

Thank you for registering for the 2020 Niagara Frontier Golf Club 5K! Please read the following information carefully to help us ensure a safe and enjoyable event for all!

- There will be **NO RACE DAY REGISTRATION!**
- **Please do not attend this or any other public event if you are experiencing any of the symptoms of COVID-19.** People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear **2-14 days after exposure to the virus**. These include fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, and diarrhea.
- Bring a folding lawn chair with you on race day. Upon arrival, find a nice shaded location with friends where you can spread out and enjoy the evening (6' between guests).
- **This is not a BYOB event!** Please do not bring coolers or other alcoholic beverages to the golf club. Food (grilled hamburgers & hot dogs) will be served after the race. Visit the outdoor patio bar if you wish to purchase a beer/drink.
- As you enter the parking lot you will be directed to stay in your vehicle where RMS staff will **hand you** your official RMS race bib with RFID tag, t-shirt (if you registered before the deadline), and a copy of this instruction sheet.
- Once you have parked your vehicle, feel free to move about the parking area and golf course grounds without a mask as long as you maintain proper social distancing guidelines (6' minimum distance between persons).
- When you approach the golf course clubhouse area including the outdoor patio seating area and/or when you enter the golf club to use the restroom, you **MUST** be wearing a mask at all times. We have a limited number of custom RMS masks for sale if needed (\$4ea).
- Once you return to your seat or leave the area you may remove your mask.
- You must follow and maintain proper social distancing guidelines at all times before and after the race. This means you must wear a mask OR stay at least 6' from other persons (2 arm lengths).
- Plan to arrive early! We are not responsible if you arrive late and get stuck in lines to pick up your race gear. This will take a little time and it's up to you to arrive early. No exceptions!
- Restrooms will be open inside the golf club. Only a limited number of persons may enter the restroom at any given time. You must wear a mask at all times when entering the building and you must wash your hands thoroughly. Hand sanitizer will also be available for your use.
- **PLEASE** refrain from spitting, snotting, or projection of other bodily fluids at any time before, DURING, or after the race especially if you are within 20 feet of other persons!
- Upon completion of the race you will be provided with a cold bottle of water before being directed back to the rear of the clubhouse where you can find your folding lawn chair and sit with friends following the social distancing guidelines mentioned above.
- Since there will be no formal awards ceremony, you may stay or leave at your discretion after the race. Custom finisher certificates that highlight your individual race stats will be available online that can be downloaded and printed. We have custom trophies for the top overall male female runners. These will be awarded once all three waves have been completed.
- **Please do your part and follow these important safety guidelines!**

IMPORTANT! WAVE #1 STARTS at 6PM: We will be conducting three waves of 50 runners total per wave. All participants will be assigned individual start times with fastest runners going first. Please be ready to go when we call you to the start line based on your estimated pace. For example, we will start off by calling up runners who expect to run a 6 min/mile pace (or faster). There may only be a few people in this group so we will then call up those running 6:30 pace, then 7 min/mile pace, etc. Be ready when we call your group to minimize and hopefully completely eliminate close contact on the course!

Thanks again for participating!

Paul Beatty, President

iRun WNY Inc.

Race Management Solutions

