**2020 Heitz of Heaven 5K Run/Walk**

**Race Date** Sunday, September 13th   
**Location:**  RMU Island Sports Center, 7600 Grand Ave, Pittsburgh, PA 15225  
**Packet Pick-Up** 10:00am-3:00pm Sat or starting at 7:00am Race Day  
**Prepare to Race** 8:45am  
**Race Time** 9:00am (staggered start, chip timed)

**Race Start Details to Maintain Social Distancing:**

In order to minimize large gatherings on race morning and on the course, we will be starting the race in small waves. This will reduce the number of runners in proximity of each other and the number of people in the Start & Finish areas at a given time.

* To ensure maximum social distancing, runners will be released five at a time over the course of each wave (approximately 10 seconds between each wave of 5 people).
* There will be markings at the start line to indicate those (5) spots where runners can line-up.
* We encourage you to line up according to your race speed. Allow faster runners to line-up first.
* There WILL be a starting & finishing mat to ensure accurate timing of runners.
* Please try to maintain appropriate distance between other runners in the start area.

**Race Protocol:**

* **Do not** spit. If you must spit, do so away from people and areas that will have foot traffic.
* Only blow your nose in a tissue or a small towel; store, then dispose of properly.
* **Do** practice runner etiquette:
  + announce when passing to allow for maximum space
  + run single-file, not two abreast unless there is ample public space to do so
  + dispose of waste in proper receptacles
  + lower volume in earbuds to maintain ability to hear other runners.

**Important COVID Guidelines:**

* If you have a fever, cough, sore throat, or any other symptom of COVID-19 or other illness, please stay home. Contact the event director (heitz61foundation@verizon.net) if you have any questions. All CDC guidelines should be followed.
* Masks will NOT be required while running on the course, but having a mask or buff handy is highly recommended should you be passed by another runner or are passing another runner. Masks/face coverings are encouraged while you are waiting to start**.**
* Please be sure to wash and sanitize your hands frequently. Sanitizer will be available in various areas around the venue.
* We strongly encourage you to plan for your own hydration needs, especially on the course. There will NOT be water provided on the course. You will get one bottle of water at the finish line.
* Once you complete the race, please do not hang near the finish line. We want to make sure there is enough room for other runners to safely finish while being socially distant from others.

**Parking:** Participants can park in designated parking at RMU Island Sports Center or across the street at Paradise Island Bowl and Point Spring & Driveshaft Co.  
  
**What time should I arrive?** Plan to arrive about an hour before the race so you can be sure to find a parking spot and familiarize yourself with the start line.  
  
**When can I pick up my shirt and bib?** You can pick up your shirt and bib early at RMU Island Sports Center, main entrance of hockey rink, on Saturday, September 12th, 10:00am-3:00pm.  
If you cannot make it during this time, you can simply pick up your shirt and bib on race day starting at 7:00am.   
  
**Will there be activities before the race?**  Yes!  Allow additional time before the so that you can participate in our auction!  Also, enjoy some cool tunes that our DJ will be playing.  
  
**Will there be refreshments after the race?** Unfortunately, due to COVID restrictions we are unable to offer the food and drinks we typically do. This year we will be offering treat bags that will include water and a light snack.   
  
**How can I find my results?**After the race, participants can view their results by visiting Miles of Smiles Timing Services website:  https://www.smileymiles.com/2020Results.html