

DECALOGUE OF THE GOOD "MARCIALONGHISTA"

Caro "Marcialonghista",

the Marcialonga Committee is committing to guarantee even in this difficult year a sport event, as we are convinced that sport is an important part of our lives. The safety of our runners, volunteers and helpers is of course at the first place and this is why we had to change many aspects of the original race, sure that in this year the Organizing Committee should show maturity and respect towards the current situation. We are sure that you and the other runners will also make an effort so that everything turns out the best way and this is why we created a decalogue with the rules we are asking you to respect.

With ethic and civic sense and only with the help of each one of us, this event will be a success. In short, we are asking you to pay attention to these rules, as Marcialonga will, during the whole event.

1. IF YOU HAVE FLUE, AVOID SPORT ACTIVITY AND DO NOT PLAN YOUR TRAVEL.
2. KEEP ALWAYS A SECURITY DISTANCE OF AT LEAST 2 M DURING THE RACE: DO NOT RUN IN A GROUP AND KEEP THE DISTANCE FROM THE OTHER RUNNERS
3. AVOID USING OTHER PEOPLE'S GLASSES AND BOTTLES. DRINK ALWAYS FROM ONE-WAY GLASSES OR PERSONAL BOTTLES
4. PUT YOUR HANKERCHIEFS OR TOWELS USED DURING THE RUN IN YOUR POCKETS OR IN THE CORRECT BINS
5. BEFORE AND AFTER THE RACE, USE A MASK TO COVER YOUR NOSE AND MOUTH AND AVOID TOUCHING YOUR EYES, MOUTH AND NOSE WITH YOUR HANDS.
6. ONCE YOU GOT BACK HOME, WASH YOUR RACE CLOTHES SEPARATELY FROM THE OTHER CLOTHES.
7. WASH YOUR HANDS WITH SOAP OR SANITIZING GEL AS SOON AS POSSIBLE AFTER THE RACE.
8. READ WELL THE RACE RULES AND THE USEFUL INFORMATION THAT HAVE BEEN SENT AND PUBLISHED ON THE WEBSITE, IF YOU HAVE DOUBTS, CONTACT US.
9. BE PATIENT IN CASE OF QUEUE OR WAITING TIMES AND BE KIND TO THE VOLUNTEERS AND HELPERS.
10. RESPECT THE RACE RULES AND BEHAVIOR GUIDELINES BUT FIRST OF ALL HAVE FUN!