



THE 43RD ANNUAL JACK O'KEEFE MEMORIAL

STRIDES Road Race



Rules

IN PARTNERSHIP
FOR FULL
EQUALITY

Sunday, October 4 —
Sunday, October 11, 2020

VIRTUAL RACE RULES/PROCEDURES

- 🚩 Decide your course and measure it— (5K= 3.1 miles, 10K= 6.2 miles, 1 Mile Fun Run, Walk & Roll).
- 🚩 If you choose to run our traditional courses at Camp Harkness in Waterford, *see below*.
- 🚩 Run your race, time yourself, and submit a photo or document showing proof of your time by email to: DTIFT@THEARCECT.ORG by **11:59 PM on October 11, 2020**.
We expect you to be truthful about your actual time.
- 🚩 If you run with others or see people on your course, wear a mask and practice social distancing.
- 🚩 Please consider posting photos of yourself to social media and our **Strides Facebook Event Page** ([click here](#) or visit our **Facebook page**).

VIRTUAL RUN 2020

IT'S A VIRTUAL RACE—BUT THE RULES ARE REAL!

CAMP HARKNESS RUNNERS

★ ★ ★ FOR THOSE WHO WOULD LIKE TO RUN OUR CAMP HARKNESS COURSE ★ ★ ★

- 🚩 After you've registered, please call or message **DENISE TIFT AT 860.889.4435 x116** OR DTIFT@THEARCECT.ORG to reserve a time slot between 8:00 am and 5:00 pm.
- 🚩 Bring your ID and check in at the gate—parking is in the Main lot.
- 🚩 Portable toilets are on the property—there is NO indoor access.
- 🚩 All runners must follow Camp Harkness rules.
- 🚩 Face coverings are to be used when passing others in the common areas of camp and parking lots.
- 🚩 You are responsible for your own safety while running or walking the course.
- 🚩 There will be no water stations—please bring your own water bottles and be prepared to take home any trash.
- 🚩 There will be no fire police or police guidance for this virtual race—please use caution and run/walk along the side of the road or sidewalks only.

All rules are subject to change based on state and local guidelines