

PRE-RACE

- One week before the race, runners will be required to sign an electronic medical waiver committing they have received a full vaccination course and/or do not have COVID-19, are symptom free and have had no exposure within the last 14 days.
- Face masks and social distancing will be required at all packet pickup areas for all runners, staff, and volunteers.

EVENT PROTOCOLS

- The Start, Finish and aid stations are designed to provide everyone enough room to observe appropriate distancing.
- Participants are required to carry face-coverings (and utilize them within six-feet of other participants), while running their assigned legs.
- Wave assignments will be used to avoid large gatherings of people at the starting line.
- Any lines will be clearly marked on the ground to designate appropriate distancing.

PPE AND HYGIENE

- Participants will be required to bring their own masks, hand sanitizer or sanitizing wipes for use along the course.
- There will be an increased effort by our staff to sanitize high traffic areas, as needed.

EXPOSURE

- If any participant, staff member, volunteer, or other required personnel develops COVID-19 symptoms during the race, they will be required to immediately alert a staff member. They will then be required to quarantine in a designated location and wait for further instructions.
- If a team member, staff or volunteer develops symptoms of COVID 19 during the race they must leave the event immediately to prevent further exposure. All team members will be expected to leave the race if a team member develops COVID symptoms.