

Dynamic Running Media Release #4 Thursday 28 May 2020

Queensland entered Stage 1 of the easing of COVID-19 restrictions on 14 May 2020. The restrictions were outlined in the [Queensland Roadmap](#) released on 8 May 2020.

During Stage 1 everyone must continue to adhere to social distance protocols. The maximum size of any group is 10 people. Unfortunately for us, organising sporting activity, including training with Dynamic Running, is not endorsed or sanctioned during Stage 1.

Under Stage 2, scheduled to begin at midnight 12 June, the social distancing will continue, but groups of up to 20 people will be allowed, including sporting groups. Under Stage 3 (midnight on 10 July), group size will be restricted to 100 people.

Here is a brief update on our events and group training:

- [K2PD entries remain open](#), but capped at 90 competitors. Travel restrictions need to be considered prior to registration. Race date remains the same: 30 August 2020. We are looking at extending the event to include Saturday 29 August. We have our letter of no objection from Douglas Shire, but we are still working on our police and parks&wildlife permits.
- [3M3D virtual entries are open](#). Anyone keen can do this anywhere in the world on or before 10-12 July 2020. There are four races to pick from. Participant will be doing the event on their own, or with a small group of mates. Dynamic Running will not be hosting the event on the ground in Cairns in 2020. [Read the update on the 3M3D](#) and what you can do to get your 2020 virtual 3M3D grand slam race count towards your 3M3D grand slam total.
- [Dynamic in a Dress entries are open](#). There are various changes with regards to how this event will operate. This is outlined on our [Dynamic in a Dress page on our website](#).

For all the events, competitors were offered full refunds. This offer expires on 3 June 2020. After this date, we will return to our 'normal' cancellation policy on 3 June 2020. It requires you to request a refund one month prior to race day. A 10% admin fee applies to these cancellations. There are no refunds if you cancel in the month prior to the race.

Group training for club members will resume on 13 June 2020. To participate in these sessions [you must be registered](#) and will be placed in a group to ensure we meet the restriction of 20 or less people in a group.