



**Healthy Kids Running Series Fall 2022  
Race Day Guidelines for Participants/Spectators  
Published: August 22, 2022**

Healthy Kids Running Series holds the health and wellness of our HKRS family, our coordinators, participants and spectators as our highest priority.

HKRS will be following the CDC guidelines that have been set forth at the time of each event nationally. We are excited to offer safe, in-person racing again this fall!

Those experiencing COVID-19 symptoms are not permitted on-site. The CDC's list of symptoms is [here](#). Community Coordinators retain the right to ask anyone displaying symptoms to leave for the safety of all attendees.

- We encourage pre-race registration online to decrease on-site race registration lines.
- We recommend parents bring a filled water bottle for their runner.
- Stay connected with us by opting into the RunSignup text alert service while registering, allowing our Coordinators to communicate announcements with you directly.

Most importantly be safe, bring a smile, cheer on our runners and encourage a #GetUpandGo attitude! We look forward to hosting you this fall!

Healthy Wishes,  
The HKRS Team