



## COVID-19 Recommendations

If you are experiencing any of the follow symptoms, please do NOT participate in the race.

Fever or chills	New loss of taste or smell
Cough	Sore throat
Shortness of breath or difficulty breathing	Congestion or runny nose
Fatigue	Nausea or vomiting
Muscle or body aches	Diarrhea
Headache	

If you have had close contact with a person who has tested positive for COVID-19, please do NOT participate in the race.

If you have any of these symptoms, please stay home on Race Day. If requested, we can transfer your registration to Virtual Runner and your packet will be mailed to you.

In general, you do not need to wear a mask in outdoor settings. Consider wearing a mask in crowded outdoor settings and during activities which might yield close contact with others who are not fully vaccinated.

Wash or sanitize your hands often! It's especially important to wash/sanitize before eating food, before touching your face, after using the restroom, after blowing your nose, coughing, or sneezing, and after touching your mask. Avoid touching your eyes, nose, and mouth with unwashed hands.

Most people with disabilities are not more likely to become infected with or have severe illness from COVID-19. HOWEVER, some people with disabilities might be more likely to get infected or have severe illness because of underlying medical conditions, congregate living settings, or systemic health and social inequities. Out of respect for our special needs community, we ask that you maintain at least three feet of distance.