

Race pandemic concerns:

Pre-race:

1. Please refrain from participation if you are experiencing any symptoms associated with Covid-19, if you are not feeling well, or are in any way concerned about contracting Covid-19.
2. Make all attempts to maintain 6 feet separation while waiting for the race to start.
3. No registration race morning (this is because of trying to track results with a large starting line window precludes last minute entries into the timing program).
4. Masks will not be provided. You will need to bring your own if you plan to use one.

Actual race:

5. This course is chip timed; therefore, as long as you cross the mats during the start window, your time will be used to determine age group winners. NOTE: stay clear of timing mats prior to actually starting the race (if the mat picks up your chip signature, your recorded overall time could be significantly longer than actual).
6. You must also cross the timing mats when you finish the race for the time to be recorded by the timing software. This software captures your overall time.
7. There will be no mass start! Participants should stagger themselves to small pods of people when crossing the start line.
8. Once you are actually running/walking the race, follow normal race protocol.
9. Chip timing is not foolproof (for example see #5 above). It is recommended that you self-time your race as a backup.

Post-race:

10. Minimize time spent at finish line and maintain social distancing; feel free to go home after the race.
11. Awards will be available for pickup at from 5:30 to 7:00 p.m. 12/4/2020 at N H Scheppers Distributing Company's Clydesdale Room, 2300 St. Marys Blvd, Jefferson City. If you placed and cannot pickup your medal contact us at <http://runjeffcity.org/> and we will mail the award to you.
12. Results will be posted at runjeffcity.org.
13. Hand sanitizer will be available at start/finish area.
14. Water will be available. To minimize excessive handling, they will be out on tables for grab and go.

I certify that I am fully capable of participating in this activity. Therefore, I assume and accept full responsibility for myself, including all minor children in my care, custody, and control, for bodily injury, death or loss of personal property and expenses as a result of those inherent risks and dangers identified herein and those inherent risks and dangers not specifically identified, and as a result of my negligence in participating in this activity.

I assume all risks including: the effects of the weather; cold and ice or snow; falls, physical contact with other participants, volunteers, race personnel, contract service providers, employees, and spectators including the potential of contracting a communicable disease. I further agree to abide by the Center for Disease Control's (CDC) recommendations for the prevention of the spread of the 2019 Novel Coronavirus Disease (COVID-19) and other communicable diseases. I assume all such risks being known, appreciated, and accepted by me.