

Dear runners and friends,

Like all event organizers in Canada and around the world, we continue to closely monitor the news and government updates in regards to COVID-19.

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

We continue to plan for the Toronto Women's 10k/5k race to be held as scheduled on August 15, 2020, given that the event is more than two months away.

Our planning also includes evaluating all possible enhancements to ensure our event is as healthy and safe as possible for all.

We are working closely with our city partners to continue to review the latest information to reassess the public health risks, based on the most current evidence as this rapidly changing situation continues to evolve as we strive to flatten the curve as quickly and safely as possible.

If we are required to change plans, we will notify you with full transparency in a timely fashion.

Your patience and understanding at this unprecedented and challenging time is most appreciated as we collectively work together to protect the health and safety all involved.

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
Founder and Race Director, Toronto Women's Run Series