



Announcement Re: COVID-19

Just a quick update on what is happening with club functions surrounding COVID-19.

The executive board has decided that we will still be holding workouts and regular club runs at this time; as we are a smaller group, therefore the risk remains low. Sunday long runs out of the West End YMCA and the University Settlement House will both be going forward this weekend as planned, as well as the 8:45am Saturday run at High Park. Races may be cancelled, but running is not!

Unfortunately, we do feel it is the safest decision to postpone the New Members' Brunch and 2x1 mile relay (scheduled for March 21st) at this time. It is our responsibility to help protect the health of our members & the greater community and help "flatten the curve" & prevent the spread of COVID-19.

For anyone who has already submitted payment online through our registration system and would like a refund, we will gladly do it – otherwise, you will remain paid and subscribed for when we hold the event later in the year. We will keep everyone updated regarding these future plans!

Let's all do our part to help keep our community safe and follow these important guidelines:

- If you are attending a club run, please plan to gather outside of the building (rather than inside the lobby)
- We will immediately split into smaller pace groups to further reduce risk
- Pre- or post- run social gatherings are strongly discouraged
- Please keep a safe distance from one another and refrain from touching (this includes hugs, handshakes, fist bumps, high fives, etc.)
- If you are feeling at all unwell or have even minor symptoms, please refrain from attending workouts or any other club functions
- As always, please continue to use your best judgement and follow advice from public health authorities: <https://www.toronto.ca/community-people/health-wellness-care/diseases-medications-vaccines/coronavirus/>

Runner's World magazine also has some good information about running outdoors during this coronavirus pandemic:

<https://www.runnersworld.com/news/a31439358/running-during-coronavirus/>

We will continue to re-evaluate as the situation evolves and provide any additional updates as necessary. Thank you for your understanding.

- The Executive Board