



Red Shoe 5k FAQs

COVID-19 Protocol FAQ

How will the race be modified for the health and safety of participants?

We will make every effort to conduct this race in accordance with CDC, state, and local guidelines. Please review CDC Guidelines on how to protect yourself at: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/index.html>

We will rely on each participant to conduct themselves with best practices during the global pandemic, including practical physical distancing, avoiding handshakes and high-fives, wearing facemasks, staying home if you feel unwell, etc. Please only attend the in-person event if you have been vaccinated.

As of now, the In-Person Event is expected to have 350 participants (including staff and volunteers).

How will RMHCDC control the crowd?

Participants will start in small wave groups. Participant waves will be launched in 1-2-minute intervals.

Do I have to wear a mask?

We are not mandating masks outside, please use your best judgement. Disposable masks will be available if you do not have one.

Will there be increased sanitization?

There will be hand sanitizer available at tables, as well as hand washing stations near the porta-potties.

Cleaning and sanitizing of high touch areas and kid's activities will be done throughout the day. There will NOT be a moon bounce.

11th ANNUAL Red Shoe 5k RUN & WALK

What if outdoor gatherings are discouraged by state and federal entities?

For the safety of our participants, volunteers, and staff, RMHCDC can make the decision to go fully virtual at any time. Participants and all other parties will be notified.

GENERAL FAQ

How will the Kids Fun Run be handled?

To practice social distancing, the Kid's Fun Run will be a relay with designated lanes for each child.

Are jogging strollers allowed on the course?

Yes, jogging strollers are allowed on the course. Parts of the course will be gravel and grass that may be difficult for a jogging stroller. Please plan accordingly.

Are pets allowed at the event?

No, pets are not allowed at Bull Run Special Event Center.

PACKET FAQ

Will there be race day race registration?

Yes, at the ticket booth at Bull Run Special Event Center. We encourage everyone to register ahead of time at www.redshoe5k.org to prevent long lines. T-shirt sizes cannot be guaranteed for race day registrations. **Cash not accepted.**

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Where and when is packet pick-up?

You may pick up your packet on Friday, October 1st from 10 am – 7 pm in the parking lot behind Ronald McDonald House of Northern Virginia, located at 3312 Gallows Road, Falls Church, VA 22042.

You may also pick up your packets on race day between 7 am – 8:15 am.

RACE DAY FAQ

When do I need to arrive at Bull Run Special Event Center?

Day of registration and packet pick-up begins at 7 am. Please make sure you come as early as needed to prepare for your race.

The schedule is as follows:

Schedule:

- 7:00 AM – 8:15 AM – Early Registration/Packet pick-up. T-shirt sizes cannot be guaranteed for race day registrants.
- 9:00 AM – Kid's Fun Run
- 9:15 AM – Warm up
- 9:30 AM – Race begins according to your assigned wave
- 10:45 AM – Awards ceremony

Where do we park?

Parking is free and will be available at the Bull Run Special Event Center. Please follow signs and there will be parking attendants to assist.

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Will there be post-race food/water?

Yes, all post-race water and food items will be pre-packaged.

Will there be water stops?

Water stops will be provided with cups of water. Water will NOT be individually packaged here.

Will there be post-race activities?

Yes, sponsors, vendors, and activities will be spaced at least 10 feet apart. Kid's activities will be available and sanitized throughout the day.

A food truck and coffee truck offering additional for-purchase food and beverages will be available pre-race and post-race.