

8 Steps to prevent the spread of COVID-19

#StopTheSpread

We want you to have a great time at the event, but your safety is our top priority.

Please take a moment to read these instructions and keep them in mind, and better yet at hand throughout the race



Sanitize and wash your hands frequently.



Avoid touching your eyes, nose and mouth.



Cover your mouth when you cough using a tissue or the bend of your elbow.



Sanitize the timing bibs prior to handing it over to your teammate.



Wear a face mask, except when running.



Maintain a 2-meter distance between yourself and others.



Leave a 2-meter gap when setting up your camping tents.



Avoid being in large groups before/after the race.