Twin Cities In Motion’s MNy 250s: The Biggest Little Thing Running

Leading the way in the Twin Cities’ safe return to racing
Concept Explainer

What are MNy 250s?

• No-frills running events designed to lead the way in the Twin Cities' safe return to running.
• Provide runners motivation to keep training, a timed result on an accurate course, and the opportunity to cross a physical finish line, all in a safe environment that abides by all local, state and federal guidance.
• Like road racing was back in the ‘80s—no extras, just a starting gun, a finish line, and 249 of your best running friends.

(Short shorts are optional but following safety protocols is mandatory.)
Convening our Minnesota Peers

Timeline

March
- TCM convened MN running event producers

April
- Began monthly group check ins and created working documents to build and share information to tell our MN industry story

May
- Continued to mine the landscape and grow the group - great teamwork & support emerged

June
- Learned from USATF MN President state worked with youth sports to create guidelines and running was missing
- Found local representative to help us navigate the state process
- Formed the Minnesota Running Industry Task Force (MRITF) and created a one-page support paper

July
- Made connections with state officials to understand the submission process and filled out template to submit to the state & created logo for group

August
- Held two meetings to overcome objections of running in groups larger than 25 and requested moving adult running into new state categories, from Outdoor Recreation (25) to Recreational Entertainment & Organized Sports (250)
- Verbal agreement was reached between parties

September
- Final guidelines were posted by the state
Getting Approvals

This six-month process has brought the MN running industry together. It took many partners including Anderson Race Management, Podium Sports, Rock Steady Racing and individual connections to move us forward. Everyone on the task force played a role to create our story.

USATF MN opened the door
TCM penned the guidelines
ARM made connections
PS created the logo
RSR gathered MN running stats
MRITF told a compelling story to create action
Getting Approvals (cont’d.)

Main Objections/Concerns

• How to manage social distancing at races
• How to manage spectators
• Public versus private venues
• How discern races from parades & festivals

Biggest Takeaways

• This takes time and teamwork
• Don't get discouraged
• There is a need to educate the state
• Keep following up
• Don't wait act
Developing a Site-Specific Plan

Know Your Venue

- How is your venue categorized?
- Can you control your entrance?
- Does your venue have any special considerations?
  - Space constraints
  - Limit use of certain types of equipment
  - Course width or out-and-backs
Developing a Site-Specific Plan (cont’d.)

Sanitary Considerations

- Staff Mask Policy
- Staff Glove Policy
- Develop contactless processes
- Hand sanitizer
- Fluid and Aid Stations
- Portalets and bathrooms
- Finishers’ food
Developing a Site-Specific Plan (cont’d.)

Policy Considerations
- Entrance Screenings
- Mask Policy
- Social Distancing Policy
- Spectators allowed?
- Registration Policies:
  - Race Day Registration?
  - COVID Deferrals?
- Policy enforcement
- Communication of policies

Biggest Takeaways
- Private venues
- Communication is key
- Consistent enforcement
Event Operations

Start Line

• Pre-Race
  • Vendor & Event Staff protocols
  • Socially Distanced Start Corral
  • Socially Distanced Staging Area
  • Assigning Corrals & Enforcing Protocols

• During Race
  • Corral Size
  • Mass Start vs. Time Trial Start
  • When to remove your face covering
  • Time between waves/corrals

• After the Race
  • Sanitizing equipment and gear
Event Operations (cont’d.)

Course

• Pre-Race
  • Water Stop or No Water Stop?
  • Directional Signage vs. Course Marshals

• During Race
  • Event Staff Positioning & Duties
  • Water Stop Management
  • Enforcing Protocols

• After the Race
  • Sanitizing equipment and gear
Event Operations (cont’d.)

Finish Line

• Pre-Race
  • Packing Post-Race Food & Water Bags
  • Securing face coverings for Finish walk off exit
  • Setting clear finish walk off exit signage

• During Race
  • Preparing Finish Corral

• After the Race
  • Enforcing face covering protocols
  • Distribution of Post-Race Food & Water Bags
  • Sanitizing equipment and gear
  • Vendors
  • Post-Race Activities