



RULES

1) COURSE

- . Loop or out and back
- . The loop can change during night hours
- . Must be 4 miles 880 feet in length
- . Metric equivalent 6.7056 kilometers

2) STARTING CORRAL

- . Measured to fit entire starting field
- . Corral stays the same size throughout the event
- . Participants must be in the starting corral at the bell ring

3) STARTS

- . Each loop starts precisely 1 hour after the last
- . Warning must be given 3, 2, and 1 minutes prior to start
- . All competitors must start at the bell (no late starts)

4) LOOPS

- . Except for restrooms, competitor may not leave the course until each loop is completed
- . No non-competitors on the course (including eliminated runners)
- . No personal aid during a loop (common aid stations are allowed)
- . Each loop must be completed within an hour to be counted including the final lap.
- . No artificial aids (including trekking poles)
- . Slower runners must allow passes.

5) TIMING

- . Timing of the loops is optional

6) WINNER / RESULTS

- . The winner is the last person to complete a loop
- . All others are technically DNF
- . Results of each runner in terms of distance covered are to be given.
- . If the last runner is not able to complete the last loop, there is no winner.

7) RACE TIME

- . Race must be open ended