



Rules and Regulations

Finish Time: Marathon Participants should enter only if they are confident that they can finish the course in seven hours or less (an approximately 16-minute per mile pace). Traffic control and health and safety volunteers, and race officials, will vacate the course six hours after the start (3:00 p.m.). Anyone who continues to run on the course after 3:00 p.m. will be doing so **at his/her own risk**.

Vehicles: Unofficial wheeled vehicles (strollers, bikes, baby joggers, skates, skate boards, roller blades, etc...) are not permitted on the course. Pets are also banned from the Marathon course.

Headphones, Etc.: The wearing of headphones during the race will be allowed, in accordance to rules changes by the USTAF. Those who choose to wear headphones are expected to be aware of changing road/race conditions and fellow runners. Any runner who is felt to be posing a safety concern to other runners or themselves may be removed from the race at the discretion of the race directors.

Age Requirements: Only validly entered runners may participate. No one under the age of 16 on race day will be allowed to compete in the Marathon, and no one under the age of 12 on race day will be allowed to compete in the Half Marathon.

Course Marshalls: The race will be staffed and videotaped at several checkpoints to ensure competitors who cross the finish line have done so after completing the entire course.

Race Number: Please make sure your race number is pinned to the **front** of your shirt/singlet/shorts. Please do not attempt to cross the finish line without a race number clearly visible to finish line personnel.

Sag Wagons: Sag wagons will patrol the course and offer rides to competitors who choose not to continue. Your race bib number will be recorded upon boarding. Any competitor who boards a sag wagon will not be allowed to rejoin the race.

Chip Returns: Race-issued chips are to be removed upon crossing the finish line and placed in a receptacle there for your convenience. Volunteers will be on hand if you need help removing your chip.

Drug Testing: Athletes who participate in this competition may be subject to formal drug testing in accordance with USATF Regulation 10 and/or IAAF Rule 55. Athletes found positive for a banned substance, or who refuse to be tested, will be disqualified from this event and will lose eligibility for future competitions. Some prescription and over-the-counter medications may contain banned substances. Information regarding drugs and drug testing may be obtained by calling the USOC hot line at 800-233-0393.

Cancellations/Postponements: The Race Director reserves the right to cancel or modify the Marathon in consideration of extremely adverse weather conditions, or other health or safety factors, that pose an imminent threat to competitors or volunteers. In the unlikely event of cancellation, entrants who have picked up their race number will be mailed a coupon for partial credit towards next year's-entry fee.

The Race Director reserves the right to disqualify any individual who does not comply with these rules.