



## Return to Running Pledge

Running | Music | Community

As a running community, we believe it is the responsibility of every runner to play a role in keeping other runners, volunteers, staff and spectators safe at Rock 'n' Roll® Running Series events.

There are four notes to this approach that should guide runner behavior when we return to racing. They are:

- Participant responsibility
- Rock Solid self-support
- Runner and walker etiquette
- Respect for other runners, volunteers, staff and spectators

Thank you for playing a part in making sure we rock on in a safe and considerate manner.

As a participant looking out for my safety and the safety of others, I will:

### Be Responsible

- **Stay home** if I am sick or have been in contact with someone that is sick.
- **Acknowledge** the pre-event health questionnaire prior to entering the Health & Fitness Expo venue.
- **Consult with my physician** prior to training or racing if I have recovered from an illness but experienced severe or prolonged symptoms (even if mild).
- **Utilize proper health and hygiene** methods for hand washing, hand sanitizing, sneezing, and coughing.
- **Make sure to properly wear my face cover** throughout various designated race venues where face covers are required.
- **Be Alert!** I will read all event communication and signage, as it could contain important information on any new procedures and policies. I will follow safety instructions of staff, race announcers and race officials.
- **Respect physical distancing** of my fellow runners and give them extra space. I will be aware of my surroundings at all times and be mindful of those directly around me.
- **Read final instructions** and other race materials to be best prepared for my event.
- **Wear my race bib properly**, on the front of my chest.

## Be Rock Solid

Consider the following optional measures if I want to further reduce touchpoints and interactions between myself and others:

- **Utilize gear check only when necessary.** I will only bring what I need to race and carry what I can.
- **Utilize aid stations only when necessary.** I will touch only what I need, to minimize touchpoints and physical interaction with volunteers and other participants.
- **Consider carrying my own fluids and nutrition** by using a hydration pack, race belt, or race vest.

## Observe Runner and Walker Etiquette

- **Consider the safety of others.** I will adhere to best practices to protect others.
- **Let faster participants pass me.** I will follow road rules: when overtaking, pass on the left; as a slower runner I will stick to the right.
- **Let others know when I'm passing.** I will verbalize my intention to pass and wait until it is safe to do so.
- **Look around and signal before slowing or stopping.** If stopping I will step aside to get out of the way of runners coming from behind.
- **Keep moving once I have finished.** I will move forward to allow space for those coming in behind me.
- **Grab refreshments and go.** I will take the grab and go food and beverage items in the post-race refreshment area, being considerate of those finishing after me.

## Respect Others

- Avoid **spitting** or expelling any other bodily fluids near others.
- **Keep my distance.** I will always give my fellow runners plenty of space.
- **Respect lines** for packet pick-up, toilets, etc. I will observe put more distance between myself and my fellow runners while waiting.
- Celebrate with my **no-touch** cheers of support and encouragement for others.
- **Encourage friends and family to spectate safely** in low-density zones, observe physical distancing and to stay home if they are sick or feeling unwell.
- **Respect the host community.** I am their guest during race weekend, and I will act like it.
- **Thank the volunteers!** They are out here to help me achieve my goals.

I'm Ready to Rock!

