

Health Days Race and Trail Run Social Distancing Operating Plan

In preparation for our Health Days Fun Run and 16 Crossings Trail Run on June 6th, we have taken ample precautions to make sure it can be held in a safe manner that complies with the phased guidelines in the “Yellow” stage. The organization of the race will allow proper social distancing, discourage congregating, avoid contact with high-touch surfaces, and allow for screening of participants. See below for details.

All participants must maintain a 6-foot distance at all times for anyone outside their immediate family.

Packet-Pickup

- Runners will have a scheduled time slot to arrive to pick up their packet. E.g. last names that begin with A-C arrive 5:00 pm- 5:30 pm.

Race Start

- All runners will be screened for COVID-19 symptoms before the participating.
- **We will not use a mass start for either race.** A “Trickle Start” will be used. E.g. 50 runners will be scheduled to arrive every 20 minutes. When they arrive, we will send one family on to the route every 30-60 seconds to maintain social distance.
- Disposable timing chips will be used, this is a contact free way of timing.
- The start/finish line will be divided with barriers so those starting their race will be separated from those finishing their race.

Finish line

- We will not have an awards ceremony or medals. After the run, each runner will pick up a pre-packaged bag with recovery food, water, swag, raffle prize etc.

Timing

- We will not post any timing results at the finish line area. Each runner's time will be uploaded in real time to sportstats.us where you can check your time on your smartphone. We will also email out the race times following the race.

We are excited to hold this event for our community. However, we all need to be cognizant of the social distancing requirements. The rules and regulations are in place to protect you, but it is up to each participant to follow them. Please do your part to protect yourself and all the other participants so we can have a great run!