

## **BASIC RACE RULES:**

- YOU MUST COMPLETE THE MARKED COURSE ON FOOT WITH NO EXTERNAL AID. TREKKING POLES ARE PERMITTED.
- YOU ARE NOT ALLOWED TO STRAY FROM THE MARKED COURSE AND SHORT CUTS ARE NOT PERMITTED.
- RACE NUMBER MUST BE WORN VISIBLY.
- THE TIMING WRISTBAND MUST BE WORN AT ALL TIMES DURING THE RACE.
- YOU MUST CHECK IN AT EACH WATER STATION / CHECKPOINT WITH THE CHECKPOINT OFFICIALS FOR SCANNING / REGISTRATION. FAILING TO DO SO MEANS YOU WILL NOT BE REGISTERED AS COMPLETING THE RACE AND RISK DISQUALIFICATION, PENALTY OR UN-RANKED.
- CUT-OFF TIMES ARE IMPOSED AT SOME AID STATIONS (IF APPLICABLE). YOU MUST LEAVE THE AID STATION NO LATER THAN THE CUT-OFF TIME.
- COURSE SWEEPERS ARE FOLLOWING BEHIND THE LAST RUNNER AND REMOVING COURSE MARKERS. IF YOU ARE TOWARDS THE BACK OF THE RACE, MAKE SURE YOU DO NOT STEP OFF THE COURSE AS SWEEPERS MAY INADVERTENTLY OVERTAKE YOU WITHOUT KNOWLEDGE AND REMOVE THE MARKERS. YOU MAY NOT BE ABLE TO FOLLOW THE COURSE.
- IF LOST, RETURN TO THE LAST SIGHTED MARKING OR CHECK POINT IMMEDIATELY. IF THE COURSE MARKER HAS BEEN REMOVED BY SWEEPERS, AND YOU ARE NOT ABLE TO FOLLOW THE COURSE, PLEASE CONTACT THE EMERGENCY NUMBER PROVIDED BY THE RACE TO CONTACT THE EVENT ORGANIZER.
- WITHDRAWAL FROM THE RACE CAN ONLY TAKE PART AT WATER STATIONS / CHECK POINTS. YOU MUST CLEARLY INFORM THE RACE OFFICIALS OF YOUR INTENT, AND HAVE YOUR WRISTBAND REMOVED.
- YOU MUST CARRY THE MANDATORY GEAR AT ALL TIMES DURING THE EVENT. RANDOM GEAR CHECKS WILL BE PERFORMED DURING THE EVENT. ANY PARTICIPANT WITH MISSING MANDATORY GEAR MAY BE PENALIZED OR DISQUALIFIED.
- THE WEARING OF MUSIC PLAYERS IS PERMITTED EXCEPT WHEN ON A PUBLIC ROAD WITH TRAFFIC FOR SAFETY REASONS.
- ALWAYS WALK ON THE RIGHT SIDE WITH TRAFFIC COMING TOWARDS YOU ON LARGER ROADS UNLESS ADVISED BY THE COURSE MARSHALS.
- IF IN NEED OF FIRST AID HELP ON THE COURSE YOU MUST USE THE EMERGENCY PHONE NUMBERS PROVIDED FOR THE RACE TO CONTACT EVENT ORGANIZERS WHO WILL ARRANGE TO RETRIEVE YOU IF REQUIRED.
- ALL LITTER MUST BE CARRIED TO THE NEXT WATER STATION FOR DISPOSAL. RUNNERS CAUGHT DISPOSING RUBBISH ON THE RACE COURSE WILL BE PENALIZED HEAVILY OR DISQUALIFIED IN SEVERE CASES.
- NO OUTSIDE SUPPORT IS ALLOWED ALONG THE RACE COURSE. YOU MAY PURCHASE FOOD AND DRINKS FROM LOCAL SHOPS.
- SUPPORT CREWS ARE NOT PERMITTED TO RUN WITH OR PACE RUNNERS OR FOLLOW RUNNERS WITH ANY VEHICLE.
- ANY TAMPERING WITH COURSE MARKING OR OTHER ACTIONS THAT ARE DEEMED AGAINST A FAIR AND SPORTING SPIRIT IS UNACCEPTABLE AND WILL RESULT IN DISQUALIFICATION OR HEAVY TIME PENALTIES.
- THE RACE DIRECTOR RESERVES THE RIGHT TO DELAY THE START TIME, BRING FORWARD THE START TIME, MODIFY THE RACE COURSE IF NECESSARY BE IT TO EXTEND THE DISTANCE OR REDUCE THE DISTANCES AND/OR MODIFY THE CUT OFF TIMES IF SAFETY BECOMES AN ISSUE. THE RACE DIRECTOR ALSO RESERVES THE RIGHT TO CANCEL THE EVENT IF NECESSARY AND TO POSTPONE OR MOVE THE EVENT DATE TO A LATER DATE.

