

## **MMRaces COVID Running Guide**

All athletes required to wear face masks upon arrival until their wave is called to race.

Athletes required to self-report health on the waiver provided.

Athletes required to sign waiver stating they have not tested positive for COVID or been in contact with someone with a positive test in the past 14 days.

Athletes discouraged in advance from participating if they have been sick in the last 14 days.

Advance reminders of social distancing and personal hygiene recommendations from the CDC and MDH.

Staffing will be kept to an absolute minimum and all staff and volunteers will wear masks and gloves.

Hand sanitizers will be available at packet pick up and included in packets.

Additional hand sanitizers will be available at the finish line and at water stops and portable toilets.

Spectators are discouraged from attending unless wearing face masks and practicing social distancing from racing athletes and from non-party members.

### **Registration/Packet Pick Up**

Registration limited to 250 athletes.

Bibs, chips, finisher shirts and finisher medals (if you opted for a shirt and medal) tied in race packets by staff using plastic gloves, face coverings.

Race day packet pick up only. Athletes will be spaced 6 feet apart while in line to pick up packet. Staff wearing masks and plastic gloves will hand out packets once they have collected the athlete's signed COVID Waiver.

All athletes will be required to present a COVID waiver signed within 72 hours of race day in order to be able to pick up their packet. COVID waiver forms will be emailed to athletes within 72 hours of race day.

Packets must be picked up by the individual racing. Athletes will not be able to pick up packets for others.

### **Water Stop and Run Course**

Athletes will be grouped in waves of 25.

Athletes will gather in their assigned wave "pod" once they have received their packet, which will identify their wave, maintaining social distancing while in their assigned pod. Face masks are required to be worn while waiting to race.

Waves will be spaced in 1 minute intervals.

Water stops will have sealed water bottles that will be handed out by a gloved, masked volunteer. Athletes will break their own water seals.

All water stops will have sanitizer available.

Athletes encouraged to carry their own water and electrolytes.

### **Finish Area**

All medals (for those opting for the shirt and medal) will already have been distributed in the packets at packet pick up.

Bottled water will be available. Bottles will be distributed by a gloved, masked volunteer.

Once finished racing, athletes will be encouraged to leave unless waiting for a family member or others whom they arrived with to finish. If waiting, they must wear a mask while waiting.

There will NOT be an awards ceremony or after race party of any kind. No awards will be given due to the restrictions on field size.

Any post-race refreshments will be sealed.

Once all athletes have finished, all equipment will be sanitized by gloved and masked staff.