

LONG VIEW MARATHON & HALF 2020

COVID-19 SAFETY PROTOCOLS

Goals:

1. A safe yet fulfilling race experience
2. Reduce contact points
3. Avoid mass gatherings

We all look forward to a fun, relaxed atmosphere of racing, yet we all also know things will be different.

Our approval to hold this race is contingent on following the protocols below, and we appreciate you playing your part.

Those not cooperating will be asked to leave and could be subject to disqualification. The intent of these protocols matters more than exact wording – so please don't look for loopholes – and do your best to embrace the changes and our need to mitigate risks.

These protocols are in line with current state and local regulations. They are subject to change if regulations are updated.



ALL PARTICIPANTS (runners & volunteers) are required to:

SIGN OUR COVID-19 WAIVER certifying:

- You have not had symptoms of COVID-19 or been exposed to COVID-19 within the past two weeks,
- You will notify us if either occurs between your signing and arrival at the race
- You agree to contact us if you test positive within 2 weeks after the race
- You acknowledge the changes and additional restrictions on this year's race

Personal information will be kept confidential.

WEAR A MASK at all times, except when 1) running 2) eating/drinking

*Course Marshals can be excepted in solo, socially-distanced locations

MAJOR CHANGES:

- Wave Starts & earlier overall start times
- No Awards Ceremony, Finish Food & Drinks served in To-Go Boxes
- No Post-Race Shuttles
- Crew/Spectator Limitations
- All runners are strongly recommended to carry a personal hydration system to limit their stops/contacts at aid stations.
- Online registrations will close at midnight on Friday, October 2. Late registrations will be accepted on Saturday, October 3 at Packet Pickup (if not already Sold Out)
- Both distances are limited to 250 runners each

PACKET PICKUP:

Packet Pickup will be outdoors (weather permitting) and packets will be pre-packed and laid out alphabetically on tables. Attendees must be masked.

RACE START:

Runners will be divided into 5 waves, starting every 10 minutes.

The first wave of both distances will start at 6:45a

- Runners will receive an email to sign up for their preferred start wave. It is important for our traffic control plans that you choose the wave that most accurately reflects your likely finish time. Please do not choose a wave based on preferred start time.
- Runners are asked not to arrive more than 30 minutes before their start times, and to stay away from the start area until the previous wave has departed
- Masks must be worn in the start area, as well as start corrals
- Runners must maintain 6' spacing while in starting corrals
- Crews/Spectators are *Strongly Discouraged* from attending the race starts

CUT-OFFS:

- The course and finish will close 6 Hours after the final Marathon wave start (5.5 Hours after the final Half Marathon wave start)
- There will be a cut-off of 3 Hours after the final marathon wave at Fossil Creek (mile 13.4)
- A support vehicle will follow the field after Fossil Creek and give rides to runners not maintaining minimum pace at each aid station (13:45 - Marathon; 25:11 - Half Marathon)

CREWS/SPECTATORS & FINISH:

We ask that runners limit the number of people attending the race with them to 1.

Celebrate off-campus from the race finish with your full crew at a great local restaurant.

- There will be no post-race Awards Ceremony
- Food will be served in to-go boxes to a 6' spaced line by masked/gloves volunteers
- Runners are expected to leave within 30 minutes of their finish

SHUTTLES & DROP BAGS:

- **There will be no post-race shuttles.** We are working with local transportation companies to create a listing of alternative, personalized options.
- **Finish Line Drop Bags are permitted** but discouraged

AID STATIONS:

- All runners are *strongly recommended* to carry a personal hydration system to limit their stops/contacts at aid stations.

AT-RISK INDIVIDUALS:

- Out of an abundance of caution, anyone who falls under or lives with someone in these categories is encouraged not to participate in the Long View Marathon & Half this year:
 - Over 65 years of age
 - Those with chronic lung disease, moderate to severe asthma, or severe heart disease
 - Immunocompromised: those who have undergone or are undergoing cancer treatment, bone marrow or organ transplantation; anyone with immune deficiencies, poorly controlled HIV or AIDS, or had prolonged use of corticosteroids; and smokers
 - People of any age with class III or severe obesity
 - Anyone diagnosed with the following underlying conditions: diabetes, liver disease, and persons with chronic kidney disease undergoing dialysis

In the event that someone associated with the race tests positive for COVID-19 in the two weeks post- event, we will follow strict CDC guidelines on reporting and communication to all potentially exposed parties. The individual's identification will be protected.