## **TERMS AND CONDITIONS:**

- RUNNERS ACKNOWLEDGE THAT BY PARTICIPATING IN SUCH AN EVENT, THEY ACCEPT THAT THE ROUTE IS CHALLENGING AND AT TIMES DESIGNED FOR RUNNERS WHO ARE CONDITIONED AND TRAINED FOR SUCH AN EVENT.
- RUNNERS UNDERSTAND THAT MEDICAL RESPONSES WILL BE SLOWER DUE TO THE LOCATION AND NATURE OF THE EVENT.
- THE ORGANIZATION RESERVES THE RIGHT TO WITHDRAW THE PRIVILEGE OF RUNNING IN THIS RACE IF AN INDIVIDUAL IS FOUND TO BE ACTING AGAINST THE SPIRIT OF THE RACE.
- RUNNERS AGE OF BELOW 18 YEARS OLD WILL REQUIRE A SIGNED WRITTEN PARENTAL CONSENT LETTER.
- ALL RUNNERS ARE RESPONSIBLE IN ENSURING THEY ARE MEDICALLY FIT TO PARTICIPATE IN THIS EVENT AND DO NOT SUFFER FROM ANY OF THE MEDICAL CONDITIONS THAT WILL IMPACT THE HEALTH OF THE RUNNER.
- RUNNERS AGREE TO ABIDE BY ANY ADJUDICATION BY THE RACE DIRECTOR, WHICH WILL BE FINAL.
- ALL RUNNERS ARE EXPECTED TO ACT SENSIBLY AND TO SHOW BASIC RESPECT FOR THE ORGANIZATION AND THE RULES AND REGULATIONS SET FORTH IN THE SPIRIT OF COMPETITION AND THE RACE.
- RUNNERS AGREE THAT THE ORGANIZERS AND SPONSORS WILL IN NO WAY BE HELD RESPONSIBLE FOR ANY LOSS OF, OR DAMAGE TO PROPERTY AS A RESULT OF PARTICIPATION IN THE EVENT.
- RUNNERS UNDERSTAND AND ACCEPT THE RACE ORGANIZATION RESERVES THE RIGHT TO ALTER THE DATE OR CANCEL THE EVENT IN CASE OF SEVERE SAFETY ISSUES BEYOND THE CONTROL OF THE ORGANIZERS.
- RUNNERS UNDERSTAND AND ACCEPT THAT THE ORGANIZERS RESERVE THE RIGHT TO MAKE CHANGES TO THE PUBLISHED RACE COURSE AS DEEMED NECESSARY AT ANY TIME.
- RUNNERS UNDERSTAND THAT RUNNERS ARE PROHIBITED FROM SWAPPING, SELLING OR TRANSFERRING RACE SLOTS/RACE ENTRIES/RACE BIBS TO ANOTHER PERSON WITHOUT THE EXPRESS PERMISSION OF THE ORGANIZING TEAM.
- NO REFUNDS ARE PAYABLE FOR RUNNERS OF THIS EVENT WHO WITHDRAW, DO NOT SHOW UP FOR REGISTRATIONS OR DO NOT TURN UP TO COMPETE IN THE EVENT.