

Dear Runners,

On behalf of the Freedom's Run and Harpers Ferry Half Marathon Team, our mission is to encourage and keep our community active, healthy, and well during this stressful time. Races across the world have cancelled for March thru most of May. We plan to host the Harpers Ferry Half Marathon & 5K scheduled for May 16, 2020. **If the situation requires it, we will still have fun, get outside, and offer an unusual twist.** Although it protects us from respiratory illness, social isolation can be damaging in many ways and we want to offer some relief done safely.

Our **Plan A** if all restrictions of a group gathering are removed and we deem the situation safe: race as usual with one start for each event.

Our **Plan B** if there are still restrictions on social distancing and numbers of people that can be in the same place: we will have a rolling staggered start to allow everyone to get out on the course either by themselves or in groups of a few to start between the time of 730 and 830. Our event is a small race and this would eliminate any groups of greater than a few from ever being in close proximity. We will have spies on the course and police larger social running gatherings :)

Our **Plan C** if even stricter restrictions: we will host a virtual race that needs to be run on the actual course at some point around the race date or an area with at least 1200 + feet in elevation gain :)

*We will be sure to keep you updated via email as the weeks progress*

The safety of our participants, volunteers and community remains our top priority as we monitor the spread of coronavirus. We must defer to the guidance of local, state and federal health experts as we continue to learn more about this pandemic on a daily basis. As plans for the event evolve we will update you with further information and details.

On behalf of the Freedom's Run Race Series Team, we hope that everyone in your family stays safe and healthy and that we will all be back to our normal day-to-day soon.

Finally, it is fine, safe, and healthy to meet your friends who are well and go outside on a run.

Be well,  
Dr Mark, Katie, and the Freedoms Run Team

### **ADVICE DURING A PANDEMIC**

Avoid crowded places = Run outside

Keep a safe distance from people who sneeze and cough = Run outside

Do not use a public transit = Run outside

Expose yourself to sunshine = Run outside

Avoid recirculated air = Run outside

Boost immunity with good food and fresh air = Run outside

Your Gym is closed = Run outside

Have to stay home from work or school = Run outside

Maintain a positive and hopeful attitude = Run outside

\* these thoughts are shared by all in the outdoor industry whether you run, walk, bike, climb, or hike