



Saturday, July 3rd

The Valley 4th RUN is a safe and socially distant opportunity for the community to get active at an in-person event in July 2021. VA Momentum is committed to all safety measures and will ensure a healthy atmosphere to create a smooth transition back to live events, including a dispersed start to allow for proper distancing. Dispersed start means the course will be open from 8:00am-12:00pm 11am(MCL) and runners may start anytime within that window provided they finish by 12pm 11am (MCL) (no mass start). This model allows for full spacing of participants and meets Governor's Orders for race events. This event will also abide by all state & federal guidelines regarding COVID-19, including those listed below. All guidelines are subject to change pending current Governor's Orders at the time of the event.

Valley 4th RUN Site Management Plan:

- Post signage at the entrance that states that no one with a fever or symptoms of COVID19, a positive diagnostic test for the virus that causes COVID-19 in the prior 10 days, or known exposure to a COVID-19 case in the prior 14 days, is permitted in the establishment.
- Post signage to provide public health reminders regarding physical distancing, gatherings, options for high-risk individuals, and staying home if sick.
- Conduct daily screening of staff for COVID-19 symptoms, a positive diagnostic test for the virus that causes COVID-19 in the prior 10 days or known exposure to a COVID-19 case in the prior 14 days prior to admission to the venue/facility.
- Participants will be screened per the CDC guidance for screening children (sent electronically).
- Staff and volunteers will wear masks over their nose and mouth while working.
- Spectators must wear masks over their nose and mouth at all times, and ten feet of physical distance must be maintained between spectators who are not Family members, and limited to 250 500 individuals, as defined in Executive Order 72.
- All participants will be required to wear a face mask at all times when not actively running in the event.
- Hand sanitizer will be available at the start/finish line.
- Individual water bottles will be available at the finish line. No shared water jugs.
- A dispersed start will be utilized for the Valley 4th RUN Participants may cross the starting line whenever they'd like within a window of time (example: 8am-11am), rather than all at once. Runners must cross the finish line by 11am.
- Minimal contact packet pickup will take place during specific pickup times communicated to participants by the event organizer.
- Pre-race communication with participants will emphasize all aforementioned guidelines, safety protocols and requirements.

Valley 4th RUN Schedule of Activities:

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- 5:00am: VA Momentum staff arrive to set up tents, starting line arch, timing mats, packet pickup, water bottles, etc.
- 7am: Packet pickup opens, street closures in effect.

- 8am-11am: Valley 4th RUN dispersed start window open (all runners must cross the finish timing mat by 11am)
 - The course will be open from 8:00am-12:00pm 11am(MCL) and runners may start anytime within that window provided they finish by 12pm 11am (MCL). This model allows for full spacing of participants and meets Governor's Orders for race events.
- 11am: VA Momentum staff break down tents, starting line arch, packet pickup, water bottles, etc.
- 12pm: Course clear, streets reopen.