

Participating in a Foretrails Run Series events may take you through Provincial Parks, Crown Lands, residential areas and private property. Routes are open to the public on race days, including hikers, mountain bikers and other runners. Some trails allow dogs off leash. Please be alert and courteous of other trail users and locals.

Be Aware. It can be easy to go off into your own world when you are working hard. We want to be respectful of other trails users, so know what is going on around you and adjust appropriately and politely.

Do NOT Litter. We want to leave the trails and surrounding environment as clean, or cleaner than before the race started. Fair warning...we take this seriously, so littering may lead to disqualification.

Stay to the Right and Pass on the Left. Sounds simple, right? If you are racing, you must yield (to the right) to others wishing to pass (on the left). Having made that statement, not everyone using the trails will be aware of this trail etiquette, so remember to be alert and polite.

Call Out When Passing. Let the person(s) you are about to pass know that you are approaching and intending to pass them. This will allow them to yield and you to pass in a safe manner. Seriously, do NOT sneak up on others. Their startled screech may give *you* a heart attack.

Race Bib Numbers must be visible on your front! We record bib numbers at various points on the course and if we can't see your bib number...it's like you were never there!

Carry fuel and hydration. Yes, we have aid stations, however, the aid stations can be far apart. Also, you never know what the day will bring, and you may find you need fuel and hydration between aid stations.

Only One Earbud. We prefer you listen to the melodious bird song, however, if you *must* listen to something else, please only wear your *right earbud* and keep the volume low.

Practice good sportsmanship. This seems to be the standard in the trail running community, so let's keep it going. This includes being *respectful to the volunteers*. They are there for you!

No pacing or bandits. Non-registered individuals may not accompany racers either on-foot or otherwise along the course.

Stay on Course. Do not short cut switchbacks, etc. It hurts the environment and it is cheating. If there is a problem with the course marking, please let us know so we can fix it.

Obey Marshals and Traffic Control. Vehicles have the right of way and we do not want our racers getting hit by a car. Think about it...you would have to tell your friends that you were hit by a car on a *trail* race!

No Dogs, trekking poles or other "accessories" (unless specified permissible) on course. Your shoes, clothing, hydration, nutrition and emergency supplies (if required), carried on your body are all that you should bring on your race. This ensures fairness and the safety of you and other runners.

Injured runner. If you come across an injured fellow runner, please stay with them until help arrives. Every Aid Station and Race Sweep has a radio and can call for medical assistance.

Dropping out. If you find it necessary to drop from the race, you **MUST** advise a Marshal or Aid Station volunteer and provide them with your bib number. If we can't account for your whereabouts an expensive search and rescue operation will be initiated.

Have fun! It's a rule! After all, you signed up for this!!