

In meetings leading up to the 2020 JFK 50 Mile, local safety and health authorities were satisfied that the mitigation plan's proposed health and safety measures were well designed. It was agreed that participants, staff and the wider public would have been sufficiently protected from potential COVID-19 transmission. However, following a recent increase in cases of COVID-19, there must be changes to the plan. In conjunction with the Maryland State Department of Health, Maryland State Police and Office of the Governor, race officials have determined that, effectively immediately, the mitigation plan must include travel restrictions. Specifically, we want to draw attention to recent changes which include:

Any Marylander returning from out-of-state or **any out-of-state traveler should either get tested for COVID-19 promptly upon arrival in Maryland or within 72 hours before travel to Maryland.** A list of test sites can be found here: <http://covidtest.maryland.gov>.

We encourage out-of-state visitors to be tested within 72 hours prior to arrival and to cancel travel if they receive a positive result. Visitors waiting for their test results should stay at home between the time of their test and their arrival in Maryland or to self-quarantine upon arrival.

Any Marylander who travels to a state with a COVID-19 test positivity rate above 10% or with a case rate over 20 per 100,000 in the past seven days should get tested and self-quarantine at home until the test result is received. The District of Columbia, the Commonwealth of Virginia,

the Commonwealth of Pennsylvania and the States of Delaware and West Virginia are exempt from this recommendation. Note: A list of state COVID-19 test positivity rates can be found here: <https://www.cdc.gov/covid-data-tracker/index.html#testing> (COVID-19 Tests Performed by State - Commercial and Reference, Public Health, and Hospital).

Remember that the mitigation plan calls for all participants to finish the Sportzpeak app to complete a symptom screen. Elective COVID-19 testing for all participants is **strongly** encouraged. A list of test sites can found here: <http://covidtest.maryland.gov>.

The race is very aware that these changes are challenging and we greatly appreciate everyone's understanding.