

## Competitor Rules & Regulations

The following rules and regulations apply to all participants of the Grand Teton Races and MUST be adhered to at all times during the event. It is the responsibility of each competitor to read and understand all of the following before starting the race. All competitors are responsible for their actions, as well as their crews (and pacers for the 100 mile runners). These rules have been established to protect the natural landscape, competitors, volunteers and other individuals using the trail system. Failure to comply with these rules may result in: time penalties, immediate disqualification from the event or fines. The Race Directors have the authority to alter and/or implement rules as needed before or during the event. Thank you, in advance, for your cooperation and assistance. Additional rules may follow.

1/ All runners MUST be registered with race management (with the exception of pacers for the 100 mile race) and MUST display their bib number on the front of their body so it is visible at all times. Pacers for the 100 mile competitors must check-in and sign a waiver before pacing their runner, which is allowed after said runner has covered 50 miles.

2/ No Littering! Littering of any kind is strictly prohibited and will not be tolerated. If you are caught littering and/or leaving debris of any kind on the trail, you will be immediately disqualified from the event and denied entry to any future Grand Teton Race. We ask that you please respect the natural beauty of our trail system and the right of everyone to enjoy this section of National Forest. Remember, we are issued a permit to use the trails and your negligence will threaten this process...please don't ruin it for everyone else.

3/ All runners (and pacers, when allowed) must stay on the marked trail. Any competitor (or pacer) taking an alternate route from the official marked trail must return (on foot) to the point of trail departure before continuing. So, please do not shortcut, blaze a new trail or cut the course.

4/ Hiking/ski poles or walking sticks are not permitted for any runner or pacer (exceptions will be made for competitors over age 60). All competitors must complete the entire course for their designated race under their own power. That is, carrying, pushing, pulling or towing a registered runner is strictly prohibited at all times.

5/ Each competitor MUST be checked IN and OUT of all full-service Aid Stations along the course. It is the runner's responsibility to check in and out of these Aid Stations by announcing their number. All cut-off times will be strictly enforced\*. Runners must be checked OUT of the Aid Station/checkpoint by the cut-off time. (\*Please note, cut-off times and/or the course may be altered slightly in the event of inclement weather.)

6/ Smoking is not allowed along the course or at the Aid Stations.

7/ Please use good sportsmanship and trail etiquette: be courteous to hikers, bikers, other runners and horsemen. Collisions on these narrow and sometimes steep trails could be disastrous. If you wish to pass another runner (or hiker), please ask for "trail right" or "trail left" before attempting to pass. Slower runners MUST yield the trail to runners wishing to pass.

These are public use trails and horses may be spooked by the sudden appearance of a runner, with serious consequences to the rider. Stop and step off the trail to let oncoming horses pass. Runners should never pass a horse from behind without first notifying the rider. All competitors must treat the volunteers, aid station personnel and medical staff in a courteous manner.

8/ Pets are not allowed on the course or at the Grand Targhee Resort. Please respect your fellow competitors and leave your pets at home, which is where ours will be.

9/ Injection of drugs (intravenous, intramuscular, subcutaneous) during the event may result in immediate disqualification. Please, no alcohol on the course.

10/ Any runner who is unable to finish the Race must personally inform the aid station captain or medical volunteer at the nearest checkpoint of their decision to withdraw. If provided with a wristband, this must be turned into a race official upon withdrawal from the race. Please do not leave the course or Grand Targhee Resort area without first notifying a race official; search and rescue efforts are very expensive and you will be responsible for the costs related to all search and rescue missions.

11/ Reflective gear, in addition to shoes, must be worn and visible, for all 50 and 100 miles, between the hours of 6pm-6am while on Ski Hill Road.

12/ No crewing and/or pacing from moving vehicles, motorcycles, bicycles or ATVs! All crew vehicles MUST be parked in designated areas and off of any main roadway so as not to interfere with traffic. The use of automobile headlights for pacing or crewing is prohibited. Crew vehicles are not permitted to stop along Ski Hill Road in non-designated parking areas.

#### **Infractions Resulting In Disqualification:**

Short-cutting of the course

Failure to display bib number

Missing a checkpoint / Failing to check-in and out of a checkpoint

Getting in a moving vehicle

Failing to remain at a checkpoint for medical evaluation on request of checkpoint personnel

Failing to withdraw on request of race officials

Impeding another runner

#### **Infractions Resulting In Denial Of Future Entry:**

Running as a bandit

Pacing or crewing for a bandit runner

Having crew members take vehicles to areas designated as off limits

Disobeying Forest Service rules regarding disposal of human waste and/or mistreatment of the environment

Littering

Failing to respect private property

Mistreating aid station personnel, runners, medical staff, race officials or pacers