

## The Rules for Runners and Crews:

1. Please respect private property near the trails. Do not trespass
2. DO NOT LITTER. Carry all of your food, GU packages and torn tops, Power Bar wrappers, candy wrappers or bags and any other trash to the aid station garbage sacks.
3. Be courteous to other trail users. Be respectful to Forest Service officials. Avoid confrontations . Follow the rules of courtesy. Slow down and use caution passing hikers.
4. Leave nothing but footprints.
5. Follow Forest Service guidelines for human waste.

## Infractions Resulting in Disqualification:

1. Short-cutting of the course
2. Missing an aid station
3. Getting in a moving vehicle
4. Failing to remain at an aid station for medical evaluation on request of aid station personnel
5. Failing to withdraw at request of race officials
6. Impeding another runner

## Infractions Resulting In Denial Of Future Entry

1. Running as a bandit
2. Pacing or crewing for a bandit runner
3. Having crew take a car to an area designated as of limits
4. Failing to respect private property
5. Mistreating aid station personnel, runners, or pacer

## Pacers:

Pacers will be allowed for 100 and 50 mile runners. The 50 mile runners may have a pacer for the last 15 miles Starting at the Flowing Park aid station. This is the second time

thru the aid station for the 50 milers. The 100 milers can have a pacer starting at the Carson Lake aid station Outbound. Runners over 60 are allowed a pacer for the whole race.