

COVID Guidelines for Run Wild Missoula's Missoula Mile

To participate in the Missoula Mile 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 University of Montana.

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 venue for participants, volunteers, and staff
- Portable toilets will be available:
 - Outside the track - near the gate in the Northeast corner of the track facility, to be used pre-race
 - Inside the track gate - near the gate in the Northwest corner of the track facility, to be used pre-race
 - Outside the track - near the gate in the Southwest corner of the race facility (near the race exit), to be used post-race
 - Please practice good social distancing when waiting for the toilets

Face Covering (Mask) Policy:

- If you are not running or walking on the track or warming up pre-race, it is required that you wear a face covering while at the event.
- This includes:
 - Pre-race when entering the race venue
 - Pre-race in the marshaling box/track infield
 - Post-race when you are leaving the track
- Wearing a face covering is not required while completing the one-mile race on the track

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, October 4th
- Option #2: Pick up your race items at Run Wild Missoula on Saturday, October 10th between 10:00 AM and 2:00 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 heat start time
 - For example: If your heat begins at 10:00 AM, please arrive at the race venue between 9:30 and 9:45 AM

Race Heats:

- Each heat will have up to 15 participants
- Each heat will start every 30 minutes between 9:00 AM and 2:00 PM
- Heats will be created based on your projected/predicted finish time, starting with the fastest projected/predicted times
- During registration, you will submit your projected/predicted finish time
- You will receive your heat assignment on Friday, October 9th via email
- Heat Times:
 - Heat 1: 9:00 AM
 - Heat 2: 9:30 AM

- Heat 3: 10:00 AM
- Heat 4: 10:30 AM
- Heat 5: 11:00 AM
- Heat 6: 11:30 AM
- Heat 7: 12:00 PM
- Heat 8: 12:30 PM
- Heat 9: 1:00 PM
- Heat 10: 1:30 PM
- Heat 11: 2:00 PM
- Two heats will be reserved for an 800 Meter run for participants 12 and under
 - Participants 12 and under can participate in the 800 Meter run and/or the 1 Mile run
 - A separate entry fee will be required for each distance entered
- Participants must arrive and be checked in for their assigned heat 5-15 minutes prior to their assigned start time
- Participants must be at the start line 5 minutes before their assigned start time
- Participant temperature checks will be taken at check in and upon entry to the track. If you have a temperature in excess of 100.4° F you will be excluded from the race.
- **If you miss your assigned heat, you will not be able to participate in the event. No exceptions.**

Fluids:

- Water and/or sport drink will **not** be provided within the race venue (inside the fenced track area). If you feel you need hydration or fuel immediately before or after the event, you must bring your own (using a personal water bottle, handhelds, etc.)
- Water, sport drink and snacks will be available **after** the event upon exiting the fenced track area

Finish Line:

- 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 heat, we ask that you do not linger on the track at the finish line
 - You will be directed to exit the track facility as soon as possible after the completion of your race
- There is no re-entry into the fenced track area. No exceptions.
 - Be sure to take all personal belongings with you
- Once you have received your post-race pre-packaged light snacks, we ask that you do not linger at the race venue, but instead go home and celebrate your accomplishment with family and on social media using the hashtag #MissoulaMile

Awards Ceremony:

- There will be no awards ceremony
- Awards will be mailed to winners the week following the event

Spectators:

- Spectators are not allowed at this event
- Exception: If a participant is 12 or under, a parent or guardian is allowed within the track facility with a special pass.
 - If you require a parent/guardian pass, please contact ashleyc@runwildmissoula after you register your child

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