



The Lake Auburn Half and 5K (LAHM) committee has been working with the City of Auburn to solidify the plans for our GO LIVE event on September 13th, 2020. As such, we feel it is important for you to see the participation rules that we all have to abide by (based on the state and local recommendations).

Our event will operate as follows:

❖ LAHM&5K – September 13th, 2020 – THE DAY OF THE EVENT

- The LAHM and 5k is limited to 250 participants.
- There will be a 5 wave start. Each wave will be in separate parking lots, keeping less than 50 folks in their area at one time.
- With take off and awards, we will be able to keep far less than 50 as numbers come in and participants arrive back. There will be immediate results and participants will leave as soon as they are done.
- The following are requirements of the volunteers and participants.
 - 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.