

2022 C&O Canal 100 COVID-19 contingency options

- Packet pickup of race bibs will be cancelled for 2022 and they will be mailed to runners in advance of the event. Premiums will be picked up after finishing. Pre-race briefing information will be recorded in a video/email and sent to runners prior to race morning. This will eliminate crowding and congregating on race morning.
- Participants and race volunteers will have to print and bring a signed waiver stating that to their knowledge they have no COVID-19 symptoms AND are either fully vaccinated OR have taken and received a negative COVID-19 test within 72 hours of the event.
- Runners will start in waves of 10-50 people, socially distanced, every 2-5 minutes starting at 7:00AM on April 30th based on the latest guidance from local, state, and federal health authorities on group size limits.
- Runners will always be required to wear a face covering when social distancing (> 6 feet) is not possible (e.g. race start/finish, aid stations, passing another runner, passing another C&O Canal user).
- All race volunteers will be required to wear face coverings and those handling foods will wear disposable gloves.
- Runners will be required to use hand sanitizer prior to entering an aid station. Aid stations will be organized so that race volunteers will dispense all fluids/food items to runners upon request in disposable bags/cups, etc. Aid stations will be organized so that social distancing is possible. Pre-packaged food items will be prioritized for safety.
- Spectators will not be allowed at aid stations. Each runner will only be allowed ONE crewmember at the Manidokan (not C&O Canal) aid stations. Runners will be allowed only ONE pacer and both runner/pacers must wear a face covering or be socially distant.
- Runners will be discouraged from spitting, coughing, or sneezing without properly covering mouth and nose.
- Handwashing/hand sanitizer will be available at all toilet facilities and face coverings will be required inside all toilet facilities.
- There will not be the traditional post-race award ceremony. Runners will be asked to leave once they cross the finish line. Pre-prepared to-go meals will be given to runners.