



Penguin Pace Social Distancing Requirements

General Event Guidelines

- Masks are required at all times including at the start line and once the finish line is crossed.
- Participants are required to keep at least 6 feet away from any other participant.
- All participants are requested to bring a food donation for the [Wayne Interfaith Food Pantry](https://www.winfoodpantry.org/food-donation-info.html). The list of needed items can be found [here](https://www.winfoodpantry.org/food-donation-info.html): <https://www.winfoodpantry.org/food-donation-info.html>
- All Staff will wear masks and those who are handling post finish masks and/or finish water will wear gloves.
- Hand sanitizer stations are set up near the start line entrance and immediately past the finish line.
- There are no post event refreshments other than a bottle of water.
- Please stay in your car until your Start Line Report Time.
- Participants are advised to stay home if they have an elevated temperature or flu like symptoms.
- Spectators are not permitted.
- There will be NO Bag Check. Any belongings must be left in one's car or carried in one's pocket during the race.
- Once you have finished the race, you must depart the event by entering your car and leaving the parking lot.

Arrival/Parking Lot

- Arrival for participants is from 8:15-8:40 AM.
- All participants are required to remain in their vehicles until their Start Line reporting time.

Start Line

Start Line Reporting Time

- Bibs 1-25 report at 8:50 AM
- Bibs 26-50 report at 8:51 AM
- Bibs 51-75 report at 8:52 AM
- Bibs 76-100 report at 8:53 AM
- Bibs 101-125 report at 8:54 AM

Bibs 126-150 report at 8:55 AM

- Start Line - All participants will line up 6 feet apart. Chalk marks or cones will be placed on Lake Drive East (the start chute) indicating a participant's start line location point.
- No warm ups are allowed.
- Waves of 25 participants start approximately one minute apart. Event reserves the right to shorten or lengthen the time between waves.
- Participants are required to keep at least 6 feet away from any other participant.
- Trash cans will be placed approximately 30 yards past the start line for participants to throw away disposable masks. Additional staff wearing masks and latex gloves will monitor the mask disposal process.

Course/Finish

- There will be no water supplied on the course.
- Disposable face masks are available immediately after the finish line to all participants. All participants are required to mask up after crossing the finish line.
- After crossing the finish line and masking up, all participants are required to head to their vehicles and depart the parking lot.
- No warm ups or cool downs are allowed.
- The event will provide water bottles at the finish area by staff wearing gloves and masks. If so desired, participants may bring their own water bottle.
- Be advised that the course is an open course with the likelihood of vehicles on the course. Most of the course is run whereby participants are running against the flow of vehicular traffic. Municipal police personnel, event staff and directional signage are placed throughout the course.
- Mile marks will be recognized, however, there are no mile clocks on the course.
- Event is chip timed; official start time begins when one crosses the start line and finish time is when one crosses the finish line.
- There is no on-site awards ceremony or hot cocoa party. All awards will be shipped to the winning participants within 1 month.

Packet Pick Up

- PRE-RACE DAY PACKET PICK UP IS REQUIRED. Bib and packet pick up will be held at 330 Ratzler Road, Suite A4 in Wayne, NJ. on Thursday 3/18 from 12PM - 6PM and Friday 3/19 from 12PM-6PM.
- All participants must pick up their packets prior to race day.
- There will be **NO race day registration or packet pick up.**
- Penguin Pace provides each participant with a disposable face mask to be worn at the starting line. This mask may be discarded as you cross the start line. Trash cans will be placed in the street with

an additional support staff to collect a participant's mask if they choose not to wear one during the race.

-Penguin Pace also provides each participant with hand sanitizer in their packets.