



On Veteran's Day Weekend 2020, November 7-8...Outer Banks Sporting Events intends to host The Outer Banks Marathon. This will look different this year in the wake of Covid-19. This document will outline a proposed amended version of the Outer Banks Marathon weekend. This is developed in alignment with the phased approach of returning to normal business as provided by federal & state governments. By adhering to local event size restrictions, as well as physical distancing and sanitation protocols set forth by our governing body, Road Runners Club of America for a safe return to racing (via OSHA, WHO, CDC) the goal is to lessen risks of disease transmission so as to allow in person racing as it aligns with local circumstances.

This year's event is expected to include a Fun Run/5K/Half Marathon & Full Marathon. These will take place as out & back courses this year, instead of the traditional point to point course.

The following is still somewhat tentative but here are what things will look like:

OVERVIEW

Packet pick-up, Start, Finish at Outer Banks YMCA.

Saturday November 7: (9am-5pm) packet pick-up & late registration. 10am- 5K run.

Sunday, November 8th: Half Marathon/ Full Marathon-out and back from YMCA in Nags Head.

EVENT OPERATIONS:

Athletes, staff, volunteers, spectators to stay home if feeling ill. Athletes should pre-monitor during the 14 days prior to the event including symptoms & temperature,

Race weekend will consist of 1- day packet pick-up. One day of racing...out and back courses for a 5K/Half & Full Marathons.

Minimized course support-carrying of own vessel encouraged

Encourage online retail sales

Longer check-in /PPU time for spacing

SANITATION PROTOCOLS:

Encouraged is regular hand-washing & sanitizing.

Sanitizer will be readily available @ restrooms, finish line, post-race food, transition, hydration/ample trash receptacles/pot-a-potties

Any/all staff & volunteers to wear masks & gloves. Frequent sanitation of any areas.

Promote spreading out via signage and announcements.

Flow:

PACKET PICK UP:

Prepackaged bags with bibs/shirt/swag etc.

Recorded race briefing via YouTube for course familiarization, reminders

Line ups practicing social distancing/ face coverings requested

Retail sales -no try- ons, products displayed on grid board-barrier at POS.- social spacing

START AREA:

Social distancing in pre-start area.

Corrals of 25- or arranged by timer-rows 6ft apart. 2-3 minutes between starts..

Appear at start line not more than 5 min. prior to your assigned time.

Specific spectator areas with size limits, and distancing signage.

Encourage proper distance from other athletes at start and while racing.

AID STATIONS:

Less frequent aid stations. Carrying of own vessel recommended.

3 tables spaced out 10-15 feet apart, (1) volunteer per table.

One volunteer per table with fixed job of pump operator for refill from 5 Gal. jug for refills—not bottle touch.

OR Small single serve water bottles –well spread out with recycling plan.

Ample cleaning /sanitation supplies

ALL aid station volunteers to wear gloves & face coverings. If change jobs/come in contact with athlete-new gloves

FINISH LINE:

Significantly expand the finish line-with possible "lanes" to promote flow.

Vocally encourage flow with expediter volunteers as to minimize congregation.

Water/ Gatorade handed to each athlete by gloved, masked volunteer-no self serve.

No towels.

Finisher medals handed to athletes by gloved, masked volunteer.

Not placed around neck.

POST-RACE FOOD:

All volunteers to wear gloves/ face coverings. Gloves changed after changing jobs or contact with an athlete.

Pre-packaged meal in bag (ie biscuit or sub & snack) to go with minimal volunteers gathered

Line of tables for good flow of pick-up and safe distancing.

COURSES:

At this time all (3) race courses are planned as out and back courses. Course plans are subject to change.

5K:(Saturday 11/7 @ 10 am) a course designed into the Nags Head Woods trail behind the Y out 1.55 miles & back.

Half & Full Marathons: 11/8 @ 7:00/ 7:15-??? Details to be determined with timers.

Both the Half & the Full will leave from the Nags Head YMCA and return there to finish

Finalizing accurate distances.

IMPORTANT NOTE:

All of our running events are sanctioned by USA Track & Field and governed by the Road Runner's Club of America. However, the changes and adaptations we are planning for the 2020 Outer Banks Marathon course means that it will not be an official USA Track & Field Certified Course, therefore not a Boston Qualifier. We hope to return to our original course in 2021!

EVENT MEDICAL AND SAFETY OPERATIONS-*per agreement with EMS/OBX Hospital:*

Amended medical plan with attention to COVID 19 factors. *Available soon.*

Extra attention/volunteers specific to constant cleaning of tables etc..

Ample room in medical tents for distancing

Extra sanitation supplies

Designated spectator areas and defined volunteer roles.

Medical personnel to be equipped with thermometers, extra face coverings and gloves.

Arrange plan with EMS for any discovered/suspected cases including local medical resources/ isolation location.

AWARDS:

Face Book Live awards ceremony 6pm that night of the race & mailed awards or pick up available Monday.

Portions of the above outline may be adjusted as changes in restrictions may allow.