



The Ohio River Trail Council (ORTC) is following the guidance of local, state, and federal authorities, including the Center for Disease Control (CDC) to implement any necessary plans and protocols to assure the ORTC "River Run" 5/10K Road Race Series has the lowest coronavirus risk feasible. Your safety is paramount and will continue to be our top priority. We are here for you through this challenging situation facing our community.

In addition, before attending the Ohio River Trail "River Run" we ask that you please confirm that you have not traveled to a country designated by the Center for Disease Control (CDC) as Level 2 or higher, been on a cruise ship, or spent significant time in any other area identified as a containment zone or which travel restrictions have been implemented, during the 14-days prior to the event date, and that you have not been in contact with anyone who has been diagnosed with coronavirus. Of course, if you are feeling sick, please stay home and transfer your registration free of charge to our next event.

The ORTC is taking the following precautionary measures. The 5K and 10K have separate starting lines. All participants, volunteers, and spectators will have their temperature measured with a non-contact infrared thermometer. We are promoting a healthy social distance of 6-8 feet. In addition, it is recommended to avoid touching your eyes, nose, and mouth, to wash or disinfect your hands frequently, and to not hug or shake hands with other competitors or spectators. All participants are required to wear a mask at the starting line and during the first one-half mile until reaching the minimum six-foot social distance. Masks are required to be worn before, after the race, and especially at the registration desk and awards ceremony. Purell and Germ-X, hand disinfection stations are available at registration and the finish line festival. Staff who are in close contact with the athletes will be wearing gloves. In addition, the staff is designated to wipe down surfaces throughout the event while donning gloves.

The risks of virus transmissibility in the air outdoors are likely quite low. There is no evidence that you can contract COVID-19 from a perspiring runner, as sweat does not transmit the coronavirus. Even though the increased airflow outside reduces the risk of one person transmitting the virus to another through airborne particles, we do recommend that you run your free lane and maintain social distance to minimize exposure to any respiratory droplets. Allow for greater spacing if traveling right in front of or right behind another person.