



# Heritage Classic 5K Run/Walk Safety Tips

Your safety during this event is a top priority

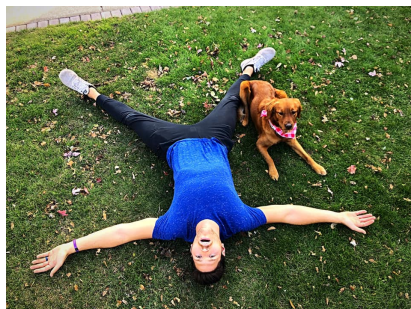


## Follow expert guidelines.

As you complete the Virtual Heritage Classic 5K Run/Walk, please follow the guidelines below from our Mayo Clinic experts.

### OUTDOOR ACTIVITY AND COVID-19

Outdoors is the safer choice if you want to spend time with people who don't live with you. You are less likely to be exposed to COVID-19 during outdoor activities, especially if you maintain a safe distance (6 ft) from one another. COVID-19 is primarily spread from person to person through respiratory droplets released into the air when talking, coughing, or sneezing. When you're outside, fresh air is constantly moving, dispersing these droplets that carry the virus. Being outside offers other benefits, too. It provides an emotional boost and can help you feel less tense, stressed, angry or depressed. However, you still need to allow plenty of space between you and others.



### Follow these guidelines from our Mayo Clinic experts:

- Refrain from the activity if you feel sick
- Stay 6 feet from people not in your household
- Don't gather in large groups and avoid congregating in common areas
- Wash your hands with soap and water for at least 20 seconds before and after your run/walk
- Avoid touching your eyes, nose, and mouth with unclean hands
- Wear a mask that fully covers your nose and mouth in public settings before and after your run/walk
- Alter your route or time of day you run if you find it too crowded to ensure appropriate social distancing

### GENERAL SAFETY

- Select a course where there is minimal vehicle traffic or intersections. Follow pedestrian laws and maintain awareness of your surroundings.
- If going on your own, share your route and when you plan to run with others.
- If wearing headphones, keep the volume down and only wear one earbud. Stay alert and aware of what's going on around you.
- Dress for the weather. Run before it gets too hot or on a less humid day. Wear layers for cooler temperatures.
- Wear reflective material if you must run/walk before dawn or after dark.
- Make sure you hydrate before the race (16-20 oz. 2-3 hours prior, 6-10 oz. within 1 hour of your race).
- Eat a small meal or snack 2 hours before your run.
- Apply sunscreen with an SPF of 30 at least 30 minutes prior to your run
- Drink when you feel thirsty and bring plenty of fluids.