

RUNOSWEGOLAND 2020

2020 Event Adjustments

Before Arrival

- Runners should wash hands or use hand sanitizer before and after participating
- Everyone is encouraged to use restroom facilities prior to run. However, port-o-lets will be available onsite
- Self-monitor and self-screen for signs and symptoms of COVID-19. Stay home if you are sick. This includes but not limited to: fever, coughing, shortness of breath or difficulty breathing, fatigue, aches, loss of taste, sore throat, and vomiting or other digestive tract issues

Start Times

- DO NOT arrive more than 20 minutes before your allotted time
- Runners will be spaced out to start in 50 person waves every 10 minutes

No Race Day Registration

- There will NOT be race day registration in 2020

Post-Race

- Thank you for running with us! Let's stay safe and catch up the same time next year! Upon finishing the race, please cool down and then clear the area to allow the next runners to warm up
- Once finishing, runners are asked to leave to limit the crowd

Award Ceremony

- There will NOT be an award ceremony in 2020
- If you placed in your age group, congrats you're fast! Awards will be made available for pick-up at the Prairie Point Center (313 E. Washington St.)

Results

- All participants are chip timed
- Results can be found online, but no on-site computers will be available to check results

Social Distancing

- Follow all state & local guidelines
- Masks need to be worn when social distance cannot be obtained before and after the race
- Social distance of at least 6' should be sustained between non-household individuals
- Take advantage of open green space for viewing
- No handshakes, high fives, fist bumps, hugs, etc.



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