



Thank you for registering - Race day is here!

To make a successful and safe event for all please READ the full letter. [Watch "what to expect" here!](#)

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

COURSE

4M Course Map [HERE](#)

BATHROOMS Porto Johns available on race site.

HYDRATION

2 opportunities for water and at the Finish line.

Post Race for ALL: Bottled water and EnerGICE Vitamin Infused Frozen Hydration near Finish line.



Grab & carry hydration ice bar. 2oz Ice Bar = 13oz fluid replacement. Caffeine/Stimulant/Gluten Free.

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 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: <https://events.elitefeats.com/verrazzano21> Scroll past all registration info to the bottom of the page.

Have fun and be safe!

The Time Crew

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