



CELEBRATE ARLINGTON! 5K 2020 COVID-19 UPDATES/FAQS

This year has added concern to the typical virus season due to the COVID-19 health crisis sweeping our world. There are some long-standing practices in place within our race operations to prevent the spread of disease and in 2020, we have added more procedures for the benefit of all.

The health and safety of all who support the Celebrate Arlington! 5K is our primary consideration, and we are working in accordance with state and local officials and guidance. While we are excited to launch our first Celebrate Arlington! 5K in 2020, we are proceeding with caution and flexibility in mind during these unprecedented times.

GUIDELINES

Here are some of the policies we are implementing to keep the 2020 Celebration Arlington! 5K safe and fun.

- We are adding a virtual 5K option that allows runners to receive their packets in the mail and complete the run at any location of their choice.
- Runners may switch to the virtual 5K option for any reason, at no extra cost to the participant.
- Should the traditional 5K be cancelled for any reason, runners may choose to switch to the virtual race option or donate their registration fee. No refunds will be issued.
- The race protocols will adhere to local ordinances, including any social distancing guidelines that may be in effect.

Our city has always been a community of runners – which means we ALL look out for each other. Thank you for participating with us and supporting the launch of our first Celebrate Arlington! 5K, which we hope to maintain for a long time to come. We are committed to doing our part for safety and health and deeply appreciate your commitment to do the same!

HELPFUL TIPS

As you prepare for the race, here is how you can help all of us remain healthy this season!

- 1) **If you are sick, stay home.** You have the option to transfer your registration to another runner. During virus season this year, fees are waived for race transfers. Also, the deadline to transfer is the morning of the race, September 26, 2020, at 7:30 a.m. This means if you are feeling sick the night before your race, you can go online and transfer your registration to another runner. (This must happen before the start time of the race.) This applies to those runners considered high risk or immune compromised as well. Use your best judgement and DO NOT attend if it is risky for YOU.
- 2) **Wash your hands or use hand sanitizer.** Every portable restroom will be stocked with sanitizer. Use it, please.
- 3) **Cough and sneeze appropriately.** Turn away from others, put your face in your elbow, and point your face toward the ground.
- 4) **Our goal is “contactless” race protocols.** For safety reasons, we are not planning to have water stations on the race course. Bottled water will be provided before and after the race, and participants are welcome to carry their own water. It is our goal that you do not touch anything with your bare hands that another athlete may also touch.
- 5) **Follow race staff instructions.** Our race directors may be implementing protocols in real time as we get new information from our medical director and governing authorities. For example, on race day, elite runners will be asked to start the race together at the 'gun time' and all other participants will be asked to distance themselves during the start and not group up close to each other. Our event is chip-timed, and your race start time begins when YOU cross the start mat. Please respect the requests of race staff and follow instructions accordingly for the benefit of all.

Frequently Asked Questions

What if there are executive orders at the time of the race restricting the size of gatherings?

As we monitor registrations for this event over the upcoming weeks, either the START TIMES may be managed in waves, or the participant registration CAP may be enforced to abide by any mandated restrictions.

What if this race gets CANCELLED due to local government restrictions?

We always produce our events with the permission and oversight of the local authorities.

- 1) Your registration will automatically be switched to the VIRTUAL race option. Your custom shirt and bib will be mailed to you prior to the event date. We will notify all participants of this change as soon as it is made.
- 2) If you choose NOT to participate as a virtual runner, you have until the scheduled start time of the event to TRANSFER your registration to another runner or donate your registration fee. (See top of this section for link on how to do that.) If you choose to transfer after shirts and bibs have been mailed, you will be responsible for mailing the shirt and bib to the replacement runner.
- 3) Virtual runners should post a photo wearing their shirts, along with their run times if desired, on the Arlington 20/20 Facebook page so that we can all celebrate everyone's accomplishments. Please note that posting on social media does not guarantee a medal. To receive their medal, virtual runners should EMAIL digital proof of their run or post their run times on the race WEBSITE anytime within 7 days following the event date. We will compile the rankings of your virtual scores and post. All virtual race participants who submit run times via email or website will receive a medal in the mail.

If I am running the virtual race, how do I race in my own time?

If you are running a virtual race, you can complete your race on your own around your home, at the gym on a treadmill or even with a group of running buddies – essentially you can compete anywhere in the world! The virtual race comes with no time pressure – your pace is individual to you and you will earn your medal for completing whatever your speed. You can even walk without the fear of crowds at the beginning or at the point in your race when you really could do with that 2 second pause. We allow lots of flexibility to complete your race.

What about timing & results?

No official timing is necessary for our remote runners, but you must check in to our website to submit your time. A link will be provided at a later date.

When will virtual race swag be mailed?

Mailing of custom race medals will begin on October 5, 2020, to give all virtual race participants an opportunity to upload their times.