



Each event Limited to 250 athletes: In order to keep our athletes safe and maintain proper social distancing, we will cap each of the two events at 250 athletes on race day.

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

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. Masks will be required.

Giveaways: Only competition-essential materials will be included inside the race package while reducing packaging as much as possible. Essentials include: T-shirt, bib number, and safety pins.

Timing Chips: Disposable chips will be used.

Face Coverings: Athletes will be required to wear face coverings before and after competition. Staff and volunteers will be required to wear face coverings throughout the entire event.

Health Screening: All participants and volunteers will be required to do a self-assessment regarding their overall health in the last 14 days and asked to stay home if they have any symptoms (including fever, cough, sore throat, etc.). All attendees (staff, volunteers, athletes, spectators) will be screened upon entrance to the venue. Medical staff will be equipped with thermometers, extra face coverings and gloves. As per the CDC guidelines, if anyone has a temperature of 100.4°F or above, they will be asked to leave and seek medical attention.

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

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.

Relaxed Start: A separate start line and finish line will allow for a relaxed start where runners can maintain a safe social distance from one another throughout the race. A 15 minute relaxed start (per 250 participants) means the timing mats are on for an extended period of time at the start line; thus allowing runners ample opportunity during this time frame to start individually or in small groups of associated participants (family members or participants that live together).

“No Drafting” Rule: No drafting on the course which includes being no closer than 10 feet behind or in front of, or 6 feet beside other competitors at any given time. Runners may only pass one another when sufficient space is available.

Run Aid Stations: Single use 8 oz water bottles will be available at aid stations. Please dispose of properly in containers provided on course.

Finish Line Tape: Eliminating 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/masks. Athletes will NOT be permitted to grab their own hydration.

Finisher Medals: Medals will be wrapped in plastic. Please feel free to unwrap and wear proudly!

Food Area: Post-race food will be pre-packaged. “Grab your own bag” following proper social distancing guidelines i.e. 6’ of separation, facial masks required.

Timing: We are eliminating results screens but results will be streamed live online.

Awards Ceremony: (Subject to cancellation) Awards area will be increased to allow for a ceremony with proper social distancing protocols in mind. Awards will be given by staff member wearing mask and gloves.