

**ALL RULES MUST BE FOLLOWED. THE RACE DIRECTOR AND
TIMING COMPANY RESERVE THE RIGHT TO DISQUALIFY ANYONE
NOT FOLLOWING THE RULES.**

**IF YOU DO NOT WANT TO FOLLOW THESE RULES, PLEASE DO NOT
REGISTER FOR THESE RACES.**

- 1) All runners required to wear masks/face covering pre-race and post-race. Race staff wear masks full time.
- 2) There will be online registration only, and there will be absolutely NO Race Day Registration.
- 3) Check-in will be done onsite. Runner bibs will be provided in accordance with the Covid-19 recommendations at that time.
- 4) Race day check in line(s) will be marked with 6-ft intervals (as in stores now).
- 5) No water will be supplied - Runners required to BYO.
- 6) Hand sanitizer/soap & water at bathrooms/ Porta Potties, runners must wear masks when using and there will be 6-ft spacing marked on waiting lines.
- 7) Start “line” replaced by a grid - runners stand on marked spots at 6 ft. spacing (similar to Indy/Grand Prix auto start - see diagram below) and runners/walkers will be allowed to start every 5-10 seconds, 3 -4 runners wide or in waves. If you have immediate family members that you live with, you can start together. Your bib number will be your starting order, i.e., bib 1 will go 1st, Bib 2, will go 2nd, etc. Specific instruction on starting procedures will be emailed to all registrants prior to the event.
- 8) Chip timing will be used, and all placing will be calculated based on Chip Time, NOT GUN TIME!
- 9) Runners must leave finish area ASAP. No congregating in groups afterward.
- 10) Results will be streamed live, and no paper results will be printed.
- 11) During the race runners may be asked to adhere to a “no drafting” rule similar to triathlons, i.e., they must maintain a 6-ft. separation from runners they pass or are passed by.
- 12) If you feel sick or have been exposed to COVID-19 prior to the event, we ask you the STAY HOME.