**Valley Crest Race Rules**

We respectfully ask for your cooperation in following the race rules and enforcing the same rules on your fellow competitors.

* Races are held by permit from State and Park agencies and may be subject to delays or abrupt cancellation prior to the event or even during the event under circumstances including but not limited to Red Flag Alert, high temperatures, excessive heat index, excessive rainfall or flooding.
* Event fees are non-refundable for any reason including event cancellation.
* In the unlikely event of race cancellation, attempts will be made to reschedule within 45-days.
* Sorry, you may not transfer your bib to another runner.
* Runners must present photo ID to pick up their race bibs.
* Race bib must be clearly visible on your front side.
* Quiet hours in the parks are in effect until the race start so as not to disturb neighboring residents or campers. Please park and head to the check-in area in a quiet manner.
* No early starts.
* All runners should carry one bottle or 20oz of fluids during the race.
* Runners cannot be paced by runners who are not wearing an official race bib.
* No crewing allowed at any of our events.
* If you do not complete the racecourse, please report your bib number to the nearest aid station or to the race timer so we know you are safe.
* In the event that you leave the trail for any reason during the race, please leave your water belt, bottle or hat on the trail as a marker.
* No dogs or baby joggers are allowed on the racecourse.
* There is no alcohol permitted in the park.
* No smoking and no open fires.
* There will be a race briefing about 10-minutes before the start. Please be quiet and listen to instructions for your safety and the safety of others.
* All runners must yield right-of-way to equestrians (horses).
* Slower runners and walkers, please stay to the right side of the trail to allow passing on your left.
* Faster runners, please pass on the left. Make your intentions known, "pass on your left please".
* The use of audio devices is allowed however per RRCA Regulations, we will enforce a one-ear-bud rule.
* Littering will get you banned from future races.
* No rudeness or arguing with race officials; all volunteers are race officials.
* Prize Money: In an effort to maintain an environment that ensures fair completion and clean sport, Trail Run Events has enacted a policy to not award any cash or hardware to athletes who are currently under suspension for use of banned substances or performance enhancing drugs. All cash prizes will be mailed to the winners after checking eligibility.
* Awards must be picked up at the Awards Ceremony; they will not be mailed.
* All rules are non-negotiable. Race officials reserve the right to enforce rules and/or to create new rules as necessary, up to and including on race day.
* RISK: You are running at your own risk. You assume any and all financial responsibility that may be incurred in the event you require emergency evacuation from the race- course, including but not limited to air evacuation.