

Atlanta Galloway Marathon Training Program plans for running together again Fall/Winter 2020-21

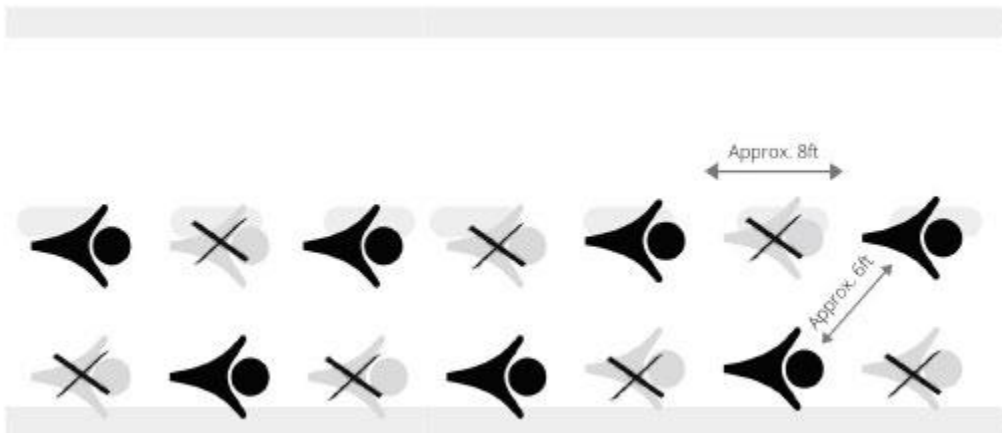
We will meet weekly on Zoom, and most runs will be done on our own. We will run together in person only for long runs.

Before a group run:

1. Runners must tell their GLs beforehand if they will be at the run, and send their cell number and their emergency contact information. GLs must keep a list of the runners who attend each week.
2. No guest runners will be permitted – only currently registered Galloway members.
3. No one should attend if they are feeling ill (fever, coughing, sneezing, etc.) or if they have been in unprotected close contact with someone (family member, etc.) who has been recently diagnosed with COVID-19, even if they aren't showing symptoms. If you have tested positive for COVID-19, you must not run with the group for at least 14 days post-test. Please notify Lindsay (runlisaacs@yahoo.com) if you test positive for COVID so she can alert your group leader and the runners you contacted. Confidentiality will be maintained to the greatest extent possible.

At the run:

1. Everyone must wear a mask/face covering when gathering at the start of the run and carry it with them on the run to put on when they must be near anyone else.
2. Staggered start times.
3. Groups must be smaller than 10 people. If there are more than 10 in one group, the group must split into smaller groups.
4. Stay at least 6 feet apart when standing still, and farther apart when running.
5. Where possible, it's better to run side-by-side at least 6 feet apart or in a zig-zag formation (shown below). When that's not possible, run single-file spaced far apart, following the GL.



6. Be mindful of pedestrians, and give them a lot of space so they don't feel overwhelmed by a group.
7. No spitting or blowing snot rockets!
8. Everyone must bring their own water, support stop treats, and hand sanitizer. Routes will loop back to the cars so runners can get water and fuel. Restrooms available at grocery stores (not open early). There will be no water on the course, and we will not have support vehicles.
9. No sharing water, food or anything else. Also, no holding anything for other runners. Everyone needs to be responsible for their own stuff.

Contact Lindsay Isaacs (runlisaacs@yahoo.com) with any questions.