

2020 New River Marathon
COVID-19 Guidelines
September 25, 2020 (post date)

Resources (The information in this document has been adapted from the following resources)

- USATF (USA Track & Field) document “Logistical information and guidance for event directors and Local Organizing Committees” <https://www.usatf.org/covid19/logistical-information-and-guidance-for-event-directors-and-local-organizing-committees>
- RRCA (Road Runners Club of America) “Looking Forward: Guidelines for Races” <https://www.rrca.org/news-articles/news-archives/2020/05/03/looking-forward-guidelines-for-races>
- CDC (Centers for Disease Control and Prevention) “Considerations for Events and Gatherings” https://www.cdc.gov/coronavirus/2019-ncov/community/large-events/considerations-for-events-gatherings.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fcommunity%2Flarge-events%2Fmass-gatherings-ready-for-covid-19.html
- North Carolina Staying Ahead of the Curve: Phase 2.5 effective date Sept. 4, 2020 <https://www.nc.gov/covid-19/staying-ahead-curve>

New River Marathon COVID-19 Statement

The New River Marathon (NRM) primary concern is to avoid propagation of COVID-19 between athletes, NRM volunteers, NRM staff, athlete communities and communities through which NRM runs. Even though the current belief is that the young and healthy tend to have less severe cases of COVID-19, every case of this disease is potentially life-altering or deadly in any age group. Individuals with select risk factors - such as asthma, hypertension, diabetes, liver disease, kidney disease, immune suppression, neurologic disorders affecting respiration, or individuals of advanced age (65 and older) are at highest risk. Until a vaccine is developed, long-term immunity can be confirmed, or a cure is found, there is no way of completely eliminating the risk of fatal infection. This is in the forefront of consideration for the 2020 NRM.

Per USA Track & Field (USATF) Guidelines, NRM is classified as Low Risk. United States Olympic and Paralympic Committee (USOPC) Infection transmission Risk Stratification Scale identifies Low Risk as road races on road courses with a staggered start with proper social distancing AND the course has a minimum 6-foot width throughout (for safe passing). NRM is held entirely outdoors, on open roads, with established runner/volunteer/staff guidelines and will employ a staggered start in 2020.

A secondary concern is to offer a means of recreation and competition for those runners who are comfortable participating in NRM. All runners were given the option to defer their entry to NRM2021. Therefore, the participating athletes are doing so out of personal interest with no pressure from or obligation to NRM. As in the prior 10 years, NRM aims to offer the highest quality race experience and to maximize runner, volunteer, staff and community safety.

2020 New River Marathon Guidelines

All New River Marathon (NRM) Rules as posted on the NRM website still apply. The following set of Guidelines will be added in response to COVID-19.

Face Covering (Runners)

1. Start Venue: Bring your own disposable face covering for the Start.
 - a. Face coverings are required when:
 - i. Out of the car
 - ii. Walking to Runner Registration
 - iii. During Registration / Packet Pick-up
 - iv. Waiting in line for Staggered Start (disposable mask recommended)
 - v. Start Line (disposable mask recommended)
 - b. A disposable mask is highly recommended at the Start.
 - i. Runners must wear a face covering at the Start Line and for the initial 100 – 200 meters.
 - ii. Face coverings may be removed upon exiting the Start Venue. Garbage cans in a drop zone will be provided.
2. Face covering When Running:
 - a. Face covering is not required after leaving the Start Venue.
3. Finish Line / Finish Venue:
 - a. Runners will be handed a disposable face covering in the Finish Chute after crossing the finish line.
 - b. Runners will be asked to progress through the Finish Chute and not linger.
 - c. There will be open space in the field beyond the Finish Chute to walk and cool down without use of a face covering.
 - d. After a runner “catches his/her breath”, the runner must wear a face covering before moving from the open space beyond the Finish Chute.
 - e. Face Covering is required when moving about the Finish Venue and when walking to the car.

Packet Pick-up / Race Day Registration

1. Packet Pick-up / Race Day Registration Options:
 - a. Friday, October 2, 5:00pm – 9:00pm
 - b. Saturday, October 3, 6:00am – race start
2. Printed and Signed Documents Required: (available on website)
 - a. Waiver with COVID-19 disclaimer (to be submitted at packet pick-up)
 - b. COVID-19 Screening Questionnaire (to be submitted at Start Line while waiting to enter the Start Chute on Saturday, October 3)
3. When in line, runners must maintain 6 feet of spacing.
4. Runners are encouraged to pick up their race packet Friday, October 2 if possible.

