



2020 Run for Recovery Rules of the Road

- Check local and [CDC](#) guidelines for maximum people in a group, curfew times etc
- Avoid crowded areas and peak times - best to run solo or with others in your household
- Practice physical distance – minimum of 6 feet
- “Mask up” (preferably a wicking version) when with or near others – and slow your pace a bit
- Try not to touch surfaces
- Bring your own water
- DON'T run if you are feeling sick

Stay connected with hollarhype. If you are posting/submitting/sharing photos please be sensitive to "appearances", keep your distance, sport your mask when near or with others, wear your Bulldogs gear (and your bib) – it's an important part of our mission and principles for the Boston Bulldogs to be "good citizens". #RunforRecovery, #2020RunforRecovery, #VirtualBulldogs2020

Stay safe, be well, stay connected – we'll be together soon.