

**COVID-19 Guidelines for Ben's Run, Oct. 15 and Oct. 16, 2021,  
as of Oct. 12, 2021: Guidelines will be updated should  
CDC/Montgomery County Guidance Change**

- We highly encourage COVID-19 vaccinations for those who are eligible.
- Please pay close attention to your health prior to attending this event. If you have been exposed to COVID-19 or another person with COVID-19, please stay home. If you have cold symptoms, a mild fever, or just “don’t feel well,” please stay home.
- **Masks must be worn in the elementary school** as required by Montgomery County, and we ask that visitors to the All-Purpose Room (APR) be sensitive to those around them while picking up packets or reviewing Silent Auction items. **Weather permitting, packet pick-up will be moved outside.**
- When picking up packets, **participants will be asked to complete and sign a COVID-19 check in form** stating that:
  - I have not been diagnosed with COVID-19 in the last 14 days and do not have any of the following COVID-19 symptoms:
    - high temperature of 100.4 or higher,
    - cough,
    - shortness of breath,
    - difficulty breathing,
    - chills,
    - muscle pain,
    - recent loss of taste or smell
  - I have not been in contact with someone experiencing any COVID-19 symptoms within the last 14 days.
- **Silent auction:** We will do our best to improve space between silent auction items and tables. Buckets of clean pens and buckets to use for dirty pens will be available at silent auction tables.
- **While masks are not required outside, some attendees may prefer to wear a mask. Extra masks will be available, if needed.** Hand sanitizers will also be available.
- **Runner and walkers will leave the school in waves**, so as not to crowd the starting areas. Participants should listen for announcements for organizing the waves.
  - **5 mile runners and competitive 5K runners** will leave the school driveway first. 5K and 5 mile events are chip timed so each participant will receive their time after the run regardless of the time they crossed the starting line.
  - **Runners for the one mile** will leave the school in the first wave and **walkers** will follow in a second wave.

- While running or walking, please be sensitive to those around you whose comfort level or health situation may be different than yours, especially our younger participants who are not yet able to be vaccinated.

*Thank you!*