

Breathing Room Foundation's #1 concern is the safety of our volunteers and participants. Please read below the steps we are taking to ensure we are abiding by all safety standards as suggested by the CDC.

- 1. PLEASE do not attend the event if you have been exposed to COVID-19 or have any symptoms consistent with COVID-19 infection. If you have had a fever, please ensure you have remained fever free without the use of anti-pyretics for at least 24 hours.**
- 2. We will continue to follow the recommendations of the CDC/State Government/ RRCA for group activities. We expect all participants to comply with those same guidelines.**
- 3. We ask that you limit spectators attending the event.**
- 4. ALL participants must wear masks prior to race and immediately following. Although it is not mandatory for runners to wear their masks while they run, we do ask that you keep your mask with you during the race so that you can put it on as you cross the finish line. Please be considerate of others as you proceed on the route and be mindful of social distancing requirements.**
- 5. ALL spectators are required to keep masks on and covering both mouth and nose while at the race location.**
- 6. ALL volunteers are required to keep masks on and covering both mouth and nose while at the race location.**

[Changes you will notice on race day](#)

- 1. There will be NO in-person registration or packet pick-up on race day.**
- 2. EVERYONE will be wearing a mask until they cross the start line and again when they finish.**
- 3. There will be a rolling start time to avoid a large gathering at the start. You will proceed to the start line and your race begins as you cross the chip mat.**
- 4. Start and finish line is located on the far side of Susquehanna Road to avoid crowding in the parking lot. Participants will proceed directly to the start line and begin racing/walking at any time between 8:30 & 9:30 AM.**
- 5. There will be plenty of hand sanitizer available**
- 6. NO halfway water station - water bottles will be at start and finish of the race.**
- 7. NO inside bathroom facility -There will be an alternative outside bathroom facility on-site.**
- 8. NO awards will be given on-site to discourage post-race congregating. All awards will be listed on our website and on the RunBucks website.**