



Social Integration Strategy

Looking Ahead To Racing in 2020

Presented By: Human Potential LLC

As our communities begin to look towards returning to new societal norms, The Human Potential Running Series (HPRS) believes that we can be a major part of economic recovery within the communities where we host our events, and allow participants the much needed opportunity to express themselves through physical activity. In order to be able to run again, and host our events as scheduled, we have come up with the following plan of action to ensure not only the health and safety of our participants, staff, and volunteers; but the health and safety of the communities we are privileged to recreate in.

The following is being implemented at HPRS Events until further notice:

- We will check the temperature of each arriving registered runner, temporally, with a no-touch temperature gun. Anyone exhibiting a fever of 100 degrees or higher, will be immediately instructed to leave. HPRS staff, volunteers, and all spectators are also subject to temperature checks until further notice. Anyone exhibiting an elevated temperature will be instructed to leave immediately.
- There will be no mass gathering(s) before or after each race. All pre-race meetings will be held via video and presented to participants online in the days prior to the event.
- Bib numbers will not be assigned prior to race day. Bib #s will be handed out in the order that runner's check-in. This is to speed up the check-in process and prevent long lines from forming at check-in. Wait lines will be marked with "wait locations" six feet apart.
- We will implement "rolling starts" for each race. The cut-off's at the end of each event will remain the same. Runners will be asked to arrive, get their temperature checked, complete check-in, then start when ready. Each race will have a 1-and-a-half-hour window for races with less than 100 registered runners, and 2-hours for races with 100 or more runners. There will be no mass start or congregating at our start lines.
- Our races typically see runners spread out over a 5-mile span for races a marathon in length or shorter, a 10-mile span for races up to 50-Miles, and a 15 or more mile span for 100K or longer. Our runners have been social distancing since before it was cool.
- Between rolling starts and normal social distancing that naturally occurs during our races, we are confident that all runners can successfully maintain 6 or more feet of social distancing throughout the duration of the event. The above detailed protocols also prevent "swarming" or "herding" of runners at our aid stations along the course.
- Every runner will be provided a multifunctional neck scarf (aka: Buff) to use in covering their nose and mouth. Everyone will be required to wear this garment around their neck, and must raise it above their nose and mouth at the start/finish line, when passing other runners, as well as while at every aid station.
- Our normal aid station fare will be limited moving forward. Each aid station will for sure have water, and BASE Performance Electrolyte drink. Runners will be asked to self-remove the caps of their bottles, or to hold open the top of their hydration bladders. Volunteers will pour liquids into their reservoirs as desired. No runner will be allowed to touch the water coolers, or pitchers, until further notice. Runners should plan for these actions to add to their time in aid stations.

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- HPRS will provide a limited variety of food at our aid stations. Aid station volunteers who are preparing food will be serving it in single servings as needed. There will be no “collection of food” to grab from. All volunteers will wear gloves and their own buff to cover their nose and mouth. They will also be using utensils to serve food to runners. All runners are encouraged to have a zip lock baggy, cup, or some kind of container to receive aid station food into. Cupped hands are okay for receiving food but must remain clear of any serving utensils at all times. This plan further limits interpersonal contact between runners and volunteers. Runners will not be allowed to grab their own ice. We will also refrain from “car wash” cooling stations during warmer events to prevent the spread of virus through the sharing of water and/or sponges.
- HPRS will add additional drop bag locations for each race. Runners will be encouraged to pack their own drop bags with whatever food they’d like on their own accord. Drop bags will be transported to the prescribed locations prior to runner’s arrival, then returned to the finish line by the end of the event.
- HPRS welcomes local establishments to dictate whether we patronize their business or not at this time. Should any business wish for runners, staff, spectators, and/or volunteers from out of town/county, not enter their business, we ask them to email us (info@HumanPotentialRunning.com) so that we may inform everyone to stay away.
- At the same time, should any business welcome us to patronize their establishment, they are also encouraged to email us (info@HumanPotentialRunning.com) so that we can inform HPRS staff, volunteers, runners and spectators to patronize them. We are happy to detail what type of service is available and encourage our community to utilize curbside pick-up or take-out opportunities.
- HPRS is known for providing well-earned hugs at our finish lines. Hugging will not be permitted until further notice. We will also refrain from providing high fives, or fist bumps. Awards will not be draped around runner’s necks, but will instead be simply handed to finishers. After a runner crosses the finish line, and acquires their finisher’s award, they will be asked to maintain 6’ of social distance from everyone not in their personal party, and asked to leave after no more than 20 minutes at the finish area.
- All participants will have to sign a new race-day waiver at time of check-in. This waiver asks that participants certify that they have not had symptoms of COVID-19, or to their knowledge have been in contact with anyone else who has, over the 2-weeks prior to the event. This waiver also certifies the participant’s understanding that they participate at their own risk, they are aware of the event being altered from what was once “normal”, and they will not hold HPRS, it’s staff, volunteers, other participants, land managers, sponsors, or local municipalities liable should they contract COVID-19 from their participation in the event.
- In the event that someone associated with one of our races tests positive for COVID-19 in the 2 weeks following an event, HPRS will continue to utilize the guidance of state, county, and local agencies, as well as the CDC, in regards to reporting.
- Per the usual, all of our events will maintain our cap of 200-300 runners dependent on permit guidelines.

These directives are subject to change at any time and this document is fluid. As the impacts of COVID-19 continue to decline, HPRS reserves the right to amend or negate any of the above policies as we, and our partners, see fit. Some races may have more stringent policies in place, while others may have fewer.