Comprehensive COVID-19 Information

Twin Cities In Motion is excited to offer an in-person edition of the 2021 Twin Cities Orthopedics' Women Run the Cities, presented by PNC Bank on Saturday, July 24. Safety has always been our organization's top priority and organizing COVID-safe events is our guiding star this year. Runners are eager for a safe return to larger scale events and we're working to make that happen safely. Accordingly, this year's event will look different. Some of the most noticeable changes include, but are not limited to:

- Reduced field sizes in all races
- Mask-wearing requirements except while racing
- Social distancing requirements across the event
- Spectating discouraged and spectator access limited in certain areas
- Reduced touchpoints whenever possible

Event protocols will be constantly evaluated to be properly calibrated to the public health situation on race day.

New COVID Cancellation Policy

We have also instituted a partial cash refund policy where participants and TCM share the risk of another event cancellation. If state or local authorities mandate a race cancellation due to the COVID-19 pandemic, in-person race registrations will be converted to the corresponding virtual event, participants will be mailed all participant amenities and receive a partial cash refund as follows:

- 10 mile: $20 refund
- 10K: $10 refund
- 5K: $10 refund
- Virtual events: Not affected by in-person cancellation

We're optimistic we will be running in-person this summer. We're working closely with our medical director, crowd science experts and with guidance from appropriate government agencies to design a safe event. Participants will play an important role in the event's safety, too.

Below, please find the latest information on how various aspects of the event could look this summer.

COVID-Related Event Changes and Considerations

Packet Pick-up

- Specific arrival times may be assigned
- Location not yet confirmed
- Race Day Packet Pick-up will likely be eliminated, all participants will likely be asked to pick up their race bib and gear Thursday July 22nd or Friday July 23rd. Picking up other runners' packets will be allowed.

Start Area

- Start times will be different than from years past. The first race is likely to start as early as 7am in order to avoid running at peak heat in July

- Gear Check drop-off may be modified or eliminated
- Specific Start Area arrival times may be assigned, requiring each runner to arrive in the Start Area, enter their assigned corral, and start their race at specified times
- Runners may not be able to start with all friends or family members they prefer to run with (accommodations will be made when possible)
- Pre-race amenities may be eliminated (e.g., pre-race water and coffee, Gear Check, etc.) and runners expected to show up self-sufficient and ready to run

Course

- Participants will not be required to race with their mask on
- Although the race will provide sufficient Aid Stations with on-course hydration options, participants will be encouraged to be self-sufficient and run with their own fluids and nutrition to reduce touchpoints
- Spectating along the course will be discouraged and spectators may be directed to disperse by course marshals or law enforcement

Finish Area

- There will be no Brunch Bar, presented by PNC Bank . All Brunch Bar resources have been redistributed to a charitable donation to Girls on the Run.
- Finish Area food will be limited to pre-packaged items only. Refrigerated foods previously given out in the finish area may be eliminated.
- Vendor Village may be reduced or eliminated
- Photo opportunities (e.g., PR Bell) may be reduced or eliminated in the festival area
- Limitations on spectator numbers and spectator access to certain areas restricted

As the status of the pandemic recovery becomes clearer during the spring and summer, event protocols will be evaluated to be properly calibrated to the public health situation at race time. Twin Cities In Motion will provide updates to policies and protocols as they are confirmed.