



### **Labor Day 5k Covid-19 Safety Procedure Guidelines and Event Format**

Letter from your Race Director: Today's world and collective national climate with the Covid-19 pandemic has forced us to make a few event format changes and put some safeguards in place for everyone's comfort and safety. The well-being, peace of mind and safety of you the participant and the event staff is paramount in our planning and execution. Please read these few simple guidelines.

#### **Pre-event:**

- On-line registration is available click [HERE](#) Pre-registration is not mandatory, but highly suggested to avoid waiting in line any longer than necessary.
- Only one member of your party is needed to register or pickup. Face mask/covering suggested not mandatory.
- Event T-shirts, race bibs with timing tag on the back and event medallion will be issued at pickup pre- race day, as well race morning for walk up registrants. NO replacements will be issued.
- You do have the option to run/walk your 5k on your own time. Race day attendance is not mandatory if you want to avoid the gathering.

#### **Event-day:**

- 6:50 AM – 7:50 AM Walk up registration and pre-registered packet pickup
- Only one member in your party needs to be in these lines, waivers will need to be filled out and signed by consenting adult. These are short forms. Minimal information is needed to provide you with results. Please print neatly for clerk. Hand sanitizer will be located at these locations.
- Event T-shirts, race bibs with timing tag on the back and event medallion will be issued as you register or pick up your packets prior to race start. T-shirts are pre-shrunk 50/50 blend. NO exchanges or replacements will be issued after the participant has touched it. We cannot hold your gear or "stash it."
- This will be a wave start event. It is a chip timed run/walk so your time doesn't begin until you cross the start line. Please wear the race bib in the front. Wave and corral markers will be up race morning.
- Race start 8 AM Finish 9:30 AM.

### A few common sense guidelines:

- Please respect people's space and abide by the 6' guidelines currently the norm around the world with people not in your party. The social distance police will not be present, please use good judgement.
- Do not spit. Cover your mouth if you have to cough or sneeze.
- Masks not mandatory but suggested while waiting in lines at pickup or registration, traveling to and from your transportation, using the restroom and waiting for the event to start or finish.
- Awards will be given out to the top 3 overall Male/Female, 1<sup>st</sup> place youth boy/girl (14 & under) and 1<sup>st</sup> place Masters Male/Female (40 and over.) We will not post results on site as it creates a congregation point. Results link will be posted online at [www.theobxrunningcompany.com](http://www.theobxrunningcompany.com) on the 2020 Race Results tab click [HERE](#)
- Please do not congregate at the finish line, there is plenty of room to wait for friends and family as well as cheer them on in that great big open field.
- The amazing food spread we typically put out at the finish line each year, won't be able to happen. Congregation, shared utensils, possible airborne contaminants all pose an undue risk. In lieu of not having this amenity we have lowered the event fee. Hope you understand.
- Finish line towels – NO double dipping your used towel. The towel is yours to keep or throw away, we will provide a designated receptacle for them for disposal.
- Please ask spectators and support staff to skip the festivities this year.
- If you've tested positive and are or have recovered from Covid-19, been exposed to it, have been medically quarantined in the last 14 days, feel feverish or have a current fever. I am going to respectfully ask you to not participate or visit with us race morning.
- Any questions, I can always be reached at 252-489-8239 by text for the fastest answer or email [obxrunning@gmail.com](mailto:obxrunning@gmail.com)

In this trying time called 2020 I pray for the collective healing of our nation and the world at large. That for at least the hour we spend together that political differences can be put aside, that we be vigilant for each other's welfare and safety, that the love of a sport called running can be celebrated together. I refuse to believe that there will be a "New Normal" but I'm also realistic that things are a little different right now. Hopefully when we run together in 2021, we can go gang busters with the block party. See you at packet pick-up.

Matt Costa – Race Director

