Runner's code of conduct for the Virtual 2021 Folkestone 10

1. You need to plan your own 10 mile route that is local to your home.
2. You need to run this route at some time over the four days of Easter (from Good Friday 2 April to Easter Monday 5 April).
3. You need to follow all Covid regulations that may be in force at Easter time, but currently this means you can only run socially distanced with a member of your household, your support bubble, or if you are not doing that, then with one other person.
4. Do not run if you feel unwell or have tested positive for Coronavirus, or have any symptoms, or have recently been in contact with anyone who has symptoms or has Coronavirus, or if you are isolating.
5. Bear in mind that if the weather at Easter is fine, then the popular places will be busy, particularly with walkers. Avoid these popular places, or run at quieter times such as early morning, and keep your distance from anyone you need to pass.
6. You need some means of verifying the accuracy of your 10 mile run. For many this will be Garmin or Strava.
7. After your run, email folkestone10@folkestonerunning.club, stating clearly your name and your time, and attaching your evidence (such as screen shot of your Garmin or Strava link). This email should be received by the end of Tuesday 6 April.
8. As soon as possible we will load the compiled results to www.folkestone10mile.co.uk and www.folkestonerunning.club and post your medal.