

# 4 - RUNNERS RULES ~ 2010-M1

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## GENERAL INFORMATION

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The Challenge Cup Relay Rules will be strictly enforced and if violated, could cause a Team to be penalized or disqualified from the race.

- ❖ It is suggested that the Team Captain duplicate Chapters 3 & 4 and give a copy to each Team Member and support personnel.
- ❖ All rule violations and warnings will be reviewed by the Race Rules Committee for appropriate action.

## PENALTIES

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### **1. STAGE CHECK IN**

All Runners shall check in, with the RV Support Officials, at their assigned stage to obtain their bib numbers and fill out their medical information. **Leg 1 Runners shall check in at least 30 minutes prior to their Start Time.**

- a. The Runner shall present a photo ID card {or photo copy} to obtain their Bib Numbers.
- b. They shall fill in the required medical information on the front bib only.

**Pt(5)                      Penalty for failure to check in or not filling out medical info.**

### **2. ALTERNATE RUNNER SUBSTITUTION**

If a Scheduled Runner fails to appear for their scheduled leg, an Alternate Runner may substitute *without penalty*. The Scheduled (No Show) Runner may be re-assigned to the Alternate Pool. The alternate runner shall check in with the RV Support Officials & obtain a WHITE bib number PRIOR to taking the handoff {See Rule 4.1 – Stage Check In}.

### **3. DOWNED RUNNER REPLACEMENT**

- a. If a Runner cannot complete their assigned leg, then an Alternate Runner (wearing a YELLOW bib) may pick up the baton and complete the leg. (Refer to Rule 4.5 – Bib Number Display) The Replacement Runner is NOT required to sign the Stage Roster at the completion of the leg. The Replacement Runner shall NOT run any other leg in the race.
- a. The Follow Vehicle Observer shall Print the Name of the Replacement Runner and print a **DR** flag in the Remarks column of the Official Log Sheet.

**a. Pt(10)                      Penalty for substituting a runner. Team remains official.**

**b. Pt(10)                      Failure of FV Observer to print Name or a DR flag on FV Time Sheet!**

### **4. RUNNING MULTIPLE LEGS**

No Runner, Scheduled or Alternate, shall run more than one leg in this race.

**Pt(UO)                      For running more than one leg.**

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### **5. BIB NUMBER DISPLAY**

*Assigned and Alternate Runners* shall obtain their bib numbers from the RV Support Officials at their assigned Stage. (Refer to rule 4.1 – Stage Check-In )

*Downed Runner Alternates* will obtain their YELLOW bib numbers from their Team Captain.

- a. The Medical information shall be filled out on front bib only.
- b. Bib numbers shall be worn on the front chest area and middle of the back. Any other location is an infraction.
- c. If the Runner covers up due to cold or inclement weather, the number shall be moved to the front and back of the outer garment.
- d. Do **NOT** fold, trim, or alter the bib numbers in any fashion.

**Pt(5)**                      **Penalty for each infraction of improper display.**

### **6. RUNNERS CLOTHING**

All runners shall wear upper body cover (T-shirt or singlet). When the temperature exceeds 79°f, all runners shall wear only approved head covers { White hats or open head visors }.

No one shall wear sweat pants or tights. (OK when temperature is less than 79° f.)

**Pt(UO)**                      **Penalty for any infraction**

### **7. BATON**

Each runner must use the Official Timing Baton provided at the Start Line. *When entering the chute, hold the baton over the mat [about 2 inches above] for the length of the mat. Do NOT tap the mat.* The Runners shall carry the baton in their hand at all times. The baton may NOT be tucked into a sleeve, sweatband, belt or pocket. No person, other than the designated runner, may possess the baton at any time.

**a. Pt(5)**                      **Penalty for failure to hand carry .**

**b. Pt(DQ)**                      **For Unauthorized possession by others.**

### **8. BATON HAND OFF (DELETED 2010)**

### **9. WARM UP**

All Runners warming up on the highway, during the hours of darkness, shall be required to wear reflective clothing per Rule 4.16 and have a lighted flashlight in their possession.

**Pt(5)**                      **Penalty for each infraction.**

### **10. UNAUTHORIZED RUNNER ASSISTANCE**

No Runner will be physically assisted in forward movement in any manner by any means.

- a. This includes a pacer preceding, following or running with the Runner.
- b. No animals are allowed to run with relay member.

**Pt(DQ)**                      **For any infraction.**

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### **11. RUNNERS PATH**

All runners shall use the extreme right portion of the roadway, remaining as close to the right hand pavement edge as is practical.

- a. The runner may use the unpaved shoulder if desired.
- b. When designated the runner shall use the sidewalk or dirt shoulder.

*Pt(5) For each infraction of not running in the stated fashion.*

### **12. RUNNER DELAY**

Runners delayed by an unusual event, such as an Emergency Services Delay or an Official Delay, will have their time adjusted by the length of the delay.

- ❖ The Follow Vehicle Observer shall make a notation of the LEG # and the actual minutes and seconds of delay on the bottom of the Official Log Sheet.
- ❖ Team time and Runner time will be adjusted for the delays.

### **13. FRIENDLY ADVICE TO RUNNERS**

Drink plenty of water. When you run in the desert, the sweat evaporates faster than normal, so you don't realize that you are losing so much water.

- ❖ Don't just pour it on your head!
- ❖ It's better to Drink it instead of having the Medics pump it into your arm!
- ❖ Stoke up on water Before you run.

### **14. REFLECTIVE CLOTHING - 2010-M2**

All night time runners will wear a ~~Reflective Vest or a~~ Flashing Vest. Reflective vests and flashing armbands are no longer permitted

Vests may be purchased from LAPRRAC.

*Pt(5) For each infraction.*