



2021 Safety Guidelines Pertaining to Covid-19

Start line:

- Handwashing will be required by all runners, staff and volunteers upon arrival.
- Runners are asked not to participate if they have any symptoms of being ill.
- All staff will be wearing masks when interacting with other staff, runners or volunteers.
- Runners are recommended to wear masks when not running.
- Please social distance
- Hand sanitizer will be available.

On Course:

- Staff and volunteers will have little interaction with runners on course.
- We will not set up any aid stations, runners are required to bring their own hydration and nutrition.
- High fives and other celebratory “touching” is discouraged.
- We will not be exchanging slap bracelets from one runner to the next.
- Teams should have hand sanitizer

Finish Line:

- Handwashing will be required by all runners, staff and volunteers upon arrival.
- We will follow social distancing guidelines, encouraging 6 feet distance between each other.
- Teams will start in staggered waves, which will lead to staggered finishers and minimal groups at the finish line at one time.
- The celebratory finish line “party” will be diminished and runners will be encouraged to head home soon after finishing.
- Hand sanitizer will be available.