

COVID Guidelines for Run Wild Missoula's Run for the Trees



To participate in the Run for the Trees in-person 10K event, 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 Missoula Parks & Recreation.

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/finish line. Please practice good social distancing when waiting for the toilets

Face Covering (Mask) Policy:

- If you are not running or walking the 10K 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
 - During any and all interactions with race staff and volunteers
- Wearing a face covering is not required while completing the 10K course

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, March 7th
- Option #2: Pick up your race items at Run Wild Missoula on Friday, March 12th between 12:00 PM 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 15 minutes before your assigned wave start time

Wave Starts

- There will be 2 start waves: the first wave at 9:30, the second wave at 9:40
- Each wave will have up to 100 participants
- During registration, you will submit your predicted finish time
- Please do not arrive at the race venue until 15 minutes before your assigned wave start time.
- **If you miss the start of the race, you will not be able to participate in the event. No exceptions.**

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 at the finish line

- Once you have received your post-race goodies, we ask that you do not linger at the race venue

Liquids:

- Bottled water and Sport Drink will be available

Food:

- Post-race, prepackaged light snacks will be available on the west concourse
 - One bag per participant, please

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 race venue
 - Please contact ashleyc@runwildmissoula after you register your minor

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