

Discover Whitewater Series: We're Still Running Safely

Due to COVID-19 and health concerns, the DWS has created a backup plan that prioritizes the safety of our community, while still ensuring a safe and competitive race day. Exercise and fitness are crucial components in preventing any long-term health impacts and should be encouraged. We plan to scale the race down and keep everyone safe by putting in place certain restrictions. The six-foot social distancing rule will be enforced and there will be at most 150 race participants for both the half marathon and 5K. Contact with others will be extremely limited to ensure that no one is spreading any diseases. We hope that by scaling down the race we can keep our community healthy and still have a successful race day.

- **Overall Safety**

- We will encourage both runners and volunteers to bring their own masks
 - Additional masks will be provided for volunteers that don't bring their own mask
- We will encourage participants and volunteers to social distance and limit interaction as much as possible
- Spectators are not encouraged and participants will be asked to leave immediately upon finishing their race

- **Limit number of race participants**

- The race will have a cap of 150 race participants for the Half Marathon and 5K (300 runners in total)

- **Registration will end early (September 1, 2020)**

- To ensure the DWS team can properly prepare a safe and fun race day, registration will be closing early and there will be no on-site registration

- **Limit race day weekend interaction**

- Packet pickup
 - Packet pickup will be Saturday, September 19, from 4:30-7 p.m. and Sunday, September 20, from 6-7:30 a.m. at Whitewater High School
 - Race participants will be directed by a race marshal on where to go to pick up their own packet
 - There will be an honor system for packet pickup, race participants won't need to show their ID's
 - Packets will include information regarding DWS's social distancing guidelines, race information, t-shirts, bibs, and medals
 - No on-site registration or t-shirt exchange will occur

- During packet pickup on Sunday, we will have an announcer informing race participants of the changes that have been made to this year's race and letting everyone know that they need to stay safe and socially distance
- Race start
 - Course Change
 - The race start will be relocated to Elizabeth St, making it easier to ensure a social distant start of the race
 - An announcement will be made over the microphone about the social distancing guidelines for the race and all the changes that have been made to this year's race (there would also be an email sent out beforehand discussing this)
 - We won't have the blowup arch; this would ensure that we have eight feet of spacing at the start line
 - The start will be eight feet wide; allowing two runners to start at opposite ends of the start line
 - In each line, dots will be painted on the ground six feet apart going back down Elizabeth St. This will serve as the runners starting spots for each race
 - We will organize bib numbers so that faster runners will be placed towards the front of the dotted start line and slower runners will be placed towards the back
 - Based on runner's bib numbers, they will be instructed to either go by a pacer that is stationed in the front, middle, or end of the dotted lines
 - Runners will be encouraged to arrive early to find a dot
 - At the start of the race, someone will be directing when the next two runners can start. Runners will keep moving forward in the dotted line as the people in front of them start the race
 - The person directing when the next two runners will go, will leave an 8-15 second gap before signaling when the next two runners can start
 - Runners have electronic timing chips on their bibs recording when they start and finish, eliminating the need for everyone to start at the same time
 - Race participants final recorded time will be dependent on the time it takes them to get from the start line to the finish line
 - We will inform runners electronically of the fastest ran races upon all race participants completing
 - Race times will not be posted until after the race day is over
 - The 5K will start 30 minutes after the Half Marathon, rather than the usual 15-minute delayed start

- When the Half Marathon is starting, people running in the 5K will be asked to go in a safe area away from the start line
- All port-o-potties will be spread ten feet apart and we will be placed by the start line of the race
 - We will be providing a graphic inside and outside of the high school that shows where all the different bathrooms are located
- During race
 - Water Stations will have a reduced number of volunteers and runners will need to grab a cup themselves
 - Water stations are to be made extremely sanitary
 - There will be a limit of two people at each water station, with the possible exception of the first two water stations in the Half Marathon
 - At each station, glasses will be poured ahead of time, all volunteers will be required to wear gloves/masks and encouraged to use hand sanitizer periodically
 - Runners will have to slow down to make sure you are keeping their social distance, or they must wait for the next water station (which could potentially affect their times)
 - The two tables at the water stations will be separated from each other
 - We will encourage people not to get too close at water stations unless they are wearing a mask
 - Race participants are encouraged to bring their own water bottle to avoid crowding at the water stations
 - Due to the reduced number of race participants, there will be less pacers for this year's race
 - Unless race participants are running with people they live with, all runners must remain six feet apart
 - If a runner wants to pass another race participant, they must remain six feet apart
- Race finish
 - Medals
 - Medals would be placed in packet pickup envelopes
 - Trophies
 - Trophies will be awarded to only the top three overall men and top three overall women for the 5K and Half Marathon
 - No age group trophies will be awarded

- Winners of both races will be mailed their trophies and the winners of the Half Marathon will also be mailed their cash prize
- There will be no award ceremony and finishing times won't be posted until the event is over
- Food
 - There will be limited volunteers at post-race nutrition station
 - Volunteers will need to wear masks, gloves, and use hand sanitizer often
 - Runners will grab their own food while keeping to social distance guidelines
 - Runners will be instructed to leave once they have gotten their post-race nutrition (no hanging around)
- Spectators
 - Spectators aren't banned, but we encourage them to not attend the event, if they do attend, they need to respect social distancing guidelines
- **Pricing**
 - Pricing will be the same as last year
- **Virtual goodie bags**
 - To avoid crowd interaction, this year will have a virtual goodie bag rather than hand out goodie bags
 - There will be no sponsor tables, sponsors that want to provide information to runners can put their inserts in the virtual goodie bag
- **Cancel the following to limit crowds:**
 - W3 Fit Kid Shuffle
 - Kids Korral
 - Half Marathon Relay
 - Awards Ceremony
 - Age Group Awards
 - Pre-Race Dinner
 - Pre-Race Breakfast
 - On-Site Registration
 - In-person Goodie Bags
 - Post-Race Celebration
 - Shuttle Service