**Survivorfest 6-12-24 Hour Running Event Race Rules**

**Race format:**

The participant shall travel a designated loop, at her/his individual pace within the 24 hours and the longest distance covered with the race time limit shall win. Participants must complete the race on foot by their own power and ability within the stipulated time. The participant may elect to run any amount of time or distance they wish.

**Registration, SWAG and Refunds**

Race fees are non-refundable as this event is meant to be a fundraiser for the Saffron Centre. If you are injured and can show us evidence of the injury (doctor’s note, picture); you can elect to “auction” off your entry to another individual to regain some funds, or you can roll over your entry for the following year.

All participants will receive swag from the Race Team. If you do not register by May 22, 2019, we cannot guarantee you will get the correct sizing of any clothing items as our order goes in that day. Please ensure you register before this date to receive all your swag in the correct sizing.

**Rewards and Awards**

Each participant receives a personalized event t-shirt. 24 hour runners will also receive a Hoodie. 24 hour runners will receive a GOLD medal, while 12 and 6 hour runners will receive a SILVER medal upon their finish. 1st place women and men finishers for each race category will be awarded a Wunjo X5 Ultra hydration backpack.

Awards will be held at approximately 10:00 am on Sunday, June 9th.

**Food & Refreshment**

A refreshment/food station will be operational throughout the duration of the event with a number of different beverages (hot and cold). We will also provide both hot and cold food throughout the 24 hours to the racers.

* Participants are encouraged to bring their own cup/bottle for beverages
* Trash must be discarded in garbage bins located around the track and by the aid stations. DO NOT drop food or garbage on the track or the facilities
* Participants may help themselves to any food offered at the refreshment/food station, or have their crew bring their own. Food at this station is for PARTICIPANTS ONLY. Crew and supporters can purchase food from the Food Trucks on site or bring in their own food. There are many stores & restaurants within a 5km radius
* There will be no alcohol permitted on site. This event is occurring on county property and our event is not licensed. Please do not bring alcohol or consume alcohol at the event. It is not uncommon for bylaw officers to make visits to county events.

**Crewing**

* Please use the map we have created to familiarize yourself with the different zones. A specific zone on the east side of the track will be specifically for personal belongings/extended crewing area.
* Please stick to the following areas for crewing: Lost Souls Crew/Racer Pit, River’s Edge Dine & Dash & the Racer Zone
* There will be a small area for crew to set up chairs to watch/cheer on their runners by the track. This area is for CREW only.
* Please limit the number of crew members per participant - be aware that crew areas can get tight and having a large group crewing one participant could cause interference or disruption for other participants/crew.
* Supporters (family, friends) are encouraged to participate in the SOUNDfonix Cheer Zone. Supporters (Family and Friends) of a participant CANNOT be in the viewing area directly beside the track. We do not want to crowd/interfere with other participants who may need access to the refreshment station and crewing area
* Crew must not interfere with other participants when crewing. They cannot jump over the track to hand their participant something, and cannot block a participant intentionally coming off/onto the track. Be mindful of the participants and other crew.
* Crew – you are responsible for your own personal items and those of your participant. Dispose of all garbage accordingly.
* Crew - you are also responsible for your own self-care. Please bring what is needed to sustain you. The Refreshment/Food Station is for volunteers/participants ONLY; we are in an urban centre close by to many restaurants/grocery stores and 3 food trucks will be onsite on Saturday, June 8.

**Racer Etiquette**

* Participants are expected to behave with camaraderie and utmost professionalism. Pushing, shoving, cutting off another participant; rude or degrading remarks will NOT be tolerated. Any complaint like this will be dealt with accordingly.
* Treat Volunteers, Race Crew and Officials with respect. They are there to support the event and our participants. Any harassment or disrespect from a participant or one of their crew may lead to disqualification. If you have concerns during the race, please bring them up in a constructive manner and we will attend to them as quickly as possible.
* The track is one big oval. There is really no way you can cut the course, but IF you do, you will be disqualified.
* Please do not walk/run more than 2 abreast. If there is a group of more than 2 walking/running in close proximity, walk/run as a group more lengthwise, not widthwise. This ensures that groups of participants do not take up a large amount of surface area on the track, allowing other participants to get by if needed.
* The inside lane (or lane 1) is the most desireable lane due to efficiency. If you are a slower participant & you are giving your best effort, you are entitled to stay in the inside lane and other faster participants have to go around you.
* Bathrooms are located right beside the track – make use of them.
* Any attempt to “fool” the tracking system or manipulate the system to gain more mileage will lead to disqualification.
* NO OUTSIDE PACERS ALLOWED. Registered participants can pace each other

