

Course Etiquette

Starting Line Up: Please make room for faster, serious runners at the front of the starting line. Slower runners and walkers should be towards the back. Strollers, wheelchairs, etc should start towards the back, unless the participant can handle the faster pace.

On The Road: If you're running with a group, try not to run more than two abreast, so others can pass you.

Don't Stop: If you need to stop and drink water, tie your shoes, pick up something you dropped, etc. please move off to the side of the course so you are not in the way.

Water Stations: Use caution when approaching a water station and make sure you're not cutting off other runners. If you're going to stop or slow down to walk through the water stop, move to the side and make sure there's not a runner behind you.

Show Appreciation: Remember people are volunteering their time to help make the event a success. Say "Thank You!" to event volunteers.

Headphones: For safety and as a courtesy to other participants, please do not bring your headphones. If you are wearing headphones, keep the volume low or run with one earbud out so you can hear instructions from event officials and warnings (i.e., "on your left") from other runners during the event.

Thank Spectators: Event spectators will be there along the course supporting and cheering you on. Acknowledging their presence will encourage them to continue supporting other runners behind you. If you are too tired to say "thanks," show your appreciation by giving them a smile, wave, or a thumbs up.

Keep Moving at the Finish: Don't immediately stop at the finish line or in the chute. There will be runners coming in right behind you, so keep going until it is safe to come to a stop. Pick a central location to meet family and friends that is out of the way of the finish line.

Share: Take only your fair share of food and drinks at the finish line. Runners finishing after you will also want to enjoy the goodies waiting for them at the end.

Animals: Animals (such as dogs) are not allowed to participate in the event, except for service animals. Participants, supporters and volunteers are asked to leave their animal friends at home.