

RUN COURSE RULES

- All athletes are required to wear race numbers at all times during the run:
 - Numbers clearly visible at all times
 - Numbers may not be cut or folded or altered in any way
 - Numbers designated to other athletes make not be used
- Audio players are not to be carried or worn at any time during the race:
 - ear buds, headphones, headsets
 - walkmans, ipods, mp3 players
 - any personal audio devices
- All personal equipment and belongings taken out onto the course must stay on the athlete the entire time. No garbage, clothing, etc. shall be thrown on the course.
- No individual support vehicles or non-athlete escort runners are allowed on course.
- Athletes are expected to follow the directions and instructions of all race officials and public authorities.
- The sole responsibility of knowing and following the prescribed running course rests with each athlete. No adjustments in times or results shall be made for athletes who fail to follow the proper course for any reason whatsoever.
- Friends and/or family members are not permitted to cross the finish line or enter the finish chute with participating athletes. This policy will allow each competitor adequate time to celebrate their accomplishment without interfering with other finishers and ensure the safety of all athletes, volunteers and fans.