



SAFETY PRECAUTIONS, REQUIREMENTS AND PROCEDURES:

Grandma's Marathon is committed to providing safe and healthy events at all times, and is following all local and state guidelines in hosting this event. During the COVID-19 pandemic we are implementing extra precautions, which will require full cooperation among our participants, volunteers and staff. We ask that you adhere to the following safety measures, requirements and guidelines during your participation to ensure the continuation of in-person running event options:

- **Send one representative to obtain packets and gear.** If you are part of a family or group participating together, we ask that you send one representative to pick up packets and gear for all members of your party.
- **Face coverings are REQUIRED at Race Packet Pick-up, the pre-start Checkpoint, in the Start Corral and after finishing.** For the safety of all participants, volunteers and staff, we are requiring that your mouth and nose be covered with a mask, race wrap or other form of covering during Race Packet Pick-up, at the pre-start Checkpoint and in the Start Corral until you cross the starting line. When you cross the finish line we ask that you put your face covering back on. We will have masks available for those who need one.
- **Face coverings are strongly encouraged during the race.** While we are not requiring you to keep your face covering on after you cross the starting line, it is strongly encouraged by medical professionals and the MDH that you do so.
- **Practice social distancing throughout the event!** Social distancing indicators will be marked on the ground at Race Packet Pick-up and in the Start Corral as guidance for proper spacing.
- **You must participate in the wave that you select, and will receive a bib number that corresponds to your wave.** Waves are strictly limited to 25 people per wave. Please **DO NOT** attempt to participate in a different wave.
- **No spectators.** In order for us to host an in-person event we must strictly adhere to the gathering limits put in place by the State of Minnesota. Therefore, spectators are not allowed to congregate at the event location including at the start and finish lines.
- **Be "ready to run" prior to entering the Start Corral -** have no symptoms of being sick within 72 hours prior to the race, have your race number adhered to the front of your shirt, pre-race warm-up complete, hands washed and restroom used, mask on, etc. Please arrive no earlier than 20 minutes prior to your start time.
- **All participants will have their temperature taken and recorded at a checkpoint prior to entering the Start Corral.** Any participant with a temperature over 100.4°F will be asked to return to their vehicle and will be offered the chance to participate virtually or receive a refund of the entry fee.
- **If you test positive for COVID-19 within the fourteen days following the event,** you must email grandmas@grandmasmarathon.com so that we may notify staff and participants as necessary.
- **Please be aware that the status of the Minnesota Mile and Fitger's 5K is subject to change at any time.** We realize that the COVID-19 pandemic is a dynamic situation, and we will continue to monitor all updates from the Minnesota Department of Health (MDH) and CDC. If the status of the event changes, we will notify participants via email as soon as possible.