



Track and Field  
Road Running  
Marathons/Ultras  
Cross Country Running  
Race Walking

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## Road Race Etiquette Guidelines

- Read the website, entry form or other race information before contacting the race director. All of the race details you need are probably there. Pay particular attention to deadlines – they may seem arbitrary to you, but race volunteers need lead time to prepare for race day.
- Respect entry restrictions. Check first if the race permits wheelchairs or baby joggers, or imposes a minimum age. Any means of self propulsion (rollerblades, skateboards, bicycles, etc.) is not permitted. And running with dogs or other animals is also not allowed. Ignoring such limitations will subject you to liability. If in doubt, check with the race organizers first.
- Pre-register if you can. It allows race volunteers to concentrate their time on other tasks on race day, and will save you money. Fill out your form completely and legibly. On-line registration is encouraged. If paying online make sure that you get a confirmation of payment to verify that you are officially registered.
- Pay attention to packet pickup hours. Do not show up at other times and expect to receive your race packet/number.
- Carefully check your information at packet pickup if printed on your number. Before the race is the time to correct any errors such as age, gender, or misspelling of your name.
- Pin your number on the FRONT of your shirt or outermost clothing and keep it visible at all times, and especially at the finish. Announcers, photographers, timers and medics use it to help identify you.
- Do not run without a number, or if you did not register. Doing so can cause errors in the recording of times and positions of those legitimately entered. People who do so are called 'bandits' or 'turkeys', and may be refused entry into other races.
- Do not allow another runner to use your number. A person running in your place who is of a different gender or a different age group can lead to errors in the results, and deny legitimate winners of their prizes. Also, in the event of an accident or medical condition, wrong information may have serious consequences. Respect the events' policy on transferring entries.
- If the event includes races of different distances, do not switch races without approval, as you may not get an official finish time, or it can lead to errors in the results, and deny legitimate winners of their prizes.

## BC Athletics – Road Race Etiquette Guidelines

- Position yourself appropriately at the start. If you are running slowly or walking, start at the back, so as not to obstruct quicker participants.
- Do not start before the designated start time, unless the race specifically has an early start for walkers.
- If wheelchairs or baby joggers are permitted in the race, it is recommended that racing wheelchairs be given a separate start before the runners start, and that baby joggers and non-competitive wheelchairs start at the back of the field, to reduce tripping hazards when the field is most congested.
- Visually impaired runners accompanied by a guide should also start either in advance, or at the back of the field.
- If you need to walk or slow abruptly during the race, move to the side of the road first. If you must leave the course, be sure to return to it at the same point as you left it.
- Run facing traffic unless directed to do otherwise by a race official.
- Remember cars and other traffic have the right of way on the road. Only cross at intersections or when directed to do so.
- Don't cut the course. If the course is open to traffic, do not cross the centre line of the road. Make sure to go around any cones or other markers on the appropriate side. Run on the road, not the sidewalk, unless directed to do so.
- Don't block other runners at any time. At aid stations, move to the side if you slow down or stop. It is permissible to drop your cup or sponge near the tables, but be careful not to splash others. Littering anywhere else on course is not allowed.
- The use of portable headphone devices (iPods, MP3 players, Walkmans, CD players, etc.) is discouraged - for your safety and the safety of others. You MUST be aware of your surroundings at all times and this includes being able to hear any verbal warnings/instructions from police/course officials; or the sound of any vehicles and other participants on the course. If you choose to wear a portable headphone device during a race, you do so at your own risk and on your own responsibility.
- Pacing by a non-participant is not permitted. This includes cyclists riding alongside participants.
- Aid from any person not involved in the race is not allowed except in emergencies. If you see a person in distress, give aid, or advise a race volunteer. If you receive aid, and continue, you may not be eligible for awards.
- Remember there are other people in the race, be courteous and allow them to have the same experience that you expect. Think of others first if you need to spit, blow your nose, or otherwise evacuate your body.
- Respect private property. Use toilets provided by race organizers.

## BC Athletics – Road Race Etiquette Guidelines

- Do not stop right at the finish line. Keep moving through the finish area so that others can finish behind you.
- Pay particular attention to finish line instructions. If the race is not using chip timing it is important that you stay in your finish order in the finish chute until your finish position has been recorded (often by removing a tag from your race number).
- If the race uses a non-disposable timing chip, be sure to return it, even if you did not run.
- Exit the finish area as soon as possible, to reduce congestion in the area.
- Only cross the finish line once. And do not cross the finish if you did not complete the full course. Doing otherwise will lead to errors in the results, and deny legitimate winners of their prizes.
- If you have to drop out after starting, make sure you or someone informs race volunteers at the finish, identifying yourself by your race number. Otherwise they may be waiting for you.
- Limit your consumption of post race refreshments until you are sure everyone (i.e. the last finishers) has had an equal share. Refreshments are for race participants and volunteers only, not for spectators!
- Be courteous to the volunteers. You have an event to run because of them. If you race, make sure you help out proportionally at other events. You will be more appreciative of the sacrifices others make for your benefit.
- Stay for the awards. Celebrate the winners. You may have won a prize yourself, and it is courteous to the organizers and sponsors to be present to receive it.
- Smile!
- (The Race Director generally has the final authority with respect to their race, subject to regulations of the sanctioning body. Some infractions may be subject to disqualification or sanctions such as being banned from other races. These include, but are not limited to: running without registering or registering fraudulently, finishing without completing the full course, being paced by a non-participant, verbal or physical abuse of others, or causing danger to others.)