

BIGHORN TRAIL RUN 52M, 32M, 18M 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. 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 Friday afternoon, and all parking and access instructions, or risk disqualification of the runner.
7. Each runner must be checked IN and OUT of all manned checkpoints.
8. All cut-off times will be strictly enforced.
9. 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.
10. Injection of fluids or drugs (intravenous, intramuscular, or subcutaneous) during the race WILL result in immediate disqualification.
11. Littering of any kind is prohibited. Please respect the natural beauty of our countryside and forest to allow our continued use of this course.
12. Runners must use approved Forest Service techniques for human waste disposal if they are required to relieve themselves in the "wild".
13. Runners must refrain from any act of bad sportsmanship.
14. Smoking is not permitted at any of the checkpoints or along the trail.
15. 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.
16. The runner is responsible for any "search" costs incurred by their participation in this event if an emergency search procedure is activated. This includes searching for runners classified as "lost" caused by noncompliance with withdrawal procedures from the race listed in #15 above.
17. 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.
18. **NO PACERS ARE ALLOWED IN THE 32M.** A pacer (pace runner or safety runner) is any individual who accompanies an entrant for any distance greater than 100 yards at one time. An entrant over the age of 60 or with special medical conditions (cleared by the Race Director in advance) may be paced from the start.
19. Vehicles are not allowed on the Tongue River Canyon Road from the Trailhead to the finish at Dayton Park. **IF YOUR CREW DRIVE ON TONGUE RIVER ROAD TO THE TRAIL HEAD, YOU WILL BE DISQUALIFIED, ABSOLUTELY NO EXCEPTIONS!** 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, and may not do so on a bike.
20. Runners are to carry their own supplies. No mechanical or physical assistance may be given to the runner at any time.