



2020 Safety Guidelines Pertaining to Covid-19

- Please do not attend if you have any symptoms of being ill.
- All staff will be wearing masks when interacting with other staff, runners or volunteers.
- We recommend that everyone wear a mask when not racing.
- Hand sanitizer will be available.
- Social distancing required.
- Staff and volunteers will have little interaction with athletes on course.
- Aid stations are self-serve. Please bring your reusable water bottles.
- High fives and other celebratory “touching” are discouraged.
- Food service volunteers will be wearing gloves.
- Races are started at 3 different times, lessening the amount of gathering before and after.