



# SAFER AT HOME

## ROAD RACES

Guidance is provided for organized endurance events to be allowed to occur which often include activities, such as running, jogging, walking, mountain or road cycling, or triathlon (swim, bike, run), typically using municipal streets, bike paths, public parks, and in some cases trails, nature paths, or other private venues. Commonly these events are known as: “road race”, “5k” (3.1 miles), “10k” (6.2 miles), “half marathon” (13.1 miles), “marathon” (26.2 miles), “walk”, “triathlon”, “trail race”, or “mountain race,” “century or half-century” (100 or 50 miles), “sportive,” “cyclo-cross.”

In addition to the guidance contained in this document, review and follow [Amateur & Youth Sports Guidance](#), along with [Food Service Industry Guidance](#), if applicable.

### Starting Line

1. “Mass Starts” are allowable where all participants have enough space to remain at least 6 feet apart.
2. In cases where space limitations prohibit a mass start, a staggered start format will be necessary to reduce the number of people at start line. Recommendations include:
  - a. Starting participants “fastest to slowest,” based on data collected at registration. Corrals can be organized and started based on their anticipated race pace;
  - b. Create a starting “corral” for each group to allow for each participant to remain safely socially distanced
3. On-course, participants are encouraged to pass and remain at least 6’ apart.

### Post-Race Areas:

1. Participant Results shall be displayed on touchless displays via TV screens, published on the internet, or sent to participants’ mobile devices or Apps.
2. All staff must wear cloth face coverings when social distancing is difficult to maintain.
3. Post event food and drink should be pre-packaged and made available as a “grab and go” option.

### Registration:

1. Check-in procedures must avoid contact between event staff and participants.
2. Staff and participants must wear cloth face coverings at check-in.
3. Waiting lines and areas of congregation must be avoided. Clearly demarcate areas for people to wait/stand so that people are 6 feet or more distanced from others.
4. Event organizers are encouraged to offer extended registration windows and/or a mail option for participant bib numbers, apparel, or any other give-a-way included in registration.



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### Aid Stations:

1. Participants are encouraged to carry their own water or nutrition while participating such as hand-held water bottles, camelbacks, waist packs, or bike rack bottles.
2. Trash receptacles must be provided at the water stop locations.
3. Each event organizer is ultimately responsible for all clean- up using applicable guidance

### Spectators

1. Spectators may attend the events. However, spectators must follow physical distancing guidance and remain spaced 6 feet or more apart and may not approach racing participants.
2. No physical contact between participants and/or spectators with each other (i.e. no high-fives)

