

Race pandemic concerns:

Pre-race:

1. Please refrain from participation if you are experiencing any symptoms associated with Covid-19, if you are not feeling well, or are in any way concerned about contracting Covid-19.

2. Registration will take place outside. Please make all attempts to maintain 6 feet separation while waiting to register or the race to start.

3. If you wish to pay in advance or electronically on the day of the race, you may use Venmo. Direct your payment to: @Craig-Christians Please add the notation "No Frills" with your payment. Entry fee remains \$5.00 for 2021. Entrants will be asked to sign a waiver and complete a race tag with name and age.

4. Masks are required at registration. Masks will not be provided. You will need to bring your own. NO MASK, NO REGISTRATION, NO RUN.

5. The church will be open for restroom use only. No congregating will be allowed inside.

Actual race:

6. There will be no mass start! Groups of 6 to 8 runners will be allowed to be spread across the starting line with 6 feet of spacing between groups.

7. Once you are actually running/walking the race, follow normal race protocol.

Post-race:

8. Minimize time spent at finish line and maintain social distancing; feel free to go home after the race.

9. Results will be posted at runnebraska.com and linked on the facebook page.

10. Water will be available in bottles. To minimize excessive handling, they will be out where you may grab one and go.

I certify that I am fully capable of participating in this activity. Therefore, I assume and accept full responsibility for myself, including all minor children in my care, custody, and control, for bodily injury, death or loss of personal property and expenses as a result of those inherent risks and dangers identified herein and those inherent risks and dangers not specifically identified, and as a result of my negligence in participating in this activity. I assume all risks including: the effects of the weather; cold and ice or snow; falls, physical contact with other participants, volunteers, race personnel, contract service providers, employees, and spectators including the potential of contracting a communicable disease. I further agree to abide by the Center for Disease Control's (CDC) recommendations for the prevention of the spread of the 2019 Novel Coronavirus Disease (COVID-19) and other communicable diseases. I assume all such risks being known, appreciated, and accepted by me.