

# New River Trail 50k

## Rules and Guidelines 2010

- Bib numbers must be worn on front of runner and should be easily visible at all times. Volunteers will be asking runners for their assistance at check points and finish line to assure accuracy of timing.
- Absolutely no littering! You may not stash supplies along the course! (Race management philosophy is that if you are strong enough to run 31.1 miles...you are strong enough to carry your trash and other needs until you reach one of the 5 aid stations!)
- No aid allowed from a moving vehicle and/or bicycle. **Bicycle or foot pacing is not allowed.** (Exception to this is runners leaving Fries Junction for the 2<sup>nd</sup> time after 2pm and are at risk for not making the 3pm race closure may have a companion encourage them. Runners using companions during this leg are not eligible for top runner prizes).
- Runners cannot accept any aid from anyone (crew, family, friend, “stranger”, bicycle) beyond 100 feet of an Aid Station. (Of course in an emergency/crisis situation, runners should accept aid from anyone who is available to assist with their needs!)
- Runners receiving aid outside the designated aid stations are subject to disqualification.
- Crews must abide by the instructions of the aid station personnel. Runners are responsible for his/her crew.
- There are 6 road crossings on the course. Only 1 road crossing will offer runners the right of way. A park service police will be stationed at the 1<sup>st</sup> crossing shortly after race start to allow all runners to pass through, after this runners are expected to yield right-of-way to motor vehicles. Each crossing will be staffed by at least 1 volunteer as mandated by VA State Parks-this person(s) has no authority to stop traffic, but is there to warn you to slow down and pay attention. Your safety is your responsibility! An 8 second slow-down is worth the trade off of being hit by a vehicle!
- The New River Trail is a multi-use trail. Expect to share the trail with other users including cyclist and horses and riders. Horses have the right of way. When approaching from behind, slow down and ask to pass on the riders left. When approaching from opposite direction, ask if you can keep running. If the horse seems skittish, slow down and walk. If you don't know what to do, stop and ask or wait for them to pass.
- Runners are permitted to use personal listening devices, yet should remain able to stay

aware of their surroundings.

- Runners are not permitted to run with dogs. Crews and spectators may have dogs and cats cheering too, yet the animals must be restrained on leashes. Please clean up after your pets.
- All runners have 7 hours to complete the race. The race will start at 8am sharp. We will start breaking down the finish line area shortly after 3pm. Though this sounds harsh, we are only able to put this race on with the cooperation of many agencies, volunteers and individuals. Out of respect for everyone, we must stick to the timeframe.
- The Cliffview aid station (AS #3) will be closing after the last runner leaves the turn around. A park service sweep vehicle will be traveling the trail picking up aid station supplies and runners who might need assistance. The Fries Junction (AS #5) will remain open to 2:15pm. Park personnel and/or volunteers will check in with runners seeming in danger of not meeting this closure time. The only course sweep will be the van.

These rules/guidelines will be available at runner check-in in Fries. Any changes or additions will be communicated via email and at number pick up.