

Arrival and pre-race

Participants are instructed to wear face coverings when social distancing cannot be maintained and when not engaged in vigorous activity. (Reference: NJDOH, see page 4 of these notes)

In particular, participants should wear face coverings at the sign-in table.

The large field outside the schoolhouse provides ample space to assemble all participants for a maximum size event while maintaining social distancing.

Participants should arrive in plenty of time to pick up bib number and T-shirt.

Using the table below, each participant should write on the bib number the letter associated with the start group based on pace and selection of traditional or time trial start.

Per NJDOH, the traditional start is a medium risk activity and the time trial start is a low risk activity.

There is no water station on the course. Participants may cache water for themselves on Pipeline Trail near the junction with Trolley Track Trail.

Traditional	Mile Pace	5K time	6K time	Time Trial
A	6:00	18:36	22:00	N
B	6:40	20:40	24:27	P
C	7:20	22:44	26:53	R
D	8:00	24:48	29:20	S
E	8:40	26:52	31:47	T
F	9:20	28:56	34:13	U
G	10:00	31:00	36:40	V
H	10:40	33:04	39:07	W
K	11:20	35:08	41:33	X
L	12:00	37:12	44:00	Y
M	12:40	39:16	46:27	Z

Start procedure

Start and finish line is on Pipeline Trail, approximately half way between Meetinghouse and junction with Trolley Track Trail. The intent of the start procedure is to comply with CDC guidance on restricting close contact. (References: CDC, see page 4 of these notes.)

At approximately 9:45 AM, participants will be called to assemble in order of start group at the big field near the schoolhouse, *socially distanced*. Final instructions, such as specific cautions about course conditions will be given at that time.

Those participants electing the traditional start will proceed to and assemble at the start line, for a prompt start at 10 AM. Those participants electing the time trial start will follow.

Post-race

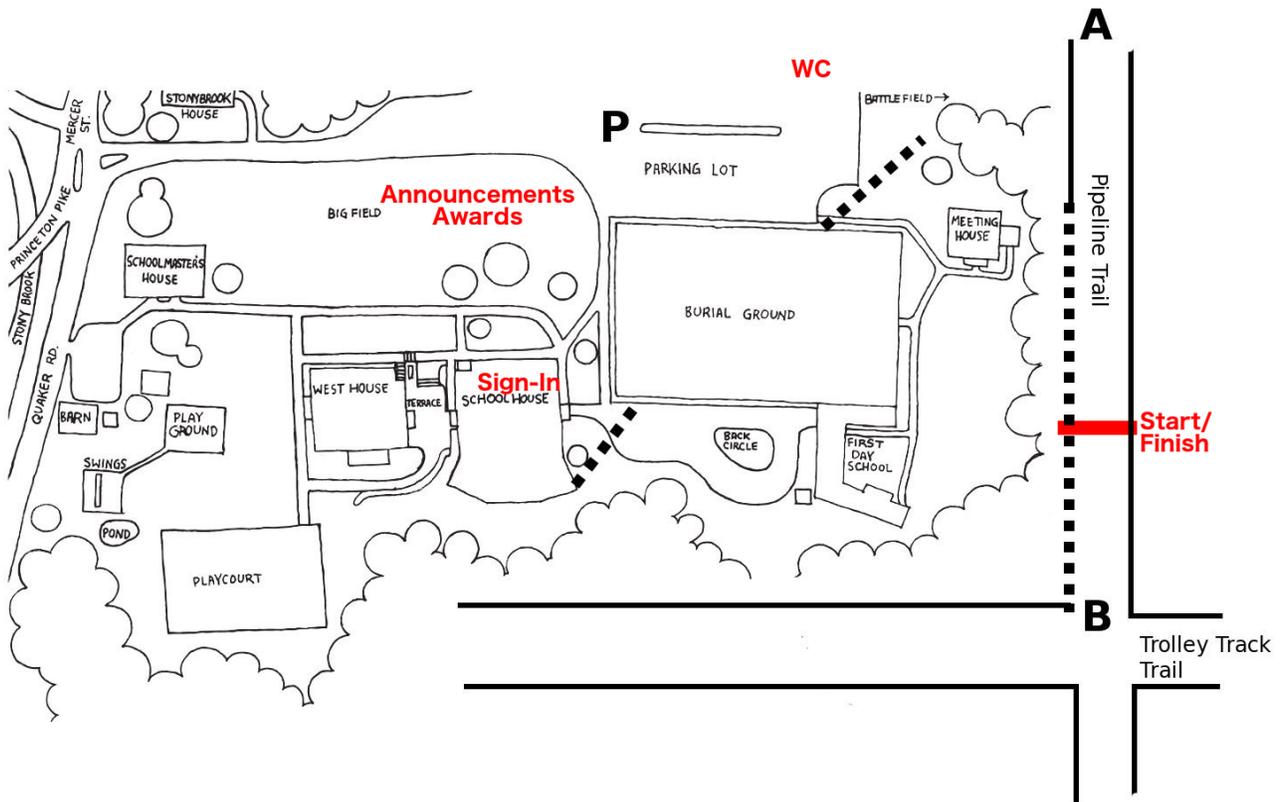
Awards and refreshments will be presented at the big field near the schoolhouse.

Refreshments will be individual servings. Anticipated are individually bagged donuts or whole fresh fruit. Water will be available in case of need; participants are encouraged to bring their own beverages.

There is a water spigot on the exterior of the schoolhouse building to the left (south) of the entrance. Water is available in case of need; participants are encouraged to bring their own beverages.

Portable toilets located along the north edge of the parking lot (indicated WC on diagram).

Portable toilets are provisioned with hand sanitizer. Portable toilets are dropped off on Friday 9/4 and picked up on Wednesday 9/9 due to vendor not working weekends or holidays.



New Jersey Department of Health Guidance for Sports Activities (NJDOH)

Executive Order No. 168, issued on July 20, 2020, states that practices and competitions for Low Risk sports and no-contact practices for Medium and High Risk sports are permitted in outdoor and indoor settings. Contact practices and competitions for Medium and High Risk sports are permitted in outdoor settings only.

Medium Risk - Sports that involve ... intermittent close contact OR group sports. Example: running in a close group.

Low Risk - Sports that can be done individually, do not involve person- to-person contact and do not routinely entail individuals interacting within six feet of one another. Example: cross country.

Face coverings are not required when persons are engaged in high intensity aerobic or anaerobic activities. Face coverings should **not** be worn when engaged in activities that may cause the cloth face covering to become wet, like when swimming, or when doing so may endanger the individual's health. (Emphasis in original.)

CDC definition of close contact: "Data are insufficient to precisely define the duration of time that constitutes a prolonged exposure. Recommendations vary on the length of time of exposure, but 15 minutes of close exposure can be used as an operational definition. Brief interactions are less likely to result in transmission; however, symptoms and the type of interaction (e.g., did the infected person cough directly into the face of the exposed individual) remain important."