

Running Race Covid Protocols

The following covid protocols will be put into place for all events that take place while covid is still a risk for athletes. Once the risk dramatically recedes, we will evaluate each item on the list and eliminate those that are no longer necessary one at a time.

Registration: Online only. No race day registration, cash exchanged, etc.

Face Coverings: Athletes will be required to wear face coverings before and after competition. They will remove their mask as they cross the start timing mat and put it in a garbage receptacle at the start line. We will have masks for them in the finish line chute to wear when they exit the finish area.

Staff and volunteers will be required to wear face coverings and gloves throughout the entire event.

Open Start: In order to maintain social distancing, rather than the usual mass start, the start line will be open for a minimum of 30 minutes for athletes to start at their leisure so they stay distanced. We will also provide athletes recommended starting times as a guide to ensure distancing at the start.

Packet Pick-up: Procedures will be altered to promote physical distancing and mitigate person-to-person contact. An outdoor packet pick-up will take place following proper “social distancing” guidelines. Nevertheless, staff and athletes will be required to wear masks at all times during packet pickup.

Timing Chips: Athletes will have disposable chips.

Health Screening: All participants and volunteers will be asked to stay home if they have any symptoms (including fever, cough, sore throat, etc.) or have been exposed to anyone with Covid in the last 14 days. Full race credit will be applied to racers' accounts if they miss the race for this reason. This is to encourage anyone that may be questionable to stay home. Medical staff will be equipped with thermometers, extra face coverings and gloves.

Sanitize Areas: Areas will be sanitized prior to, and during the race.

We will promote Social Distancing: To promote physical distancing and mitigate person-to-person contact, we will have ample signage placed in key areas of venue encouraging physical distancing (i.e. markings on the ground and signage) around potentially crowded areas to encourage people to spread out. Announcements will also serve as reminders.

Hand washing and sanitizing stations: Hand sanitizer and hand-washing stations will be available and placed throughout the venue. Additional signage will be displayed reminding everyone to use them. Announcements will also serve as a reminder to wash hands.

Run Aid Stations: We will encourage athletes to bring their own water bottle for the run. Athletes will pick up their own cups of water at the aid stations to prevent person-to-person contact..

Finish Line Tape: There will be no finish line tape to avoid cross-contamination.

Finish Line Fluids: Single-use water or electrolyte drink will be handed to athletes by staff or volunteers wearing gloves and masks. Athletes will NOT be permitted to grab their own hydration at the finish line since they are stored in buckets of ice.

Finisher Medals: Medals will be wrapped in plastic and handed to each finisher by a gloved/masked volunteer or staff member. Please feel free to unwrap and wear proudly!

Timing: We will have live results online during the event. Timing trailer/van will be locked, and timer will not be physically available for timing questions. We will post a number to call or text with timing questions.

Food Area: Post-race food will be either pre-packaged or eliminated.

Awards Ceremony: The awards ceremony will be cancelled to prevent a mass gathering.