Start Times

1. Marathon: 7:00am – 7:30am
2. Half Marathon: 7:30am – 8:15am
3. 4 Mile: 8:15am – 8:30am

Start Line Protocol

1. A staggered start will be employed
 - a. Runners will assigned a 5 minute Start Block for starting (e.g. 7:00am – 7:05am)
 - b. Runners must start within their assigned Start Block
 - c. Based on the current number of runners, 2 runners will start every 30 seconds
 - d. Race Bib number MUST be visible on the runner's front
 - e. The Race Starter will give a 5-10 second countdown and "Go" command
2. Reporting to the Start Line
 - a. Runners must report to the Start Chute 5 minutes before their assigned Start Block
 - b. Runners must bring their completed COVID-19 Screening Questionnaire to the Start Chute. Please note that self-check body temperature is required. Runners who do not submit a completed COVID-19 Screening Questionnaire will not be allowed to run.
3. Start Chute / Start Line Protocol
 - a. The Start Chute / Start Line will be a minimum 8 feet wide
 - b. In the Start Chute runners will lined up with 6 feet of spacing
 - c. The Start Chute may be in grass. It may be wise to wear disposable baggies over your shoes to keep your shoes dry. You will have ample time on gravel to remove the baggies.

Finish Line Protocol

1. Race Bibs must be visible on the runner's front when crossing the finish line to ensure accurate timing.
2. Runners will be asked to progress through the Finish Chute and not linger.
3. Runners will be handed a disposable face covering in the Finish Chute after crossing the finish line.
4. Runners will be handed a finisher medallion in the Finish Chute.
5. There will be open space in the field beyond the Finish Chute to walk and cool down without use of a face covering.
6. After a runner "catches his/her breath", the runner must wear a face covering before moving from the open space beyond the Finish Chute.
7. Water bottles will be available as runners leave the Finish Chute and cool down field.
8. Face Covering is required after leaving the Finish Chute and cool down field.

Finish Line Venue

1. Our all-time favorite...Stick Boy Kitchen... will be serving up individual recovery bags for runners at the Finish Venue.
2. Because of crowding guidelines, NRM will not have live music and will not have an awards ceremony.
3. After cooling down sufficiently, runners are asked to depart from the Finish Venue to minimize crowd size and to open space for other runners.

Results / Awards

1. In the Finish Chute all finishers will be awarded our custom-crafted wooden 2020 NRM Finisher Medallion.
2. Because of the high cost to hire a timing company, reduced field size and increased 2020 expenses, all races will be hand-timed.
3. Results will be posted on the New River Marathon website no later than Saturday evening, October 3.
4. An awards ceremony will not be held.
5. Overall and age group award winners have 2 options to receive their award:
 - a. Pick-up by appointment at Gum Ridge Mill, 2385 Big Flatts Church Rd, Fleetwood. Please email (info@newrivermarathon.com) or call (336-877-8888) to schedule an appointment.
 - b. Awards may be shipped, but we are asking the runner to cover the shipping cost.

Staff / Volunteers

1. All staff and volunteers must complete a COVID-19 Screening Questionnaire before reporting to their New River Marathon assignment. The Questionnaire must be submitted to race management.
2. All staff and volunteers are required to wear a face covering at all times when working any aspect of the New River Marathon. The only exception is for consumption of food or drink, at which time the staff / volunteer must step away from their assignment to a location separate from other staff / volunteers / runners.
3. Any staff / volunteer who is not feeling well, has flu-like symptoms or has a fever must stay home.
4. Any staff / volunteer who is not feeling well, has flu-like symptoms or has a fever will not be allowed to work and will be asked to leave the course immediately.
5. It is strongly recommended that individuals considered by the CDC to be “at-risk” not volunteer in any capacity. This would include
 - a. Individuals over the age of 65.
 - b. Individuals with underlying medical conditions, noted by the CDC, which place them at higher risk, such as chronic lung disease, moderate to severe asthma, diabetes, serious heart conditions, severe obesity (BMI > 40), chronic kidney or liver disease.
 - c. Individuals who are immunocompromised or live with someone who is immunocompromised.
 - d. If these “at-risk” individuals choose to volunteer, it is recommended that they get clearance from their healthcare provider.

Porta-johns

1. Porta-johns will be available at the Start / Finish and at all support stations approximately every 2 miles.
2. Hand Sanitizer will be available at the Start / Finish and at all support stations.

Passing Runners

1. Please be respectful when passing your fellow runners.
2. Please remember that roads are open to normal community traffic.
3. Try to pass on open roads with long visibility to avoid vehicular traffic.
4. When passing please allow 6 feet of space between you and the runner being passed.