**Breaks and Stopping**

* There is no limit on amount of time you can take a break/stop.
* If a participant does not wish to continue running, regardless of what event they are in, they are asked to let our Timing Tent know and hand in their timing chip.
* Direction changes will occur Saturday at 1pm, 5pm, 9pm & Sunday at 1am, & 5am. This will be every 4 hours for the 12 & 24 Hour Events, and every 3 hours for the 6 Hour Events. Please BE AWARE If the participant is on a break during the direction change, he/she must complete the lap prior to finish the lap (otherwise your mileage will be recorded correctly)
* When this happens race crew can assist runners with this transition. If you are on a break, you MUST complete your loop before changing directions.

**Timing and Results**

* Each participant must pass over two timing strips per lap in order to have their lap counted.
* Please wear your timing chips at all times. Failure to wear your timing chips means your results could become invalid.
* If a participant chooses to leave the event area for any reason (i.e. return to hotel, purchase supplies) please leave your timing chip(s) at the timing tent or with a race official. Once you have returned to the event area you can collect your timing chip from the timing tent.
* If a participant is very keen on using their results for a record, Worlds, etc; we recommend asking for TWO timing chips to verify your results.
* If you decide to not continue, please hand in your timing chip at the Timing Tent and let them know you will not continue on.
* While Zone4 prides themselves on a great system and while we don’t anticipate any problems, we will handle any as they come. We encourage participants to keep your own tally using a good sports watch that will record each lap, along with the lap time and some idea of lap distance. Taking these precautions will help if there is any problem with the timing system or lap count. It’s always great to have a back-up.
* Participants will be started in waves of no more than 8 runners per wave. Times will start as each participant crosses the timing strip. All participants will be stopped at the same time at the completion of their event.
* Timing chips will keep a record of lap times only and will not record distance travelled.
* Please wear your bib in front and visible.
* If timing chips are not returned after completing your timed event an additional fee may be charged for the replacement of the timing chip.

**Weather/Acts of God**

* If, for some reason, the weather turns extreme (lightning, thunderstorms, inclement weather) and there is immediate risk to the safety of our participants, the Race Director may need to make an executive decision to pause/stop the race so participants can seek shelter.
* Depending on the extent/risk of the weather and the risk to our participants, the race may be paused, and participants can take shelter until the weather passes, OR, the Race Director may decide to stop the race altogether for the safety of all participants. If the weather passes and the race can resume, it will be up to the discretion of the Race Director whether they may add time to the race in order for participants to complete their total allotted event time (24, 12, or 6 hours total)
* The race may also be paused/stopped due to extreme medical incident, Act of God, etc. The decision to pause or stop the race will be up to the Race Director or other Lead from the Race Team, in the absence of the Director. We expect participants to adhere to this decision and respect that it is incredibly hard to do so; but all decisions are made with our participants’ safety and health in mind.

**Required Gear**

We will have a variety of food and drink to keep participants hydrated and fueled, but any additional items you feel is necessary, we leave to your discretion. Having crew can be valuable for support; and because the race is located in an urban centre, crew can easily buy desired items for you as well. We trust that you will properly prepare and bring the supplies you need for 6, 12, or 24 hours. This includes weather-appropriate clothing, hats, gloves, wipes, bottles, fuel, socks, shoes, snacks, etc. *\*Please note that the track will be illuminated throughout the night, so headlamps are not required, but maybe bring one just as a backup\**

This is what you really need to make sure you show up with:

* *Bib, visible and front facing*
* *Timing Chip*
* *Clothes appropriate for the weather (please do not run naked!) ^\_^*
* *Collapsible cup (highly recommended!)*

Items allowed with discretion:

* *Headphones* 
  + we will have a DJ playing part of the day, and music into the evening. Headphones may distract you or make you unaware of your surroundings as you get into your own “headspace” which can have positive AND negative effects. We are allowing headphones to be worn but recommend that you wear only one earpiece. We ask that you use headphones with discretion and utmost respect of runners around you.
  + If it is deemed that wearing headphones is making you unaware or disruptive to other runners, we may ask you to remove them.