 5 or 2.5 mile course they please, including the original course at Wilderness Lodge. The Wilderness Lodge Quad Ski and Snowshoe courses may not be marked but a map will be provided along with other area courses (example: Wainer Park). Please note that the course will be open to other skiers/snowshoers with no aid stations. All participants must follow rules of the trails they are on.
- **Submitting your Time:** Big White Trailer will be setting up an online virtual submission form. Registered participants will need to submit their time using this form prior to midnight on February 14, 2020. You must submit a time to be eligible for the championship shirt and event contests or prizes.
- **After-Party:** TBD
 - **Contests: Strava Segments** – top runner and other random awards to those who post a time on our Strava segments along the course (they will be marked by January 1 or find them on Strava)
 - **Photo Contest/Scavenger Hunt** – details TBD
- **Safety:** We always recommend that you ski/snowshoe and follow all rules of the facility you are using. Be sure to take all appropriate equipment with you – water, sunscreen, cellphone, etc.

Additional Details

If at any time our area moves into a phase that would allow us to host onsite events with all appropriate safety measures in place, we will consider adjusting our event(s) plan. Please Like us on Facebook or check our website often for the latest Highmark Quad announcements.