



SPRUGE MEADOWS RUN SERIES

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email: runseries@sprucemeadows.com

RULES & REGULATIONS

Registration

Registration must be completed using the Running Room online registration program. All day-of registrations will be charged the late registration fee of \$65.00 and be subject to a \$5.00 convenience fee. Day of registration will only be open 1.5 hours before the race start and will close 30 minutes before the race start. Day of registration is CASH ONLY. Online registration closes 24 hours before the event. Registration closing dates can be found on the race event registration page.

Package Pick Up

Race package pick up dates and locations can be found on the race event registration page. All SWAG bags include a race bib/number, timing chip (for timed races only), a race t-shirt and much more! SWAG bags will be given out during race package pick up. Collectable Run Series Medals will be given out when you cross the finish line!

Volunteers

The volunteer registration form can be found on the race event registration page. Volunteers 14 and younger must be accompanied by an adult.

Age Restrictions

Children 6 and older may register for all 2km and 5km races. All participants in the 10km races must be 12 and older. All participants under the age of 18 must have parental consent to register. Volunteers aged 14 and younger must be accompanied by an adult. There are no exceptions or exemptions to this rule. All children 5 and under who are not registered participants, therefore have not signed the waiver of liability, must be under the complete care of their parent or guardian at all times.

Parking

The Parking Fee of \$10.00 per car will be collected for all Spruce Meadows Run Series events. Parking fees cover the cost of parking attendants, security, grounds management and traffic/highway control.



Course Condition & Safety

All of the race courses in the Spruce Meadows Run Series are considered to be "all terrain". Be prepared to run on pavement, gravel, dirt, grass, uneven surfaces including hills and slopes. Race officials, course marshals, medics and volunteers are strategically placed along the course to ensure the safety of all participants. No bicycles, skate boards, rollers skates/roller blades, or are permitted at the Run Series. Personal music players and headphones are not recommended.

Dogs

The only race permitting dogs is the Pawsitively Fun Run on Sunday June 21st, 2015. For this race dogs must be on a non-extendable leash no longer than 5' long and must be under full and complete control of the handler at all times. All dog owners are responsible for picking up after their own pet including bag disposal.

Course Closure

Walkers are welcome on all 2km and 5km courses. All courses will be closed two hours after the race start. The Spruce Meadows tournament grounds will remain open to the public to enjoy for the remainder of the day.

Strollers/Baby Joggers

Strollers and baby joggers are permitted at the 2km and 5km races only. If you are running with a stroller/jogger please start your run near the back of the heat to avoid potential hazards. No stroller or jogger will be permitted through the obstacles for the Heroes Behind the Heroes Run on July 1, 2015.

Transferring Registration

If you would like to transfer your registration, please email runseries@sprucemeadows.com to request a transfer. All transfers are limited to a one-time exchange and must be within the same race event. Transfers can only be accommodated up until 24 hours before Package Pick up date. There are no refunds.

Personal Belongings

There are no designated spaces or areas to store personal belongings. Any items left in a vehicle, or unattended at Spruce Meadows are not protected against any theft or damage. Spruce Meadows will not be held liable for any stolen, lost or damaged goods or property.

Concessions & Alcohol

Please bring cash as we cannot guarantee all businesses take credit/debit. Alcoholic beverages will only be served to persons 18+ with a government issued photo ID.

Non-compliance with these rules & regulations will result in an immediate disqualification in the race.

