

Race Rules

All participants, crew, and volunteers should display courtesy and sportsmanship at all times. Participants have the opportunity to demonstrate that trail running competitions can be held in harmony with the natural environment and the outdoor enjoyment of other trail users. The future of our sport depends on you.

- **YOUR RACE WAIVER STATES YOU HAVE READ AND ABIDE BY THESE 13 RULES:**
 1. Race numbers must be visible at all times on the FRONT of each participant. Please secure the race number so it does not fold or become covered by clothing.
 2. Notify a race official if you decide not to finish your race. Leaving before finishing without notifying an official may ban you from future participation.
 3. Please give a courteous and audible signal of your intention to pass hikers on the trails. Run single file as you pass hikers. Participants do not have a right-of-way.
 4. To be an official finisher, 50-km participants must complete the course four times and 100-km participants must complete the course eight times.
 5. If you have crew, their aid must be limited to the beach area and Main aid station area.
 6. Pacing or being accompanied by a non-participant is NOT allowed. The only exception is for 100-km women 50+ and men 60+ on their 8th and final lap (one pacer). The last participant on the course is accompanied by an official course sweep on their last lap.
 7. The safety of participants and the preservation of the event are paramount. As such, the race director and/or medical director must reserve the right to stop any participant's race, for any reason, at any time.
 8. Participants are not officially entered in the race until they are wearing their Timing Chip (ankle strap). Timing Chips are provided race morning. Non-returned Timing Chips will be billed at \$90.
 9. The 100 km participants must finish 87.5 km (finish lap 7) under 12 hours (by 6:00 p.m.) in order to start the final lap. The course closes at 14 hours and 15 minutes (at 8:15 p.m.), unless a finish is imminent, i.e. runners seen approaching the finish. The only exception to this is for women 50+ and men 60+ that have until 6:45 p.m. to start their final lap and have until 9:00 p.m. to finish.
 10. Prior to starting a lap after 5:45 p.m., you are required to show a race official that you are carrying a working headlamp or flashlight. Flashlights or headlamps must be turned on after 7:45 p.m.
 11. Swimming is only allowed in the designated swim area at the beach. Entering the water anywhere else will result in disqualification.
 12. No littering.
 13. Participants are not allowed to be accompanied by or carry the following:
 - Dogs
 - Strollers
 - Trekking poles
 - Flags or signs

Thank you and have fun,
The race management