



SOCIAL DISTANCE PLANNING: LET'S MAKE THIS HAPPEN TOGETHER!

Our top priority is preserving participant and volunteer safety as we proactively announce the following to ensure a fun and safe 2021 Mother of All Relays aligning with the [Oregon Health Authority](#):

- **Participants carry face-coverings and utilize them within six-feet of other participants in an outdoor setting. Runners/walkers will be provided with a face covering if they do not have one.**
- **Start waves every 5 minutes over 13 hours.**
- **Please wear a mask at the Start, exchanges, and Finish.**
- **Contactless Team Check-In via [Hood To Coast App](#) for local teams.**
- **Increased portable toilets, hand-washing stations and sanitizers at Start Line, each exchange, and Finish Area.**
- **Clear, inclusively designed signage, ensuring proper social-distancing at Start, Exchanges, Finish.**
- **Race official volunteers are provided with a free new reflective vest (and mask) to keep and wear at all times during shift.**
- **Place medal awards distributed contactless from the beach on Sunday, picking up anytime 9:00-11:00am.**

Relay events are innately socially distanced, as only one member of a relay team participates at any given time. Therefore, even the most popular relay race in the world, the 39th annual Hood To Coast & Portland To Coast Relays, which host nearly 18,000 participants, will have 1,450 participants dispersed throughout the 197-mile race course. That's one participant every 739 feet.

Movement is so important to ensuring mental and physical well-being. **We believe in the power of running and walking to uplift each of us, and in these times it's never been more important to help each other achieve balance in mind and body. We'll continue to do all we can to help the world achieve this goal. We will be right there with you in this journey and look forward to seeing you at the Mother of All Relays on August 27-28!**