



Sunrise 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.
- Pre-race day packet pickup to avoid race day waiting time is available Wednesday evening before your race date from 4 - 5:30 PM at [The GYM](#) located at 3712 Croatan Hwy Kitty Hawk, NC 27949 (Milepost 4.5 on the Big Rd) [Click HERE](#) for Directions Walk-up registration and/or pre-registered packet pick-up is also available race morning onsite at the event start line 6:50 – 7:45 AM
- Only one member of your party is needed to register or pickup. Face mask/covering is required
- Event T-shirts, race bibs with timing tag on the back and event medallion will be issued at packet pickup pre - race day, as well, on race morning if you cannot make it to early check in.
- 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:

- Location – South side of Jennette's Pier Click [HERE](#) for directions. Bathhouse is located on site. These are public restrooms we will not provide hand sanitizer in them.
- 6:50 AM – 7:45 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. Your bib will correlate to assigned wave. These are 25 participant wave groups to facilitate social distancing.
- 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. Please use good judgement.
- Do not spit. Cover your mouth if you have to cough or sneeze.
- Masks required 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 5k Only top 3 overall Male/Female, 1st place youth boy/girl (14 & under) and 1st 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 on the 2021 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 area.
- 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 in the last 14 days you've tested positive and are/or have recovered from Covid-19, been exposed to it, have been medically quarantined and not released, feel feverish or have a fever and other flu like symptoms 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

In this trying time called “The Pandemic” 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 2022, we can go gang busters with the block party. See you at packet pick-up.

Matt Costa – Race Director