

Participant Responsibilities

I acknowledge the following:

- On course runner assistance provided but not to be considered medical support;
- I will hydrate sufficiently prior to the run and hydrate regularly during the run;
- No support services, namely hydration/electrolyte replacement/energy supplements and artificial cooling methods (sponges, misting stations) will be provided in any fashion;
- Each participant will complete the run based on personal preference and capability (pace, cadence, aerobic threshold);
- Each participant is responsible for continuously monitoring exertion during the virtual run and the manner in which medical attention is sought.
- Each participant will be respectful of the neighbourhood and carry all litter back out with them
- I acknowledge and confirm that I am not required to nor should I be under Covid-19 quarantine status based on Covid-19 exposure or recent travel.
- At the time of signing, I exhibit no signs or symptoms of Covid-19 and will immediately remove myself from attending the Event should this change.

I pledge to do the following in support of my participation in this event:

- Practice 'social distancing practices' during all phases of my participation;
- Exercise generally accepted movement as pedestrians when running on streets and roadways; run facing traffic where sidewalks do not exist; utilize pathways; cross streets at traffic lights, crosswalks and refrain from jaywalking; and
- Carry a cell phone or other personal communication device during the virtual run.
- I attest that I am physically fit and sufficiently trained for the completion of the Event. Furthermore, I hereby grant full permission to use my name and likeness, as well as any photographs and any record of the Event in which I may appear for any legitimate purpose, including advertising and promotion.

Arrival and departure:

- Participants will arrive in a suitable amount of time for prevent warmup and do so off the course and by following all social distancing restrictions.
- Participants will check in with starters table no more than 5 minutes before their start times.
- Should there be gaps in the schedule and you wish to enquire about changing times, please do so at the starters table.
- At the completion of the event, participants will ensure that they practice proper social distancing guidelines during cool down and will not congregate with other participants in parking areas.
- Participants will be permitted to run with participants from their own households if they arrived together. Social distancing although not required, would be encouraged for perceptions purposes.