



## **Rules/Trail Etiquette**

- Absolutely NO exchanging of bib numbers. Registered runners only! This is critical to the safe tracking of all participants and the future of this event. If you are caught exchanging or selling your bib you will be barred from future events.
- Race numbers must be worn on the front and visible at all times.
- Do NOT litter. The California State Parks is kind enough to give us a permit to hold this event each year. Littering of any kind will make the permit process more difficult than it already is. In addition, you may be disqualified for littering on State Park property. Please respect the trails and your fellow runners by not littering. If you see a fellow runner litter, please ask them to pick up their litter. If they refuse, please give me their bib # when you reach the finish line.
- If you drop from the run, you must notify the aid station captain and give him/her the tear-off tag on your number and your chip. If we have no record of you finishing or dropping, we will be forced to call Search and Rescue at your expense.
- The cutoffs are for your protection. If you miss a cutoff and are instructed to stop, please respect the sweeps, aid stations and accept a ride back to the finish. The aid station captain has the authority to make the decision on the course whether or not to allow a runner to proceed.
- When passing another runner, announce your intention by saying “Passing on your right” (or left) and only when there is room to safely pass.
- You must yield to any runner who announces his/her intention to pass by stepping off the trail when it is safe to do so and be prepared to share the trail with runners coming from the opposite direction.
- No dogs, no pacers, no crew, no bandits.
- Any infraction of these rules can and will result in immediate disqualification from NorCalUltras events.

**Thank you for your cooperation in helping us ensure a safe and fun experience for everyone.**