

## 100M Course Rules

1. There will be no unofficial runners.
2. Each runner's official race number must be worn prominently on the front of the runner throughout the entire race.
3. Runners must follow the marked trail at all times. Any runner departing from the trail must return to the point of departure on foot before continuing to proceed on the course.
4. Each runner must complete the entire course on foot under his/her own power.
5. Runners may not store supplies of any kind along the trail.
6. Runners are responsible for the actions of their crews and pacers.
7. Everyone associated with the race must comply with all Race rules, regulations issued by the Race Director in pre-race memos and at the pre-race briefing on Friday, and all parking and access instructions, or risk disqualification of the runner.
8. Each runner must be checked IN and OUT of all manned checkpoints.
9. All cut-off times will be strictly enforced. Runners must be checked OUT of the checkpoint by the cut-off time.
10. All runners must undergo brief medical checks at designated checkpoints. Additional monitoring of individual runners may be required at the discretion of the Aid Station captain or medical personnel. Refusal of the runner to cooperate may result in immediate disqualification. The Aid Station captain or medical personnel have the complete authority to evaluate the condition of any runner at any time, and to determine whether the runner may continue.
11. Each runner and any pacer should strongly consider taking a minimum checklist of equipment and safety clothing with them from the Little Bighorn River Footbridge Aid Station at 30 miles on their way out on this course to ensure in their safety in ascending the Little Bighorn Canyon in the evening or at night. In past years the Bighorn Trail 100 was held in near perfect to somewhat warm conditions; and yet many participants experienced significant hypothermia in their ascent of the Little Bighorn Canyon due to night chill and the predictable canyon headwinds. This canyon is isolated with very limited access points making any needed rescues extremely difficult and complicated. Sudden thunderstorms or snowstorms can unpredictably occur at any time in the Bighorns especially in the late evening hours. The list includes a minimum of 1) three working flashlights (additional spare batteries suggested), 2) a long sleeve moisture wicking material shirt, 3) long tights or long weather pants, 4) a nylon jacket or similar type of upper shell, 5) a plastic emergency poncho 6) gloves, and 7) headwear (a stocking cap, balaclava, or some type of hood).
12. Injection of fluids or drugs (intravenous, intramuscular, or subcutaneous) during the race will result in immediate disqualification.
13. Littering of any kind is prohibited. Please respect the natural beauty of our countryside and forest to allow our continued use of this course.
14. Runners, pacers, and crews must use approved Forest Service techniques for human waste disposal if they are required to relieve themselves in the "wild".
15. Runners, pacers, and their crews must refrain from any act of bad sportsmanship.
16. Smoking is not permitted at any of the checkpoints or along the trail.
17. Any runner who is unable to finish the race must personally inform the Aid Station captain of the nearest checkpoint of his/her decision to withdraw. He/she must give his/her race number issued at the pre-race check to the Aid Station captain at that time. The surrender of the race number by the runner to the Aid Station captain serves as an

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- official notice of a runner's withdrawal from the race. It also prevents runners who do not finish from potentially getting a chip finish if the bib is worn to the finish area.
18. The runner is responsible for any "search" costs incurred by their participation in this event if an emergency search procedure is activated including searching for runners classified as "lost" caused by non-compliance with withdrawal procedures from the race listed in #16 above.
  19. The entrant is responsible for any costs incurred by them, their pacers, or their crew for medical treatment or medical evacuation during their participation in this event.
  20. A pacer (pace runner or safety runner) is any individual who accompanies an entrant for any distance greater than 100 yards.
  21. One pacer at a time may accompany each runner from the Little Bighorn River footbridge aid station going out (30 miles) to the Finish of the race. An entrant over the age of 60 or with special medical conditions (MUST be cleared by the Race Director in advance by April 30th) may be paced from the start.
  22. Vehicles are not allowed on the Tongue River Canyon Road from the Trailhead to the finish at Scott Park. We encourage you to meet your runner by either walking, running, or biking on the road. A crew runner may accompany the competitor on the final course section into the park, but must only do so on foot, or on a bike.
  23. Each pacer must sign a waiver release prior to pacing a runner. These will be available at the pre-race briefing and at Registration.
  24. Pacers must be at least 18 years of age. Specific exceptions to the age requirement may be made in advance of the race by the Race Director with a guardian's signature.
  25. Each pacer must wear the official pacer bib of the entrant he/she is pacing. One pacer bib is provided per entrant at race check in. The official pacer number must be transferred between pacers if duties for one runner are to be shared. If a pacer becomes unable to continue the race, the official pacer number must be given to the runner, so that subsequent pacers will be properly identified.
  26. Each pacer must clearly identify themselves when passing through checkpoints so that race personnel know exactly who is on the trail and where. Pacers must stay with their runners at all times, except in the case of emergency. If the runner withdraws from the race, and the pacer wishes to continue, the pacer must remain at the Aid Station until another runner enters the Aid Station and requests the services of a pacer. The pacer may not continue on without an official race participant.
  27. Pacers must enter (CHECK IN) and leave (CHECK OUT) each Aid Station WITH their runners. Runners are to carry their own supplies and pacers are to carry their own supplies. No mechanical or physical assistance may be given by the pacer to the runner at any time.
  28. A crew member is defined as any individual who provides material support to a runner in the event. Crews may meet runners and assist them only at aid stations specifically designated for crew access or in specific crewing areas defined below. Crews must wait to assist their runner at such an aid station until after the official check-in and medical evaluation (where applicable).
  29. Crews must adhere to instructions of all aid station personnel, including requests to vacate a certain area of the checkpoint.
  30. Crews must stay within a 100-yard radius of the aid station while attending to their runners. EXCEPTIONS: Crews may assist runners 1) at Camp Creek Ridge on Freeze

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Out Road at 12.25 miles (going out only); 2) at the Bighorn Mountain Divide on Devil's Canyon Road both at 47 and 49 miles; and 3) on Tongue River Canyon Road (as long as the Crew accessed Tongue River Canyon Road on foot or bike) from Tongue River Trailhead at 94.75 miles through to the Finish at Scott Park in Dayton.

31. Crews are strongly encouraged to use only one vehicle per runner at designated crew access locations to minimize congestion, facilitate parking, and adhere to ecological principles. Aid Stations with a designated area parking for crews required include Dry Fork Ridge (out and in), Footbridge (out and in) (read information carefully in the Crew Access directions below), and Jaws Trailhead. Crews must never park in such a way as to block traffic, block access to the trail or checkpoint, or block other parked cars. Vehicles who are found to be blocking traffic, access, or other cars will be towed at the owner's expense.
32. Crews must always drive at safe speeds! Our course access roads are curvy (many graveled) in mountainous terrain and treacherous if traversed at too high of a speed.