

Wildcat 5k & 1 Mile Plan for 2021

4th Annual Wildcat 5k Saturday, June, 19th, 2021

A **Virtual Option** will be offered as well as an **In-Person** Option. This will help lower numbers of Runners & Walkers on race day.

Virtual Race: Virtual times can be email in starting at 12pm May 17 - 12pm June, 17 2021

Email virtual result times to wildcat5krace@gmail.com

2021 VIRTUAL RACE RESULTS POSTED ONLINE

Volunteers & Workers will be in limited numbers, and all will be required to wear face coverings. They may remove their face covering briefly for a “break” only when they are socially distanced greater than 6 feet from another person.

OUTSIDE ONLY Bib Pick-Up: Gardner High School, June 18th, , 4:30-7pm, and the day of June 19th to accommodate for limited persons on site.

The inside of Gardner High School would only be for bathroom use and no more than ten volunteers for computer usage and warming breaks (A mask or appropriate face covering must be worn at all times within the building and bathrooms).

Hand sanitizer and/or sanitizing wipes: We will provide at bib pick-up table and bathrooms; Runners and walkers are encouraged have their own hand sanitizer (at least 60% alcohol) and/or sanitizing wipes and use them frequently – including prior to and at the conclusion of running. Additionally, it is emphasized to avoid touching one’s face throughout the course of the race.

In-Person Race:

Masking & Social distancing: It's a 3.1-mile outdoor course, so the course has plenty of space to social distance and limit potential exposure. Masks will be required for all in-person participants before they begin racing while on the starting line. After any finisher has completed the race, they will be required to put on a mask or social distance immediately, and volunteers will coordinate to remind and encourage participants not to congregate in large groups.

Runners, Walkers, Volunteers, and Workers: if they are isolated for illness or quarantined for exposure to infection. Prior to attending Wildcat 5k should check their temperature. If they have a temperature of 100 degrees or above, they should not - and cannot - attend. Likewise if they have any other symptoms of COVID-19.

Participants and Volunteers: A record will be kept of all individuals volunteering and working at the race and helping with pick-up.

Spectators: Spectators must practice social distancing at all times while viewing the race course, and social distance from the course itself for the runners and walkers. They accept personal responsibility for public health guidelines. The number of spectators allowed per runner and/or walker will be limited to a few for personal transportation reasons. Spectators will need leave when their runner and/or walker has crossed the finish line to ensure social distancing is maintained in the finish area.

Cool/Down, Warm-up, or any immediate Pre-Race Preparation: Runners & Walkers must socially distance 6 feet or more at all times when they engage in such activities.

Schedule of Events (Day of In-Person Race):

- Runners & Walkers Start 8 am - 8:30 am (intervals with masks)
- 1 Mile Start 7:30 am (distance spaced at start & masks to be worn at start & finish area.)

- Start Line: Gardner High School
 - 8-15 Runners can be lined up for interval starts with six-foot spacing. There is plenty of area to mark with chalk distance lines. (All runners & Walkers Must Wear a Mask at the start of the race until they can safely distance from others.) Race would be Chip time by race wire this makes it easy for us to do interval starts.

NO Spectators will be allowed near the Start Line area. ONLY participants and limited Race Staff. (photos will be uploaded online after the race)

During race: Runners and walkers should maintain social distancing throughout the race and not cluster into groups on the course.

Masks/Face Coverings: Walkers and Runners can remove face coverings during the race when socially distanced but must wear it at the start of the race. Athletes should prepare to use a face covering at the conclusion of a race as soon as possible, in following social distancing needs, as well as considering exhaustion/breathing at the conclusion of a race.

Finish line: Gardner High School

NO Spectators Will be allowed near Finish line. ONLY finish participants and limited Race Staff. (photos will be uploaded online of finish)

- Finish chutes will need to be re-designed to encourage athletes to leave the finish area quickly after finish and with physical spacing. Runners must wear a mask coming over the finish line. (With physical spacing. Interval start fields that finish in roughly the start order would automatically mean far less finish area.)
- Once a Runner and/or Walker finishes the race they will need to immediately leave and go home.
- Cases of water on a distanced table away from the finish line to encourage distance.

TOP overall awards: Male & Female give as they cross the line. (we have a small table so they can grab them to stay distance)

Race Results: Will be online Only! (To discoverage standing around to look at them)

End of Race: Runners and walkers should immediately disperse upon the conclusion of Wildcat 5k. All participants should return home to shower, and clean clothing.

Please note:

The plan is subject to change as days get closer to the Wildcat 5k event.

The Covid-19 Guidelines could lesson up and or tighten as we get closer to race day.

Wildcat 5k In-person, virtual 5k and 1 mile kids Registration is a non-refundable donation.

Race shirts are Limited Inventory on a first come basis. Recommended to register by May 24.