

ROAD RACING RULES & ETIQUETTE

Some things you may not know...unlike most other athletic events, it is virtually impossible for officials to have complete control over a huge throng of runners in a road race. However, most of those who participate do care enough to cooperate and follow the rules. Some do not. The biggest problem is "bandits" or "turkeys" which is the term given a runner who does not pay an entry fee and runs unofficially. The term "thief" would be more appropriate. These uncaring individuals cause numerous problems for race officials at the start, during and at the finish of a road race. Their unofficial participation adds to the congestion at the start as they stage in front of runners who have paid their entry fee. This is only a small part of the problem. By entering the chute unofficially, a time and place are recorded on the electronic timer, but when the runner exits the chute there is no tag to turn in. Not only does this slow the flow through the chute, but it plays havoc with trying to match the official tags with the number of punches on the timer.

Still there are those who think that as long as they don't enter the chutes they are no problem. They think they are under no obligation to pay in order to pace a friend or use the race as a training run. They are wrong. They fail to realize that races are for runners, those willing to pay and that most events are also for a charity or non-profit organization. Many races have to pay for the use of city or county streets and therefore, race organizers have every right to dictate who can or cannot be on these streets. Bandits still take advantage of the aid stations, certified course and timing. They are a nuisance to officials and the media. They cause major problems with the official race photos by showing up without a race number in front of official runners. In some cases they have even been the race leaders causing photographers to film the wrong runners and deceiving the media. In addition, many of these same people have the audacity to help themselves to refreshments after the race. Would these same individuals enter a theater or other public event without paying? If it's a case of being unable to afford an entry fee, most race directors would work out something to allow everyone to run officially. As a supporter of long distance running and an individual who cares enough to pay their own way, you can help by discouraging this sort of thing.

DO NOT UNDER ANY CIRCUMSTANCES PERMIT ANYONE TO WEAR YOUR RACE NUMBER OR CHIP. THIS WILL RESULT IN IMMEDIATE DISQUALIFICATION AND POSSIBLE DISBARRMENT FROM FUTURE RACES.

At the start line, always stage according to your pace. This is especially important in a large field. By staging in front of runners who are faster you become an obstacle. If you have children in the race, it is important that you advise them to stage according to their pace as most will line up on the front row. Make sure they understand the rules. Children cannot be carried.

As an official runner you can help the flow at the finish line. **DO NOT STOP IN THE CHUTE.** Keep walking at a fast pace. Do not pass in the chute or allow anyone to pass you. Reach down and fold your pull-tag while walking at a fast pace and tear it at the perforation. Have it ready to turn in at the end of the chute. If you are ill, someone will assist you and take your tag. **NEVER** exit the chute anywhere but the end and after your tag has been turned in. **DUCKING** the chute causes the same problem as unofficial runners. The race is not over until you are out of the chute. Chip runners should turn in their chip immediately after crossing the finish

AFTER YOU FINISH, STAY OFF THE COURSE EVEN IF YOU HAVE FRIENDS OR RELATIVES WHO HAVE NOT FINISHED. NEVER GO BACK ON TO THE COURSE TO PACE SOMEONE, TO COOL DOWN OR FOR ANY OTHER REASON INCLUDING RELAY RACES. THIS ALSO APPLIES IN COMPUTER CHIP RACES.

ANIMALS, OF ANY KIND INCLUDING LEASHED DOGS OR WHEELS, OF ANY KIND, INCLUDING BABY STROLLERS ARE STRICTLY PROHIBITED. INSURANCE DOES NOT COVER THIS. THIS INCLUDES FUN RUNS. COMPETITIVE WHEELCHAIRS ARE USUALLY ACCEPTED. DO NOT CARRY CHILDREN.

Read your brochure carefully and in its entirety before the race. Also, listen to announcements on race day regarding staging and finish line procedures plus any other items in which you may help to administer the race properly. This includes filling out the entry form completely and legibly. Aliases are strictly prohibited.

RACE DIRECTORS EXPECT YOU TO BE A COURTEOUS RUNNER WHETHER YOU ARE WORLD CLASS OR A REAR OF THE PACK PLODDER. YOUR LITTLE BIT OF COOPERATION WILL HELP ELIMINATE SOME BIG PROBLEMS.