



TRAIL WHISPERER

RACE RULES & ETIQUETTE

Participating in Trail Whisperer Race 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.

Check-in. You must check-in before the race starts. Check-in even if you have picked up your race package the day(s) prior to race day. This is mandatory and for safety reasons.

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.

Open trails. Always be courteous and please give right of way to non-race trail users and mountain bikers. Trails are maintained by local communities, for example WORCA in Whistler, and it is important that we do not negatively impact other trail users.

Stay to the Right and Pass on the Left. 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 or wear 'open' ear buds.

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, it is cheating and you may be subject to disqualification. If there is a problem with the course marking, please let us know so we can fix it.

At Road Crossings, Obey Marshals and Traffic Control. Vehicles have the right of way, and we do not want our racers getting hit by a car. You **MUST** obey marshals and USE highway crossing walk signals where applicable. If no marshals are present, obey the rules of the road. Think about it...you would have to tell your friends that you were hit by a car on a *trail* race!

Railroad crossings. Some races have active railroad tracks on the course. Check both ways for trains before proceeding.

No Dogs on course. This refers to you bringing a dog. Other trail users may have dogs running free, so stay alert.

Trekking poles are allowed. Do not use poles at the start until the field has thinned out. If you use poles, please be aware of where you are placing or flicking them. We do not want a pole in someone's foot or other body part.

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.

Leaving the race course. Runners may only leave the race route for an emergency, to help a runner in distress, to access an outhouse/bathroom (or nature's call without an outhouse available) or to view some incredible scenery close to the trail. If you leave the race course for any of the stated reasons, please return by the shortest route.

Dropping out. If you find it necessary to drop from the race, you **MUST** advise a Race Official, 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!!