

5K10K SUNSET SPRINT

PRESENTED BY **the Illuminating Company**
A FirstEnergy Company

HOW WE'RE ADDRESSING COVID-19 AND SOCIAL DISTANCING

The health and well-being of all participants are of utmost importance. In efforts to keep our participants safe, we are taking the following measures:

- Greater Cleveland Sports Commission will adhere to the non-contact sport and social distance guidelines set by local health authorities
- Staff and volunteers will be located throughout the event to enforce social distance guidelines and replenish sanitation supplies
- Live event participation will be capped at 300 runners to reduce the amount of people at the venue
- Participants are strongly encouraged to wear a mask or facial covering when in common areas. Masks are not required on the course, however, are encouraged.
- Spectators are not permitted at the start or finish line.
- If State guidelines are adjusted, live participants will be notified with updated options regarding their registration.
- There will be no race day registration on-site.

RUNNER RESPONSIBILITY

- Participants are encouraged to monitor their health status for 14 days prior to race day. If they are at any time experiencing any symptoms related to COVID-19, please contact us hello@clevelandssports.org immediately and refrain from live racing.
- Proper guidelines and participant expectations will be provided before the event to all registered participants.
- All participants must sign both a waiver and symptom questionnaire prior to their participation.
- Participants must adhere to social distancing guidelines including providing six-foot of physical distance between other participants pre-race, on the course (including when passing) and post-race.
- Participants are discouraged from sharing other's equipment, cell phones, etc.

PACKET PICK-UP

- Registration and packet pick-up procedures will be altered to promote physical distancing and mitigate person-to-person contact.
- Packet pick up will be located at the following locations:
 - Wednesday, September 30, 2020 from 4:00 – 7:00 PM at [Fleet Feet in Pepper Pike](#)
 - Thursday, October 1, 2020 from 4:00-7:00 PM at [Fleet Feet in Westlake](#)
- Signage will indicate correct line spacing to ensure proper social distancing.

- No on-site packet pick-up will be available on the day of the event. Participants must pick up their pack prior to race day.
- Participants are strongly encouraged to wear a mask or facial covering when picking up their packet.

VENUE AND SANITIZATION PROTOCOLS

- Greater Cleveland Sports Commission will adhere to the non-contact sport and social distance guidelines set by local health authorities
- Staff and volunteers will be located throughout the event to enforce social distance guidelines and replenish sanitation supplies
- Signage will indicate correct spacing throughout the venue to ensure proper social distancing.
- Sanitizing stations, including hand sanitizer, will be available and located throughout the venue.

START TIMES

- Due to [recent health and social distancing mandates](#) set forth by the State of Ohio, our race is now restricted to 150 participants per 5K and 10K race.
- The 5K will start at 5:45 P.M. with the 10K starting at 6:30 P.M. in order to reduce congestion and provide social distancing on the course.
- Participants are asked to arrive no more than 30 minutes prior to their scheduled start time. Runners will be asked to warm up near their vehicle before being directed to the starting line.
- Specific arrival and wave times will be provided to participants prior to race day.
- Runners will be preassigned to race starting times in 3-minute increments in order to reduce congregating on the course and in the starting corral. Each start time will have a cap of 50 participants per wave.
- The first 5K wave of 50 participants will go out at 5:45pm followed by 5:48 and 5:51pm.
- The first 10K wave of 50 participants will go out at 6:30pm followed by 6:33pm and 6:36pm.
- Runners will line up 50 at a time behind the start line in a configuration of 10 rows back, 5 across and spaced 6 feet apart. Runners will not be able to congregate near the start line and will be asked to move until their wave.
- Finish line setup and procedures will be altered to promote social distancing and mitigate person-to-person contact.

COURSE

- This [course](#) has been designed to minimize pinch points that typically cause athletes to naturally run closer together.
- Participants are encouraged to run 6 feet from one another and to use 6 feet when passing.
- No Water stops. Participants are encouraged to bring their own water while running. Water and pre-packaged snacks including granola bars and bananas will be provided at the finish line.
- Runners are asked to adhere to health and safety guidelines while in the venue, including no spitting, blowing your nose or projections of any bodily fluid while in common areas or on the course.
- All participants must avoid any physical contact with other participants which include high fives, fist bumps, or close contact before, during or after the event.

FINISH LINE

- Finish line setup and procedures will promote physical distancing and mitigate person-to-person contact to keep the finish area clear of clusters and allow others to finish the race.
- Please do not congregate after the race. Participants are asked to gather their belongings and depart the venue.

FINISH LINE FOOD AND WATER

- Water will be handed to participants by staff following the race. Participants are not permitted to grab their own bottles.
- All staff that may come into close contact with participants will be required to wear facial coverings and gloves.
- Any post-race food is to be pre-packaged.
- Water will be provided in pre-filled water bottles and placed near the finish line along with snacks. Runners are to grab their own water bottles and snacks.

AWARDS

- There will be no formal, on-site awards ceremony.
- All results, including age group winners, will be posted to [Hermes Road Racing results page](#) post-event.
- Award winners will have the opportunity to pick up their medals at the following locations:
 - **Monday, October 5, 2020 from 4:00-7:00 PM at [Fleet Feet in Pepper Pike](#)**
 - **Tuesday, October 6, 2020 from 4:00-7:00 PM at [Fleet Feet in Westlake](#)**
- Medals will be mailed to those award winners who do not pick up their item a week after the event.