

ON EVENT DAY

1. We will release 6 participants every 1 minute. The starting times will be assigned the week of the race based on the finishing time provided to the race director. Please provide your estimated finish time to Erika at erikak@hastingsymca.net
2. Volunteers who will wear masks:
 - a. Food stations along the route
 - b. Registration
 - c. Finish Line
 - d. Post Fuel Table
3. Please wear a mask or facial covering when you are in the start/finish line area. You may remove your mask when you begin the race. Please note there will not be a gear check to hold masks. It can be placed on a belt, in an arm or waistband, etc. Please remember to put the mask/facial covering back on when you have finished the race.
4. There will be increased hand sanitizer stations throughout the event site and the race course.
5. Spectators may watch the race along the race course at least 6 ft. back from participants.
6. There will be limited touch points at this event. Post race food will be available to enjoy at the Y or prepackaged for grab-and-go.

Note: The Award Ceremony will not take place this year. Awards will be mailed out to participants.