

Message to all DeMar runners:

We are planning on returning to our traditions in 2021 and will present the Clarence DeMar Marathon and DeMar Half Marathon on Sunday, September 26th. On-line registration for DeMar will go live at 12:01 am on 1/1/21.

At this point in our planning, there is so much unknown, yet so much hope for the COVID 19 pandemic to be under control and allow the country and the world to resume normal activity. That being said, we will plan for DeMar 2021 as if we will need to adhere to current protections and protocols. It will be much easier to back off those protocols than to ramp them up late in our planning.

What does that mean? There are still many logistical specifics to work through and finalize, but it would include any planning item that is impacted by state and local mandates, CDC recommendations and the general health and safety of our runners and community.

- State and local COVID 19 mandates in force at the time will be strictly adhered to
- Monitoring of state restrictions on travel to NH from other states and countries
- On-line registration will include some additional required questions such as your intentions on getting dropped off at the start or will you use the busses provided
- Changes in our runner race weekend registration and runner check in. Times will likely be expanded to allow for longer wait times and physical distance requirements
- The respective starts for the Full and Half will be on a time-trial format with 1 or 2 runners being sent off at 5 second intervals. Runners will receive the specific time you are scheduled to start
- Post-race food will be “grab and go” in individual bags
- There may be limits on how many family and friends can be waiting for you at the finish
- We will consider reducing the time allowed to complete the full marathon from 7 ½ hours to 7 hours which is an average pace of 16:02 per mile
- Registration will offer a virtual option at a reduced price. A virtual Clarence DeMar Marathon finish will not be eligible for your BQ, but if you are still uncomfortable with in-person live races, we want to give you the opportunity to participate virtually
- Post-race massages may need to be eliminated
- Runner communications will be increased to announce changes and adjustments as they occur
- And any other logistics that impact the health and safety of our runners, volunteers and general community

As we move through the weeks and months leading up to race weekend, we will make any adjustments needed to include loosening of restrictions and protocols and a return to “normal” race weekend expectations if deemed safe by pandemic improvements. It will be easier to make those adjustments than to tighten them up later in our planning cycle.

We will continue to plan for the most challenging and hope for the best, but those plans include a return to the best local event on our community calendar where we get the opportunity to welcome runners from across the country and the world to Keene NH and celebrate the personal achievements of so many like-minded runners. Come join us!

Long may you run.