



Thank you for your patience and understanding at this unprecedented and challenging time due to COVID-19.

Your support is most appreciated as we collectively work together to protect the health and safety all involved.

Our top priority, as always, is and remains the health and safety of our runners, volunteers, staff and the community at large.

As the COVID-19 situation and directives from our public health agencies continue to evolve very quickly, we have decided to temporarily pause accepting any new registrations for the Toronto Women's Half Marathon/10k/5k on May 24.

For those who are already registered in the race, we continue to plan diligently for this year's event as well as our other races later in the season.

If we are required to change plans, we will update everyone as quickly as possible.

Thank you for your patience, support and understanding at this unprecedented and challenging time.

Make sure you practice proper hygiene practices to prevent the spread of infectious and respiratory illnesses, including when you run:

- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose, and mouth as much as possible.
- Avoid close contact with people who are sick.
- Stay home when you are sick, even if they are mild symptoms such as a cough or runny nose.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash. If you do not have a tissue on hand, cough into your elbow.
- Clean and disinfect frequently touched objects and surfaces including your electronics like your cellphones.
- Clear your nose away from fellow runners.
- Dispose of your drink cup, gel packs, and other personal items in the proper receptacle.

Find additional, credible resources here:

- [Toronto Public Health](#)
- [Public Health Agency of Canada](#)
- [World Health Organization](#)

Wishing you good health,

Cory Freedman, Race Director/Founder and the Toronto Women's Run Series Team