

COVID Guidelines for Run Wild Missoula's Diamond Dash

To participate in the Diamond Dash you must read and follow the below guidelines and protocols. These protocols have been established to keep our runners, staff, volunteers, partners, and community safe by preventing the spread of the COVID-19 virus. These protocols have been developed in coordination with the Missoula City County Health Department and the Missoula PaddleHeads.

For the safety of all participants, staff, and volunteers, if you do not comply with these guidelines, you will be asked to leave the event and will be removed from any results listing.

During this time of COVID-19, there are inherent risks involved in participating in in-person races and events. While we are taking reasonable precautions, based on state and local guidelines, to provide a safe environment, we cannot guarantee the safety of all involved. If you are concerned about your personal safety, we would suggest that you forego our in-person activities and instead consider our virtual options.

Registration for this event is limited to Montana residents or students attending university/college in Montana.

Before the Event:

- If you have COVID related symptoms please stay home.
- Symptoms include:
 - Fever over 100.4° F
 - Anyone with a temperature over 100.4° F will be excluded from the event
 - Chills
 - Cough
 - Shortness of breath or difficulty breathing
 - Fatigue, muscle aches or body aches
 - Headache
 - New loss of taste or smell
 - Sore throat
 - Congestion or runny nose
 - Nausea or vomiting
 - Diarrhea
 - If exhibiting any of these symptoms, we suggest you consider visiting with your physician
- Traveled outside of the state in the last 14 days
- Been in contact with anyone who has tested positive for COVID-19
- If you answer **Yes** to any of the above, we would ask that for the safety of the other participants, our volunteers, and the Missoula community that you **Do Not** take part in this event
- We recommend high-risk individuals and individuals traveling from high infection areas to consider not attending our event.

Hygiene:

- Hand sanitizer will be available throughout the event for participants, volunteers, and staff
- Portable toilets will be available near the start line. Please practice good social distancing when waiting for the toilets

- Restrooms, including hand washing facilities, will be available post-race inside the stadium. Please practice good social distancing when waiting for the toilets

Face Covering (Mask) Policy:

- If you are not running or walking the 5K course, it is required that you wear a face covering while at the event.
- This includes:
 - Pre-race in the corral
 - Once you have crossed the finish line, before leaving the ballfield
 - When you are seated within the baseball stadium post-race
 - When you are moving about the stadium in the concourse area
- Wearing a face covering is not required while completing the 5K course; or, while eating or drinking within the stadium

Packet Pick Up:

- Option #1: Pay \$5 to have your race items mailed to you prior to the event. This option is available until Sunday, September 6th
- Option #2: Pick up your race items at Run Wild Missoula on Friday, September 11th between 10:00 AM and 6:00 PM
 - A friend or family member can pick up your race items for you
- **There is no race day packet pick up. No exceptions.**

Pre-Race:

- Please practice good social distancing as much as possible
- Please do not arrive at the race venue until 30 minutes before your assigned wave start time

Wave Starts

- There will be 12 start waves: one wave every 15 minutes
- Each wave will have up to 25 participants
- During registration, you can choose which wave you would like to start in. Once a choice is made, it cannot be changed
- Groups of up to four people can register to start in the same wave
 - Wave 1: 9:00 AM; bibs numbered 101 – 125
 - Wave 2: 9:15 AM; bibs numbered 201 – 225
 - Wave 3: 9:30 AM; bibs numbered 301 – 325
 - Wave 4: 9:45 AM; bibs numbered 401 – 425
 - Wave 5: 10:00 AM; bibs numbered 501 – 525
 - Wave 6: 10:15 AM; bibs numbered 601 – 625
 - Wave 7: 10:30 AM; bibs numbered 701 – 725
 - Wave 8: 10:45 AM; bibs numbered 801 – 825
- Please do not arrive at the race venue until 30 minutes before your assigned wave start time.
- Participants must check into the marshaling box 5 to 15 minutes prior to their assigned wave
- Participant temperature checks will be taken upon entry to the marshaling box. If you have a temperature in excess of 100.4° F you will be excluded from the race.
- **If you miss your assigned wave, you will not be able to participate in the event. No exceptions.**

Groups:

- Groups of up to four people can be assigned seats together to hang out post-race in the ballpark
- Health department guidelines restricts inter-mingling between groups
- If you have a family group larger than four (who live in the same household), please contact ashleyc@runwildmissoula.org for more information about how to register your group

On Course:

- Passing: When passing another participant, please announce your presence and intent to pass (e.g. "On your left"). It is the responsibility of the runner being passed to move to the side to allow space for the overcoming racer to advance.
- The course is open to traffic. Please follow the instructions of the course monitors when crossing at intersections.
- Extra signage and pavement markings will be used to mark turns. Please review the course map ahead of time and keep your eyes open during the race for all signage and pavement markings.

Aid Stations:

- There are no aid stations on course. If you feel you need hydration or fuel on the course, you must carry your own (using handhelds, hydration packs/vests, etc.)

Finish Line:

- There are no finishers' awards (i.e. finisher medals)
- Results will be available online only through Competitive Timing
- Runners will not have the option of getting a printout of their results at the results kiosk

Post-Race:

- We ask that you maintain proper social distancing from others after finishing your race
- Once you have finished your event, we ask that you do not linger on the field at the finish line
- Once you have received your post-race goodies, we ask that you do not linger in the concourse area but instead find you're assigned seat(s) in the grandstand

Liquids:

- Water and Sport Drink will be available in pre-poured cups on the west concourse
- If you would like your personal water bottle filled, volunteers will pour the water or sport drink into the vessel
- All participants over the age of 21 will receive one free beer, courtesy of Big Sky Brewing Company
- Additional beer will be available for purchase on the south concourse

Food:

- Post-race, prepackaged light snacks will be available on the west concourse
 - One bag per participant, please
- Additional snacks and beverages will be available for purchase on the south concourse

Hang Out:

- Take some time to relax and watch other participants finish
- Enjoy the music and slideshow on the video board
- Pre-assigned seating will be available in the grandstand
- Grandstand seating will be pre-assigned based on waves and groups
- Optional: Reserve a spot on the party deck with your group of up to four!

- The party deck will have tables and chairs available for post-race seating
- Reservation prior to the event is required
- Reservation must be made by 11:59 PM on September 6th
- When in the stadium, please remain in your assigned seat unless using the restroom, purchasing concessions, or leaving the event.

Awards Ceremony:

- There will be no awards ceremony
- Awards will be mailed to overall and age group winners the week following the event

Spectators:

- Spectators are not allowed at this event
- Exception: If a participant is a minor (under 18) a parent or guardian is allowed within the ballpark with a special pass
 - If you require a spectator pass, please contact ashleyc@runwildmissoula after you register your minor

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