



Canary 5K Social Distancing Guidelines

It is our intent to follow the protocols below to ensure the safety of all participants. Protocols are subject to change.

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.
- Hand sanitizer stations are set up at check-in, near the start line entrance, and immediately past the finish line.
- There are no post event refreshments other than a bottle of water.
- Participants are advised to stay home if you are experiencing any of the symptoms listed:
[CDC List of COVID-19 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.
- During the post-race Silent Dance celebration, please maintain social distance and wear a mask.

Arrival/Parking Lot

- Arrival for participants is from 5:30-6:50 PM.
- At the Start Line, all participants will line up 6 feet apart. Chalk marks or cones will be placed indicating a participant's start line location point.
- No warmups are allowed.
- 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.





Course/Finish

- There will be one (1) water stop along 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 maintain social distance when participating in the Silent Dance Party.
- No cool downs are allowed.
- The event will provide water bottles at the finish area. If so desired, participants may bring their own water bottle.
- Be advised that this is a nighttime race in a public park. Please exercise caution in your footing.
- 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. All awards will be shipped to the winning participants within 1 month.

