



LECU's Annual Lighthouse Relay, Race to the Sea

PO Box 70, Grand Bay East, NL A0N 1K0

Tel: (709) 695-7607 Email: racetothesea@gmail.com

RULES AND INFORMATION

The goal of these rules is to enhance the running of this event in a spirit of friendly competition and to ensure the safety of the participant, and provide information that is deemed necessary.

INDIVIDUAL RULES

1. No bicycles to be used on the course during the race.
2. Run on the left side of the road facing traffic unless otherwise directed.
3. Step off of the road for oncoming traffic.
4. When the finish line is on the right, the runner must cross the road at as close to a 90-degree angle as possible to minimize danger to the runner and to minimize the number of vehicles being held for the runner.
5. Pull off the road for water stops (or keep running).
6. Runners may only run for one team.
7. Do not warm up with your bib on. This causes confusion for the timing teams.
8. Fun is encouraged, within the limits of safety.

TEAM RULES

1. 11 members per team, 9 runners minimum to qualify for prizes.
2. All participants **must** sign a waiver prior to participating.
3. Teams who fail to start a runner for any of the legs **will not** be disqualified. They will be assigned the slowest time for that leg plus ten minutes. A reminder that runners **have** to start at the start line.
4. If a runner does not finish a leg, that's OK. The team will be assigned the slowest time for that leg plus five minutes.
5. If on race day an unjustifiable change must be made to a runner running a particular leg, the runner will be subject to the slowest time plus five minutes.
6. Legs will start on time.
7. Bib numbers must be worn on the **front** of the runner's shirt or jacket and clearly visible, using 4 safety pins (one in each corner).
8. Runners will be recorded as they pass over the finish line and the time given will be the one from the timing team...you can time yourself for personal records, however, the time given by the timing team will be the final time and it will be available a couple of legs after yours.
9. Runners who do not pass over the finish line or who do not clearly display their team number may be eliminated from the final results.



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RELAY INFORMATION

1. All 11 legs will start on time as per the established schedule.
2. Shower facilities are available at Hockey Gale's Home next to E.W. Gale's Store, and the Bruce II Sports Complex in Port aux Basques. There will be no other shower facilities available.
3. Washroom facilities and port-a-potties are available at the end/beginning of each Leg.
4. Volunteers will have several bottles of water along the route, as well as the official race vehicle will have bottles of water and bananas for the runners.
5. Important announcements will be made throughout the event.
6. Signed waiver sheets must be in our possession no later than the meet and greet.
7. No runners will be allowed to participate without the signed waiver.

VEHICLE RULES

1. Vehicles shall be permitted to leave the start/finish area at 10 minutes after the leg start.
2. Vehicles must not pace the runner; it must stop in a safe place and pull off the road, service and support the runner and move on to another place to stop.
3. Vehicles must have all four wheels off the road when stopped along the race course.
4. To cheer a runner, pull off the road.
5. Do not obstruct vehicle traffic.
6. Pickup of a runner from the course is each team's responsibility.
7. There will a ONE vehicle permit for each team captain. This will allow you to have on car at the Rose Blanche Finishing Site. However, once you are in the compound, you are required to stay there until all runners are in. This is for the safety of the runners. If you do not want to stay until the last runner is in, then you will have to park at the bottom of the hill and walk up to the finish line.
8. At Cape Ray there is always congestion. No vehicles will be allowed past a certain specified spot indicated by a traffic director, for the safety of the runners. Please take this into consideration so that you allow yourself time to walk to the finish line.

PENALTY RULES

1. If a runner does not finish due to injury, they will take the slowest time plus 5 minutes. If a runner chooses to just start the leg with the intention of not finishing avoiding the 10 minute penalty this will not count. Only injury will give the 5 minute penalty.
2. If a team does not have a runner for a leg, they will take the slowest time plus 10 minutes.
3. If a team is caught doing anything that endangers them, another runner, or volunteer, they will be disqualified on the spot.
4. All teams must start at the start of the leg at the designated time.
5. There will be no switching out of runners during the leg.
6. At the request of the Rose Blanche Lighthouse, there will be no drinking in public at the finish location. We ask that all teams and volunteers respect their wishes.