

## COVID 19 NOTICE

We have worked very hard with our friends at the Forest Service to get the MS 50 permitted this year. Therefore, certain rules are in place for your protection and the protection of others. **Regardless of your political beliefs or beliefs in the science regarding COVID the following rules will be observed. If you cannot or will not comply do not come to the MS 50. If you do not comply with the rules on race day you will be disqualified** without refund and will be banned from any future events. We will not jeopardize our relationship with the Forest Service or our ability to get future permits for any reason. You are also responsible for the compliance of anyone you bring with you to the event.

Due to Covid19;

**NO** pre-race dinner. We will have packet pickup at **The Laurel Fairgrounds, Agricultural Building, 1457, Ellisville Blvd. Laurel, MS**. on Friday night from 5-7 or may be picked up race morning. Please pickup Friday if you can.

**NO** Crews at aid stations

**NO** drop bags

**NO Post Race Food**

AID STATIONS: will have water, Heed and Coke. All food will be prepackaged, individual servings. Sorry but no PBJ's. There will be a variety of fuel to choose including gels. If you touch it take it or trash it. Everyone must carry a bottle or other personal hydration option.

**Start in your assigned group. This is in order to reduce the number of persons at the start to the required covid numbers.**

### **Start Times;**

50 Milers	6:00 am
50K	6:10 am
20K	8:00 am

Runners must remain socially distanced until time to start their run. Face coverings will be required around the Start/Finish area, at the START and at the FINISH. You may run without face covering during the race; however, you must start with face coverings and must immediately mask up at the finish line. Runners will not be able to pick up finisher awards without face coverings. When you finish take your stuff and head away from the start/finish area.

Remember next years MS 50 depends on your conduct at this years event.