

Reckless Raven 50 Race Rules

The Reckless Raven 50 is organized and staged by a group of volunteers. Race management reserves the right to add, modify, replace or cancel venues or events at any time. Race Management reserves the right to make changes and amendments to the rules and regulations at any time. In the event that changes are made, race management will contact all registered racers with any updates so that they may make the appropriate adjustments to their preparations for the race. On race day, racers must respect the direction and authority of the race director and volunteers.

Participants

- The Reckless Raven 50 is a very physically challenging event, and participation presents numerous medical risks, many of which can be extremely serious or fatal.
- Participants must be 18 years of age or older on race day.
- Risks include: Wild animals such as bears, allergic reaction to insect bites, hypothermia, dehydration and various injuries that could be caused during falls.
- Participants must carry their own health insurance if coming from out of the territory.

Pre-race meeting and briefing

- All participants must pick up their race package on June 20th, 2018 at the Mt McIntyre Recreational Centre between 3 and 5 pm. A mandatory pre-race meeting will be hosted between 5 and 6:30 pm. Failure to attend will result in the racer being disqualified. Both team members must attend for relay teams.
- All participants must pick up their race package June 30th, 2018 between 3 and 5 pm at the Mt McIntyre Recreational Centre.
- All participants (including both racers of relay team) must check in and have their mandatory gear checked on July 1st, 2018 between 5 and 5:30 am. All racers must attend the pre-race briefing on July 1st, 2018 at the start line at 5:45 am. Failure to attend will result in the racer being disqualified.

Race Day

- The Reckless Raven 50 features two distinct racing participation options over the distance of 50 miles: Solo and 2 persons team relay.
- The relay exchange will be at Checkpoint 6 (Jackson Lake).
- Cutoff times for solo participants are 13:00 pm at Checkpoint 6 (Jackson Lake) and 8:00 pm at finish line. If a racer arrives at a checkpoint after the cutoff time, he will be disqualified and will have to quit the race.
- Cutoff times for relay participants are 12:00 pm at Checkpoint 6 (Jackson Lake), 6:00 pm at the finish line.
- If the racer for leg 1 did not make the cutoff time, the racer for leg 2 can start their leg at the cutoff time.
- If a participant decided to continue on the course after being disqualified, it will be at his/her own risk and no support will be provided.

- It is MANDATORY that all runners check in with timing sticks at the start, at each aid station, at each checkpoint and at the finish. It is the runner's responsibility to ensure that the official sees the bib number. If a racer does not check in, he/she will be disqualified.
- All participants (including both racers of a relay team) must complete an online waiver when registering.
- When crossing roads or ATV trails, vehicles have the right of way.
- If a runner makes a wrong turn, the runner must return to the course on foot to the point on the course where the error occurred and then resume the race.

Trail Etiquette and Environmental Respect

While participating in the Reckless Raven 50, you will be traveling through residential areas, farmland and Kwanlin Dun First Nation traditional territory. The route is open to the public on race day, so be courteous and aware of other users. Please be polite and respect local residents so as to minimize any disruption. This also applies to pets, farm animals and wildlife.

- No Pacing: non-participants may not accompany registered runners (on foot or otherwise) along the course.
- Do not litter on the course. This will result in disqualification and lifetime ban.
- Please use bathrooms, portable toilets where available, or use common sense, if you have to relieve yourself between aid stations.
- Slow runners must yield the trail to others wishing to pass.
- If you come across an injured fellow runner, please stay with that person until the sweep or medical attention arrives.
- No short-cutting: this includes all switchbacks.
- Runners may not store supplies of any kind along the trail.
- No dogs, baby joggers, or other "accessories".
- Your shoes, clothing, and mandatory gear in a bag, carried on your body are all that you should bring on your run to ensure competition fairness and the safety of you and other runners.
- Headphones ARE NOT permitted, you are in bear country and need to be aware of wildlife.
- Mandatory gear to carry at all times include: tuque, gloves, water container (1 L min.), survival blanket, whistle, map, food.
- Remember that no cups will be provided and you need to refill your own bottle at aid stations.
- Runners may not receive assistance outside of designated Aid Stations by anyone other than another registered active runner. This standard is enforced for fairness to all runners. Runners do not need to have a crew. You are allowed to receive assistance from a crew at checkpoint 6 (Jackson Lake) within aid station boundaries so long as your crew do not impede other runners or race staff.
- Dropping Out: If you find it necessary to drop from the race, you must do so at a checkpoint. Notify the aid station captain, sign the drop out form and have the captain remove your bib number. Failure to do so may result in ban from future races. If you feel you cannot get to the nearest aid station, stay on the trail, inform another racer and a sweep will assist you. Do not leave the course without notifying an aid station captain. If we can't account for your whereabouts an expensive search and rescue operation will be initiated.

- **Mandatory Drop Out:** Medical staff and aid station captains have the authority to pull a runner from the event should they deem it unsafe for the runner to continue. The runner must comply with this decision. If the runner continues against the decision of the checkpoint captain, he or she does that at their own risk and no further support will be provided.

Infractions

Participants are expected to behave in a sportsmanlike manner. Race Management reserves the right to impose sanctions for behavior not specifically mentioned here. Official protests must be made directly to a race official. In the case of unclear or contested infractions, a jury of available racers, volunteers and race marshals will be assembled to provide an opinion to the race officials; however the race officials reserve the right to make the final decision.

INFRACTIONS THAT WILL RESULT IN DISQUALIFICATION

- Short-cutting the course
- Missing an aid station or a checkpoint
- Receiving aid outside of an aid station or a checkpoint from someone other than a registered runner
- Getting in a moving vehicle
- Having a pacer
- Failing to remain at a checkpoint for medical evaluation on request of checkpoint personnel
- Impeding another runner
- Having a dog or other animal companion on the course

INFRACTIONS RESULTING IN DENIAL OF FUTURE ENTRY

- Running as a bandit (either unregistered or using another registered runner's bib)
- Disobeying rules regarding bringing dogs on the course or mistreatment of the environment
- Littering
- Failing to respect private property
- Mistreating Race Management, Aid Station personnel, runners or crew