

MCRRC Germantown 5 Miler

SAFETY/COVID PROTOCOL

Race Date—October 17, 2020

1) Parking will be in a large parking lot away from the start and all runners will walk over to bib/shirt pickup in another parking lot and then to the start on the paved trail. All will be requested to follow social distancing guidelines and wear masks. Signage will direct them to the parking, shirt/bibs, and start line.

2) Bib Chip/ Shirt pick up will be in the parking lot outdoors at Black Hill Regional Park. Runners will pick up prepackaged bib and shirts on 10 six foot tables before they start the race on October 17th. Tables will be spaced apart every 6 feet and marked by number. Each runner will know their number in advance. Tape dashes will be placed on the ground to show 6 foot distances for individual lines for each table (should they form) and only one masked and gloved volunteer will trouble shoot if there is a problem.

3) 250 runners will be able to start between 7 am and 9 am with no more than 15 runners being at the start area at any one time.

4) All runners will be socially distanced at the start with no more than 2 runners crossing the start timing mat line at any time. Runners will be asked to wear masks/buffs at the start and finish.

5) All runners will be asked to maintain at least a 6 foot separation while on the paved trail, and be required to cover their nose/mouth/chin if they desire to pass another runner. All passing will have faster runner on the left side.

6) No crew, pacers or any other support person is allowed, with possible exception if we have a request for a sight impaired or similarly disabled runner

7) There will be no aid stations, water stops, or volunteers on the course and all course markings will be placed prior to the start of the run by one volunteer on a bike.

8) All runners will be off the course by 10:30 am and there will be no water or food at the finish line.

Runners will be asked to not loiter at finish line and wait for their family members in their cars. Runners will also be told to leave food and water in their cars unless they are running with a water bottle or camelback type water carrying device.

9) A limited number of no more than 3 masked volunteers will be at the start and finish areas to time the runners and make sure that social distancing is carried out by the attendees.

Runner Responsibility

To read and follow this covid plan

Have a face mask/buff in possession at all times

Follow a six foot minimum social distance

Volunteer Responsibility

To Read and Follow Covid plan

Wear a mask at all times and gloves if handling of
handling any bibs or shirt packages

To ensure a safe and sanitary event

Ensure runners are following all protocols