



Thank you for registering - Race day is tomorrow!
To make a successful and safe event for all please READ the full letter.
[Watch "what to expect" here!](#)

**ATTN: ALL 7:30PM PARTICIPANTS:
WEAR A HEADLAMP/REFLECTORS**

YOUR BIB If you have not received your bib by race day see event staff before you race.

COURSE IMPORTANT MESSAGE: please run through the finish line mats on EACH loop for accurate split & finish times! The 4K is four 1K loops. **Runners/Walkers must stay on their right unless passing.**

BATHROOMS There are indoor bathrooms near the Finish area.

HYDRATION Water available post-run but no water stop during the run.

COVID If you answer YES to any of the following you are not allowed to attend the event:

- (1) COVID-19 symptoms in past 14 days.
- (2) Positive COVID-19 test in past 14 days.
- (3) Close/ proximate contact with confirmed/suspected COVID-19 case in past 14 days.

MANDATORY FACE COVERING Bring your face covering to wear when not racing – before and after your run/walk.

SOCIAL DISTANCE Staggered Startline (participants spaced 6ft apart) and chip scored. “What to expect” video above.

REMEMBER Upon completion of your run please leave the finish area in a timely manner while others finish, spread out/observe social distancing and wear a face covering!

We are here based on the good faith of our compliance - please use the utmost care to be optically following social distance protocols. Wear a face covering so we may be invited back! Literally, Parks personnel is paying attention to how we conduct ourselves - our actions impact the running community!

For more info on the event visit: <https://events.elitefeats.com/fourth21>
and scroll past all the registration info to the bottom of the page.

Have fun and be safe!

The Time Crew

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