

Running the Rapids 2021

COVID Preparedness Plan

Pre-Race Day

- We ask runners that have any symptoms to please follow COVID precautions set by the state. We ask that runners forego participation within 10 days of symptom onset or a positive COVID-19 test

Race Day

A. Volunteers

- Volunteers are asked to arrive 30 minutes prior to the race to report to their station.
- Gloves and hand sanitizer will be available.
- 2-3 volunteers per station to allow for social distancing.

B. Race Operations

- Spectators will be allowed to stand around the Start/Finish line. We just ask not to stand in large groups and be mindful of social distancing.
- Food will be available post-race at designated tables. Please allow for social distancing.

C. Runners

- We ask runners to please stay in your vehicle until 10-15 minutes prior to your start time. There will be allotted time for warm up and staging.
- Masks are recommended when not running. If you wish to wear one, but do not have one, we can provide a mask for you.

D. Parking and Buses

- Alternative parking will be available in Cohasset. Current guidelines required that masks be worn on the bus.
- Spectators are welcome and encouraged. The parking lot at Portage Park will be reserved for volunteers and runners only, so please plan accordingly.
- Grace Bible Chapel (located on Co Rd 76) is where we recommend spectators park and cheer from. Please practice social distancing, stick to groups within your household, and wear a mask if possible.
- Grand Rapids Evangelical Church is located on Co Rd 76 and 63. This is also a central location for spectators to park and view the race.
- Additionally, West Elementary School on CO RD 76 and Golf Course Road that has plenty of parking for spectators.