

# **Race Etiquette**

- 1. Pin your race number on the front using four pins, one on each side of your bib. Most runners attach their number to their tops.**
- 2. Don't swap bibs or fold your race bib.**
- 3. Allow faster runners to line up first. Slower runners and walkers should start towards the middle or back of the starting corral. Strollers should begin at the back. Bikes or dogs/animals are not allowed on the course.**
- 4. Watch for spitting or blowing your nose on the course. Move to the side, check around you, and aim away from others.**
- 5. Pay attention to your surroundings. Be aware of traffic and respect other runners' space. Report anyone needing help to race workers or volunteers.**
- 6. Pass on the left and stay to the right. Move to the right if slowing down or walking to allow others to pass easily.**
- 7. Don't stop abruptly on the course. If stopping, move to the side. Run/walkers should check behind them before starting to walk.**
- 8. Encourage fellow runners. Offer words of encouragement if possible. Consider a thumbs up as you pass.**
- 9. Stay hydrated and dispose of cups properly. Aim empty cups towards trash cans or the side of the road to avoid accidents.**
- 10. Keep moving once you cross the finish line. Seek assistance from medical staff if needed.**