

## ***RACE DAY INSTRUCTIONS***

The following race day guidelines have been approved by the Lake County Department of Health. These guidelines are in place for the safety of the participants, volunteers, and race directors. Please do not register if you cannot follow these guidelines. Participants who fail to abide by these rules will be removed and disqualified from the event.

### ***Pre-Race Guidelines***

- Participants must be symptom free of illness for 14 days (October 10 and after). Symptomatic individuals **MUST** stay at home.
- Participants traveling to event are recommended to travel alone or with members of immediate family only.
- Participants must always wear shirt and shoes.
- Hand sanitizer stations will be provided at the start and finish line areas.
- Bottled water will be available at the finish line. We highly recommend carrying your own water as there will **NOT** be a water stop on the course.

### ***During Race Guidelines***

- No spitting, nasal discharge, or projections of any bodily fluid before, during or after event.
- Starting line will have waves of 25 start at a time, spaced apart every 2 minutes. (Subject to change based on State guidelines at that time.) 5K Participants will have a chip timing finish.
- Restroom accommodations will be available within the park buildings.
- All participants must avoid any physical contact with other participants which includes high fives, fist bumps, huddles, or other close contact before, during, or after the event.
- During competition, participants must abide by the six-foot mandated social distancing regulations when passing other participants.
- Upon finishing the race, participants must head directly to their vehicles. No congregating at finish line and/or parking areas.
- Spectators are not permitted on course, at start line, finish line, or parking areas.
- Family members finishing at separate times cannot wait at finish line for other family members.
- Due to the current circumstances surrounding COVID-19, there will be no awards presented on race day. Award winners will be contacted via email and awards can be picked up.

Thank you for your support!