

COVID-19 Safety Procedures for the Clearwater Running Festival

Social Distancing: The key to our mitigation plans start with the idea that running / road races occurring outside can be safe as long as sufficient social distancing is a primary precaution. As such, Millennium re-invented the format of a road race to eliminate the mass start of thousands of runners jammed into the starting corral. Instead, we've developed a "**Time Trial Start**" format where each athlete starts individually every 10 seconds, seeded fastest to slowest. This video will help one visualize this format: <https://www.youtube.com/watch?v=1Pur925Equ8>.

In short, with a Time Trial Start, the entire event is spread out over a longer time frame from the arrival time to the Start, to running on course, to the Finish, and finally departure from the venue.

"John and his team (Millennium Running) are designing something that quite frankly is perfectly designed and is a model. A model for all other States to get these races going and do it successfully."

- New Hampshire Governor Chris Sununu
(while in attendance at the New England Half Marathon on Oct. 11, 2020)

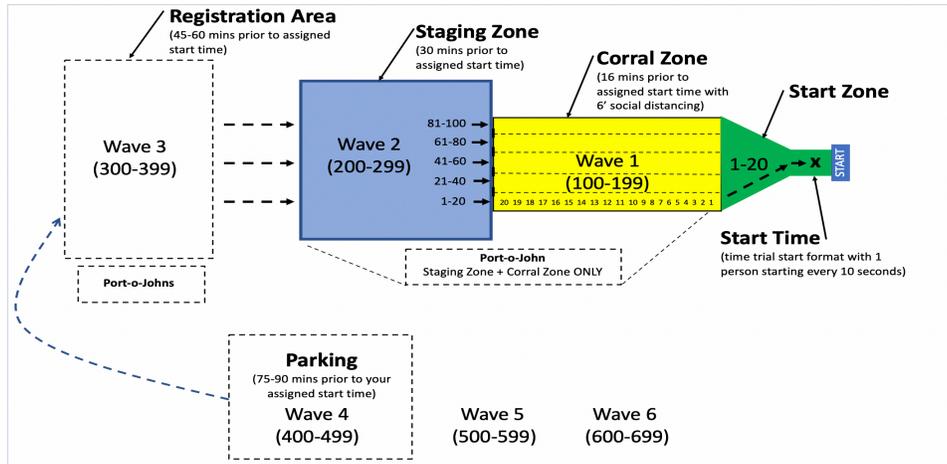


Athlete Arrival Times: With the Time Trial Start format, the participants will start over a combined 1-2 hour time window, depending on how many participants. This time window would cascade backwards for each person to have a specific arrival time to the venue in order to eliminate a critical mass gathering at one time. The arrival window for each person will 45 mins prior to one's start time in order to check-in at registration, stretch, warm-up, line up in their pre-assigned corral location, and ultimately start their race at their assigned time of day down to 10 second intervals.

Face coverings / masks: All participants are required to wear face clothes while at the event venues to include the registration area, start line area, and finish line area. Staff and volunteers are required to wear face coverings at all times. New Masks will be distributed at the finish line to each person.



Start & Finish Venue Map: This graphic below illustrates the various stages of the participant flow. We've divided the field size into cohorts of 99 participants where they are seeded fastest to slowest and assigned a starting time starting 2 people every 10 seconds apart over a much longer time span. The huge size of Sand Key Park and Parking Lot, along with our infrastructure (barricades, signage, PA system) on-site will ensure we maintain 6' between each person during the entire participant flow. See the pictographic and maps below:



Corral / Staging Area: Each person is assigned a starting cone/location corresponding to their athlete number (bib number) that is spaced 6 feet apart within the barricade confined area.



On Deck: The next in line person waiting to start in the time-trial start format.



Start: LED Jumbotron screen shows participant names from pre-assigned start list as they start the event 2 people every 10 seconds.



Course: After a time trial start of participants seeded fastest to slowest with 2 people starting in a 10-second intervals, it allows for the participants to increase their social distance as they progress through the course; hence, mitigating athlete passing. Based on the math, the fastest athletes will have 176 feet between them while running 5-minutes/mile and the slowest participants will have 58 feet between them while walking/jogging 15-minutes/mile.



Number of Participants and Timelines: Based on venue size, we put a cap of 500 athletes for the 5k on Saturday and 500 athletes for the Ultra, Marathon, Half Marathon in order to maximize social distancing at the venue over the entirety of the events on event weekend.

Finish Area / Athlete Departure Times: Since we have eliminated all post-race activities (awards ceremony, band and the beer garden,) and all food & beverage items are grab and go in a bag, we do not expect any participants needed. We will communicate departure protocols to each participant.

Spectators: Spectators are not permitted in the Start or Staging corrals will be discouraged from gathering at the Finish Line. Moreover, since participants will finish one-by-one over a 7 hour period, there will be no critical mass at the Finish Line area from spectators. Additionally, since the course is a point-to-point design over 26.2 miles, supporters be spread out along the route to support their family/friends. Lastly, our pre-race emails, website, and race day public address announcements and staff will communicate our policies.



Contact Tracing: Our technology and procedures allow Millennium the unique ability to provide enhanced, multi-faceted contact tracing if needed. Starting with registration, we obtain detailed personal information from each registrant to include name, home address, email, date of birth, gender home phone and cell phone. Effective contract tracing is then accomplished by our pre-assignments of Start Times. Each participant has a pre-assigned start time and we are able to determine if any other participants were in proximity to an infected participant in the starting line corral. Likewise, along the course, our RFID computer chip tracking records participants at numerous check points. Our technology allows us the unique ability to determine if any participants were in proximity and/or passed another on the course.



Millennium Running
 138 Bedford Center Rd.
 Bedford, NH 03110
 www.millenniumrunning.com

Clearwater Running Festival – Timelines

Participant Start / Finish Timelines:

Saturday, April 24, 2021	First Starter	Start Duration	Last Starter		First Finisher	Last Finisher
5K	7:00 AM	0:42:00	7:42 AM		7:17 AM	8:52 AM

Sunday, April 25, 2021	First Starter	Start Duration	Last Starter		First Half Finisher	Last Half Finisher
HALF / MARATHON / ULTRA	7:00 AM	0:42:00	7:42 AM		8:10 AM	11:12 AM

First Marathon Finisher	Last Marathon Finisher
9:40 AM	2:12 PM

Event Set-Up/Breakdown Timelines:

Friday, April 23, 2021

- 12:00pm-3:00pm Advanced setup of Sand Key Parking Lot
- 3:00pm-6:00pm Advanced setup of Sand Key Park for registration and finish chute.
Early Bib Pick-Up at Sheraton
*overnight security in Sand Key Park

Saturday, April 24, 2021

- 5:00am-7:00am Final setup of Sand Key Parking Lot for Start
Final setup of Sand Key Park for Finish and post race area at the Sheraton.
- 6:00am-11:00am Bib Pick Up at the Sheraton
- 7:00am-9:00am 5K**
- 10:00am Sand Key Open to public for the day.
*overnight security

Sunday, April 25, 2021

- 5:00am-7:00am Final setup of Sand Key Lot for Start
Final setup of Sand Key Park for Finish and post race area at the Sheraton.
- 6:00am-7:00am Bib Pick Up at Sheraton
- 7:00am-2:15pm Half Marathon, Marathon, Ultra 50k**
- 8:30am Sand Key Parking Lot Open to public for the day.