



Corporate Cycling Challenge

Sunday, August 16, 2020

Capitol District Plaza, 11th & Capitol St, Omaha, Nebraska

We are excited for the 30th **Annual Corporate Cycling Challenge Bicycle Ride** scheduled for **Sunday, August 16, 2020 at the Capitol District Plaza.**

You will have a great time riding along with cycling enthusiasts eager to expand our community's trails system. The CCC has three bike tours offering something for riders of all abilities.

We have been working hard to establish health and safety policies along with public health requirements, and continue to support our industry through these tough times. In the interest of keeping you safe, we have put together our Covid-19 Guidelines. For additional information about the corona virus and Covid-19, please visit [Centers for Disease Control and Prevention](https://www.cdc.gov/coronavirus/2019-ncov/).

During the 14 days prior to participating at the Corporate Cycling Challenge

- You will not have traveled to a country designated by the CDC as Level 2 or higher
- Been on a Cruise Ship
- Spent significant time in any other area identified as a containment zone
- Been to a place where travel restrictions have been implemented
- Have not been in contact with anyone who has been diagnosed with corona virus
- Have not had symptoms, such as:
 - Fever
 - Cough
 - Shortness of breath or difficulty breathing
 - Chills or Muscle Pain
 - Sore Throat or New loss of taste or smell
 - Gastrointestinal symptoms like nausea, vomiting, or diarrhea

Here are a few guidelines for happily sharing the trails with fellow cyclists

- We will be following Social Distancing Guidelines
- No mass start. You will be able to check in at Registration Table & immediately go on your selected ride
- Keep your distance (6 ft is requirement)
- Ride on the right and pass on the left
- Make some noise before passing on the left
- Slow down and be prepared to stop when there are others around
- Look around and signal before passing or stopping
- Don't stand or sit on the trail
- Don't text and bike
- Use lights if it is dark
- No spitting --- Cough and sneeze into your arm, not your hand
- Don't share water bottles
- Wash hands with soap and water and consider hand sanitizer or wipes to use after any possible contamination
- Wear sunglasses to protect your eyes from any stray droplets
- Be courteous
- Keep dogs on leashes & clean up after yourself and your dog

We will continue to carefully monitor the situation and do everything possible to ensure the Corporate Cycling Challenge is held in a safe manner. We will follow all federal, state and local health department guidelines so we all can participate with a feeling of safety and confidence.

See more information at our Website www.corporatecycling.com