



# 51st Annual Bristol “Mum-A-Thon” 8K Road Race

## COVID-19 Edition

**SUNDAY October 18th 2020 8:00 AM**

#Mumathon2020 #Veteransstrong



**Veterans Strong**  
**Community Center, Inc.**

Serving Veterans – Past, Present & Future  
a 501(c)(3) non-profit organization

Thank you so much for supporting your local Veterans and choosing to run with us for the 51st annual Mum-A-Thon Road Race! Please Follow the REOPEN Connecticut race protocols at [ct.gov/coronavirus](https://ct.gov/coronavirus).

**Please wear a mask and maintain a minimum of 6ft distance from other runners and volunteers before and after your race and while passing other runners.**

Costumes are encouraged! Let's have fun!

The following plan has been developed by the Veteran Strong Community Center in collaboration with the Bristol-Burlington Health Department and Platt Systems to provide the highest level of safety possible for all participants and volunteers.

- No same day registration will be accepted. Pre-Registration Only until 10/16/2020, 11:59 pm
- **Enter the parking lot from Maltby St. The front driveway off Stafford Ave will be set up for the race. Race morning as you drive into St. Paul's, before you park, our volunteers will distribute packets to you in your car. Your packet will include your race shirt - if you were in the 1st 100 to register - your bib and safety pins.**
- Volunteers will be kept to a minimum. There will be no water stations allowed on the race route and no food will be provided. Please hydrate before and be aware of traffic on the course. Bottled water will be provided after the race for you to grab 'n go.
- Due to COVID-19 protocols there will be no spectators allowed and no Monster Mile walk this year. Please, for everyone's safety no congregating before or after the race
- **Runners will be divided into 4 waves based on the runner's predicted race pace – this is done so that waves of runners are not passing each other. Fastest runners are in the first wave. Each wave will be ordered based on individual runner times fastest to slowest per wave.**
  - Wave 1 - Finish in less than 28 minutes
  - Wave 2 - Finish 29-35 minutes
  - Wave 3 - Finish 36-45 minutes
  - Wave 4 - Finish 46+ minutes
- Runners must remain in their car until their wave/name is called.
- Runners for each wave will be spaced 6 feet apart (marked by Xs on the pavement) in a chute. NO more than 5 runners will be lined up at a time. Each runner will be provided a start time and they are to remain in their car till their assigned start time. They are to leave as soon as they complete the race.
- Each runner will start the race individually. There will be a staggered start between each runner starting the race.
- **The start and finish will be different this year for safety and timing accuracy.** As the finishers enter the St Paul's parking lot they will stay to the left hand side and do a loop around the perimeter of the school to the finish line. The course will be marked with chalk arrows and cones. See map for more details.
- Runners must leave once they complete the race. No Opening Ceremony or Awards Ceremony will be held. Race times and awards and results will be presented virtually that evening.

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