

Pine Trail Run

May 2, 2020

Race Rules for all Participants

Our goal is for all participants to have a safe, enjoyable, and fair race. Please follow our rules, and be cautious at all time for your own safety and that of others. Please be courteous and respectful toward all race officials, volunteers, your fellow competitors, and spectators.

- Runners must wear their race bibs on the front of their clothing at all times during the race, including at the Finish so that we can clearly identify you to record your finishing time. We will record your bib number at the Start area so that we have an accurate list of all runners who actually start the race.
- If you choose to quit during the race, you must report this to a race official at an Aid Station or at the Finish area. Do not simply quit and leave the area without first informing race officials that you are doing so. If you leave without informing race officials, we could conduct an expensive and needless search for you, and you will be billed for the cost of the search.
- Every runner should carry at least one bottle of fluid to drink. It may take you several hours between Aid Stations, and it may get warm during the day. Please carry and drink enough fluid during the race to avoid dehydration.
- Do not throw litter or trash on the ground, other than plastic bottles as noted below.
- If you take a water bottle, you may drop it along the trail; we will pick them up on our trail sweep and recycle them. Please attach the cap and leave the bottle in a visible area on the uphill side of the trail.
- Do not cut short-cut trail switchbacks; this is cheating, and it contributes to erosion.
- As a safety measure, wearing headphones or earbuds, or playing audible music from a speaker, is not allowed by runners during the race. Our rugged and technical trails require your full attention, and you need to be able to hear rattlesnakes and requests from other runners to pass.
- To be counted as a finisher of your race, you must complete the prescribed course. If you get off-course during the race, you must return to the point where you left the course and continue on the correct course from there.
- Trail monitors, some with cell phones, will be stationed at select trail junctions. They will have first-aid kits that you can use for self-treatment (the trail monitors are not necessarily first-aid trained). If you encounter someone on the course who needs assistance, report it to the next trail monitor or, if you have a cell phone, call the medical director, Jeanne, at 480-220-4331. If you encounter someone on the course who cannot get themselves to the next Aid Station because of a serious medical emergency, call 911.

- Shuttle bus service will be provided between the Pine Trailhead/Finish area and the parking lot until about 11:30 AM. Please utilize this service and do not park, drop off, or pick up runners at the Pine Trailhead until after 11:30 AM. There is very limited space for cars at the trailhead, and we want to keep space available for trail users other than those who are here for the race.
- If you have a significant medical condition, please write it on the back of your bib before the race. That way it will remain confidential unless you become incapacitated on the course.
- There is a medical tent at the finish area for basic first aid. If you have a cell phone, please put the medical director's phone number in your phone: Jeanne 480-220-4331.

Additional Rules for 50K Runners and their Crews

- As you enter each Aid Station, you must check in with the volunteers, who will record your bib number and time into the Aid Station. When you are ready to leave each Aid Station, you must check out and have your departure time recorded by the volunteers.
- Runners are not allowed to have pacers run with them in the 50K race. However, runners are allowed to have their crews meet them at Aid Stations #1 and #3 only. Crews are not allowed at Aid Stations #2 and #4. Crews are not allowed to drive vehicles on Milk Ranch Point Road (Forest Road #218 and FR #218A), which is the dirt road to Aid Station #2 that runners will be running on between Aid Stations #2 and #3. Runners are responsible for their crew's actions. If a runner's crew does drive on Milk Ranch Point Road, that runner may be disqualified from the race.
- When running between Aid Stations #2 and #3, runners will be on Milk Ranch Point Road, which is a graded dirt road that usually has very little motorized vehicle traffic, but may have some. Run on the left-hand side of the road, and be prepared to get off the roadbed if needed to allow vehicles to pass safely.
- Runners may obtain aid from race volunteers only at Aid Stations, and may obtain aid from their crews only at Aid Stations #1 and #3. A runner who accepts aid from anyone (other than another competitor) at any location on the course other than at the Aid Stations will be disqualified.
- In the 50K race, if you do not leave an Aid Station by its cut-off time, you will be asked to stop and not continue on the course. We cannot legally prevent you from continuing, but you would do so at your own risk. We cannot guarantee that anyone will be at the next Aid Station or Finish area if you arrive after a cut-off time.