



The following are requirements of the volunteers and participants.

- Masks will be worn upon entering the building and at all times when in the building
- Masks will be worn when physical distance can not be obtained. They will be provided as part of the packet pick up for participants.
- Hand sanitizer will be available on site
- All volunteers and participants are required to maintain 6 feet of physical distance.
- Any participant who has symptoms of Covid- 19 will **NOT** attend.
- Any participant who has been in contact with an active Covid-19 case in the last 15 days will **NOT** attend.
- Only the participants and volunteers will be on site at the start and finish line and water stations.

Moving
ME
Forward