

# Race Rules for 100 Mile National Championships

## Forbidden

- Handing over and/or acceptance of drinks and food, water and sponges, assistance in changing shoes and/or dress except by medical service outside of the designated refreshment zone.

## Refreshment Zones

- The official Refreshment/Handling Zones, marked clearly by the signs “beginning” and “end”, should be approximately 100 meters long (the length of a football field)
- Start and finish water and other suitable refreshments shall be made available.
- The race organization must ensure that the competitors can use their own personal drinks and food at **all** official aid stations.
- Coaches and support are permitted to bring the athletes’ personal food and drinks directly to the tables in the official aid station area.
- Coaches/crew members are allowed to use refreshments from the Open Table to give to their athletes in their refreshment zone.
- Championship registered runners are permitted to set up their own aid station area within the area of the aid station (100 meters on either side of the start/finish line)

### **Allowed support in the Official Aid Station/Handling Zones**

- In the official Aid Station/Handling Zones the crew members and coaches may put the refreshments into the hands of the athletes.
- Coaches and crew members can support athletes for any shoe and dress change.
- Any medical support is permitted e.g. treatment of smaller injuries, blisters, massages etc.
- Transmission of information of any kind is also permitted.

Remark: All this support is allowed only within the Official Aid Station/Handling Zones not in the Drinking/Sponging Stations if there is one outside of the start finish area.

## Race Numbers

- Each championship participant must wear two race numbers that can be easily read (the USATF/event bib number in front, and the age group (open, 40-44, 45-49, etc.)) on the backside and must be clearly visible at all times throughout the race.
- In the case of bad weather conditions, both race numbers must be worn and visible over all clothing.

## Pacing

- Pacing is permitted, male with male, female with female, male with female. Those who chose to run together must be legitimately entered in the same race (i.e. champs race runner with champs race runner NOT champs race runner with open race runner (these are 2 separate races, even though possibly happening at the same time)

**Earbuds are permitted ONLY if the runner is not in contention for an overall award (1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>).**

**If a runner leaves the course, that runner must re-enter the course at the same location s/he left it.**