



Race Rules & Regulations

Organizers

The Nesters Market Squamish 50 presented by Salomon is organized and staged by Ridgeline Events Inc. Race management reserves the right to add, modify, replace or cancel venues or events at any time. Race Management reserves the right to make changes and amendments to the rules and regulations at any time. In the event that changes are made, race management will contact all registered racers with any updates so that they may make the appropriate adjustments to their preparations for the race.

On race day, racers must respect the direction and authority of the race director and volunteers.

Participants

The Nesters Market Squamish 50 presented by Salomon is a very physically challenging event, and participation presents numerous medical risks, many of which can be extremely serious or fatal.

Participants must be 19 years of age or older on race day; however we will accept runners 14-18 years old with written signed parental consent.

Race Day

The Nesters Market Squamish 50 presented by Salomon features three distinct distance events over two days – 50 miles, 50 kms, and 23 kms.

- The 50 mile event occurs on Saturday, while the 50km and 23km events occur on Sunday.
- The “50/50” option allows racers to compete in both the 50 mile and 50km events
- Each race length has a fixed time limit:
 - The 50 mile race starts at 5:30 am, and the course will be closed at 10:30 pm, giving participants 17 hours to complete the course.
 - The 50 km race starts at 6:00 am, and the course will be closed at 5:30 pm, giving participants 11.5 hours to complete the course.
 - The 23 km race starts at 8:00 am, and the course will be closed at 5:30 pm, giving participants 9.5 hours to complete the course.
- The 50 mile and 50km events have at least one cut-off time which will be posted online, and announced in Racer Updates and at the pre-race meeting.
- It is MANDATORY that runners check in at the start and at each aid station.
- All participants must complete an online waiver when registering. If for some reason a waiver was not completed, one must be signed and returned to Race Management prior to the race in order to participate – no exceptions. They will be accepted at the registration table on race day.

- Race Numbers must be visible and worn on the front at all times. All runners must be checked through each checkpoint by a race official. It is the runner's responsibility to ensure that the official sees the number.
- Obey Marshals and Crossing Guards.
- Vehicles have the right of way.
- If a runner makes a wrong turn, the runner must return to the course on foot to the point on the course where the error occurred and then resume the race.

Trail Etiquette and Environmental Respect

While participating in the Nesters Market Squamish 50 presented by Salomon, you will be traveling through residential areas, Alice Lake Provincial Park, Quest University and private property. The route is open to the public on race day so be courteous and aware of other users. Please be polite and respect local residents so as to minimize any disruption.

- **No Pacing:** non-participants may not accompany registered runners (on foot or otherwise) along the course.
- **Do not litter on the course.** This will result in disqualification and lifetime ban.
- Please use bathrooms, portable toilets or use common sense, if you have to relieve yourself.
- Slow runners must yield the trail to others wishing to pass.
- If you come across an injured fellow runner, please stay with that person until the sweep or medical attention arrives.
- No short-cutting: this includes all switchbacks.
- Runners may not store supplies of any kind along the trail.
- No dogs, baby joggers, trekking poles, or other "accessories": Your shoes, clothing, and nutrition/hydration/emergency supplies, carried on your body are all that you should bring on your run to ensure competition fairness and the safety of you and other runners.
- Headphones ARE permitted, but at volume that allows you to remain aware of your surroundings at ALL TIMES. We request that you only run with one ear bud in but if you chose to run with both in you MUST have the volume low enough so that you can hear other runners, mountain bikers, and crazy wild forest creatures at all times.
- Runners may not receive assistance outside of designated Aid Stations by anyone other than another registered active runner. This standard is enforced for fairness to all runners. Runners do not need to have a crew. You are allowed to receive assistance from a crew within aid station boundaries so long as your crew do not impede other runners or race staff.
- **Dropping Out: If you find it necessary to drop from the race, you must do so at an aid station.** Notify the aid station captain and have the captain remove your bib number. Failure to do so may result in ban from future races. If you feel you cannot get to the nearest aid station, stay on the trail and a sweep will assist you. Do not leave the course without notifying an aid station captain. If we can't account for your whereabouts an expensive search and rescue operation will be initiated.
- **Mandatory Drop Out:** Medical staff and aid station captains have the authority to pull a runner from the event should they deem it unsafe for the runner to continue. The runner must comply with this decision.

Infractions

Participants are expected to behave in a sportsmanlike manner. Race Management reserves the right to impose sanctions for behavior not specifically mentioned here.

Official protests must be made directly to the Race Directors. In the case of unclear or contested infractions, a jury of available racers, volunteers and race marshals will be assembled to provide an opinion to the Race Directors; however the Race Directors reserve the right to make the final decision.

INFRACTIONS THAT WILL RESULT IN DISQUALIFICATION

- Short-cutting the course
- Missing a checkpoint
- Receiving aid outside of an Aid Station from someone other than a registered runner
- Getting in a moving vehicle
- Having a pacer
- Failing to remain at a checkpoint for medical evaluation on request of checkpoint personnel
- Impeding another runner
- having a dog or other animal companion on the course
- Disobeying the directions of Race Management and/or race volunteers

INFRACTIONS RESULTING IN DENIAL OF FUTURE ENTRY

- Running as a bandit (either unregistered or using another registered runner's bib)
- Pacing or crewing for a bandit runner
- Having crews take cars to areas designated as off-limits
- Disobeying rules regarding dogs off-leash or mistreatment of the environment
- Littering
- Failing to respect private property
- Mistreating Race Management, Aid Station personnel, runners or crew