

## COVID-19 Race Modifications

Given the current state of the pandemic in our community, we must stay vigilant while cautiously moving forward. For clarity, please read the following guidelines. These guidelines allow us to abide by the local health department's protocols. During this time, these guidelines are changing often, and we assure you we are watching them closely.

We welcome you to the Good Samaritan Run and look forward to a safe and live event!

Race Staff and Volunteers will wear face masks.

Athletes must wear face masks or face coverings when not racing including pre-race, start lineup and post-finish.

No mass starts, athletes will select their start Corral/time when registering. Each Corral will be limited to **40 athletes** (more details below).

No onsite paper-based registration. All registrations or changes will be handled ONLINE only.

**Not everyone should race Live!** We encourage folks to instead register for our Virtual Event from the start or if there is a race week situation that comes up, to email us and request a switch to the Virtual Event or to request a Deferral to our 2022 Event. Now, more than ever, if you do not feel well and think that you might be sick (head cold, seasonal flu, COVID-19, etc) please **DO NOT COME ON RACE WEEKEND**. Also, if you have multiple health conditions or a taking immunosuppressant, we strongly recommend you to consider our Virtual Event.

Your safety and the safety of the volunteers are important and the race protocols and procedures being put into place comply with CDC guidance along with the reference material published by the USA Track & Field (USATF). Operationally, we've referred to a national set of 'best practices' shared with other Race Directors and been personally involved with Live Events "Post-Pandemic" of up to 1,000 Finishers including those sized events in New York State. Together with your active participation in complying with these requests/changes we will have a successful and safe event for all!

### **Pre-Race Packet Pickup (Friday April 9)** - Location to be finalized -

- Athletes will be required to wear face masks.
- Athletes will be required to follow social distancing and queue up spaced 6' apart.

### **Race Day Parking** - We plan on having parking in the Long Branch Parking Lot

- Athletes or Volunteers will park orderly and safely in designated parking areas
- Upon exiting vehicle, face masks/coverings will be required

## **Race Day Packet Pickup (Saturday April 10 2021)**

- Please refer to #1 "Pre-Race Packet Pickup" for guidance
- Please remain in your car until YOUR assigned Corral/Start Time and DO NOT ARRIVE prior to 30min from assigned start. Example, if your start time is 8am ET, please arrive no earlier than 7:30am ET. This is to prevent too many participants in the corral.

## **Pre-Race / Before You Start**

- Port-o-Potties will be available and spaced out. They will have hand sanitizer inside of them as well as sanitizing wipes. Please practice social distancing when queuing up to use them.
- Sanitizing stations will be available in the area of start / finish etc.
- Face masks or face coverings are required. If you do not have one, one will be provided to you.

## **Start Line / Starting Procedures**

- There will be no mass start!
- Athletes, upon registration, select their desired starting Corral/time. At this time our first corral is at 8 am ET and our last corral is at 11:10am ET. The registration platform will prevent athletes from picking a corral if it is full or if your expected finish time is too long. Bottom line is that our Start Line will be OPEN for ~2 hours! An Announcement will be made for each time set. The staging area will be set up with cones with 6 ft of distancing.
- There are 2 ½ hours between the start of the 5K & 10K.
- Each assigned time of 40 athletes is spaced 15 minutes apart to allow for athletes to finish their race and clear the course for other racers. This also allows a 10 person inclusion of volunteers and timing company on the course. These 10 volunteers will not all be at the starting line, but will be helping with parking, course pointing, and water stations placed on the course.
- Athletes will line up based on their assigned Corral. We kindly request only the Corral getting underway be in the corral lineup and the NEXT one may socially distanced assemble in our "holding area".
- Start Corral will be roughly 10ft wide by 150ft long. This will represent a 2 athlete wide by 20 athlete deep configuration.
- "Time Trial" start --- Athletes will start two at a time and every 10 seconds.
- Athletes must wear face masks / coverings prior to starting and must wait until they have gotten clear prior to lowering mask
- Athlete experience will be similar to going thru TSA screening at the airport -- socially distanced queued up lines going thru the metal detectors

### **On Course Expectations**

- Athletes must carry their face masks/coverings with them.
- No spitting or snot rockets please.
- Follow the designated race route and any direction/requests provided by our Law Enforcement partners or volunteers.
- Discard any trash into designated trash cans.
- Athlete experience will be similar to your training runs at a busy public park/space.

### **On Course Aid Stations**

- Volunteers will be wearing face masks and gloves.
- Volunteers will be posted at the aid stations to "monitor" them and will not be directly handing out water or sports drinks.
- Athletes will be able to pick up their mini-water bottle or sports drink if they need it.
- Athletes requested to discard water bottles into garbage cans to avoid TRIPPING HAZARD if thrown on the ground.
- Athletes are encouraged to be self-supported and to carry your own hydration and nutrition.

### **Finishing / Finish Line Procedures**

#### **Post-Race**

- Post-Race Refreshments and Hydration will be limited to "To Go" types of items.
- NO PAPER RESULTS will be provided; all results will be posted online.
- NO OVERALL AWARDS and NO AGE GROUP AWARDS on race day. Winners will be contacted after the race to make arrangements for pickup or mailing.
- Face masks / coverings are required.
- Please practice social distancing.
- Sanitizing stations will be available in the area of start / finish etc.
- For this year, we will be encouraging our athletes to return to their vehicles and leave the venue as soon as they can. We look forward to a more fun gathering post-race experience in 2022!!