

## 4th Annual Turkey Trot 5K

presented by the Kelly Johnson Foundation

### SAFE RACE PLAN (Social Distance Guidelines)

Based on current health procedures, face coverings are recommended at the Turkey Trot 5K. Anyone in the Turkey Trot 5K area is recommended to wear a face covering. The area is defined as anywhere other than on the race course. This includes registration, packet pickup, parking lot, start/finish line, restrooms, anywhere near other people. The Fox Brook Lodge, our indoor area will only allow full capacity.

Once you are on the race course, face coverings do not need to be worn, provided you are at least 6 feet from another person. At the start, you are spaced 6' from others - we strongly encourage you to keep that distance. If you need to pass, call out "on your left" and move as far left as you can. Once you have passed a runner and you are at least 6' in front of them, move back to the right.

After you cross the finish line, we encourage you to move outside of the finish line area for your cool down. Once your cool down is complete, a face covering is required.

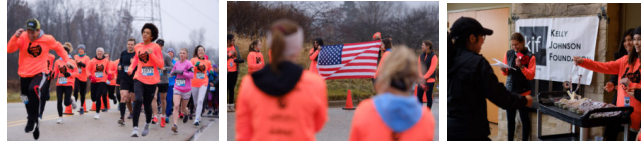
The Kelly Johnson Foundation will be providing hand sanitizer at race check-in and at the start/finish line. Restrooms at the Fox Brook Lodge will be open for hand washing and restroom use.

### START OF RUN/WALK

Starting waves spaced 6' apart. 10 waves total with 20 runners per wave. Waves will leave every 10 seconds and our timer will release wave groups to start. Race times start when crossing the start line. Select your wave group based on your estimated race finish time.

Waves	Each wave spaced 6' apart. Maintain social distancing in your wave.	# of participants in the wave.	Estimated Finish Time
1		20	16:30 minutes or less
2		20	16:31 to 19:30
3		20	19:31 to 22:30
4		20	22:31 to 25:30
5		20	25:31 to 28:30
6		20	28:31 to 30:30
7		20	30:31 to 35:30
8		20	35:31 to 39:30
9		20	39:31 to 40:30
10		20	40:31 minutes or more

**\*\*\*It is important to follow our Safe Race procedures for our Waukesha County permit requirement and hold our event safely.**



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### COVID-19 RUN/WALK PROCEDURES:

#### **BEFORE THE EVENT:**

- Wash your hands with soap and water and bring personal use hand sanitizer to the race.
- Bring tissues or a handkerchief for contained sneezing and coughing or consider wearing a mask. Masks are optional (before, during and after the race)

#### **DO NOT PARTICIPATE IF YOU:**

- Are exhibiting any symptoms of the coronavirus: mild to severe respiratory illness with fever, coughing, difficulty breathing, or other symptoms identified by the CDC.
- Have been in contact with someone with COVID-19 in the last 7 days.
- Are a vulnerable individual with serious underlying health conditions, including high blood pressure, chronic lung disease, diabetes, obesity, asthma, or whose immune system is compromised such as by chemotherapy for cancer and other conditions requiring such therapy.

#### **DURING THE EVENT:**

- Wash your hands with soap and water and bring personal use hand sanitizer to the race.
- Bring a full personal use water bottle(s) and avoid touching or using public water fountains.
- Bring tissues or a handkerchief for contained sneezing and coughing.
- Limit your distance to six feet or more to other participants.
- Avoid contact with others, such as hand shaking and high fives.
- Starting waves have been staggered per estimated run/walk finish time.
- Hand sanitizer will be available at the pre-race/post-race facility.

#### **AFTER THE EVENT:**

- Wash your hands or use hand sanitizer immediately after your Run/Walk is over.
- Thoroughly wash your clothes, accessories, and other items you have used or touched.

*\*\*\*All Turkey Trot participants will sign a health waiver before participating (confirming they do NOT have symptoms or exposure risks as listed by the CDC guidelines) and ensuring the health & safety of all other participants at the event. See COVID-19 Safe Race Procedures as we will be implementing at the event.*

**Contact Information:**  
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