BEFORE THE RACE

• Runners MUST pre-register. No runners can register on the day of the race.

• Register on line at [www.runnb.ca](https://can01.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.runnb.ca%2F&data=02%7C01%7CRMacLean%40hollandcollege.com%7Cb2a4f16cc0564d12c2a108d820df161d%7C3cec91df99264a54a6c8d9366de8fb12%7C0%7C0%7C637295489816414751&sdata=4G2nUE63zup2%2BIpA2RDcQ3fDNyiBjcWu5gfEwFy6j64%3D&reserved=0" \t "_blank)

• Runners running on the course in Miramichi will be asked to sign a waiver and health declaration (saying you’re health is OK) at the registration desk before the start of the race.

• We can only accept runners for the Miramichi course from the Atlantic bubble, or those who have completed 14 days of isolation.

• The virtual race will continue as it has in the past. Run it the day of the race, email the photo of your watch showing the results to Brian Richard at [scorbord@icloud.com](mailto:scorbord@icloud.com)that same day. You can post images to our Facebook page if you want.

• All runners MUST wear a mask before the race.

• You MUST keep your own time. There will NOT be a timekeeper.

• Washrooms available in the rink. Limit 5 at one time. Hand sanitizer  will be provided.

DURING THE RACE

• Runners MUST wear a mask when they START the race.

• There will be a staggered start. Fastest runners first. Group of 5 leaves every 10-15 seconds

• Runners CAN take off their mask during the race. Tuck it into your waistband, you’ll need it at the finish line.

• No spitting or snot rockets during the race please.

• There will NOT be a water stop during the race. Bring your own water.

• If you’re passing a slower runner, please say “passing.” The slower runner should drift left. The faster runner should drift right, creating as much distance as is possible safely.

AFTER THE RACE

• Runners MUST wear a mask as soon as they finish the race.

• Runners MUST present your timing device to officials right after you finish.

• There will be bottles of water after the race.

• There will NOT be food after the race.

Car pooling is discouraged.

Spectators are asked to physically distance, or wait in their cars.