

# RIDGELINE EVENTS

## RULES OF ENGAGEMENT

**WELCOME TO THE RIDGELINE EVENTS LIST OF THINGS NOT TO DO IN OUR RACES. YOU'LL SEE A CONSISTENT THEME HERE AS YOU READ THROUGH, AND THAT IS ESSENTIALLY "BE KIND" AND "DON'T BE A JERK". IF YOU SIMPLY FOLLOW THOSE TWO RULES, YOU'LL ALREADY BE FOLLOWING ALMOST ALL OF THE RULES WE HAVE IN PLACE.**

Our sport is constantly evolving and it is becoming more complex, year over year. Our goal at all of our events is to provide an equal playing field for all involved, and to expound the virtues of inclusivity. We want everyone to have fun, to feel safe, and to have every opportunity to succeed on race day.

**With that in mind, here are the rules of engagement for all Ridgeline Events races:**

1. Be kind to the volunteers. Our races cannot happen without the selfless people who volunteer their time so that you can go for a frolic in the forest. Any runner who is belligerent to any volunteer faces disqualification from the event they are running and a potential ban from future events. Please take the time to thank volunteers as you pass them throughout your race.
2. In line with the above, should you face any issues on course that you feel unfair or unjust, it is your duty to bring that up with the management team. It is unacceptable to point blame at any volunteer for any on course issues. All potential issues faced during an event are the sole responsibility of the management team and must be broached with them at the start – finish location.
3. Be kind to the environment. No littering as that's grounds for disqualification. Trash goes in two places and two places alone, a garbage bag, or your pocket. Throwing trash on the ground for others to pick up is unacceptable, even if you're at an aid station. If an aid station volunteer has to pick up your trash because you haven't placed it in the bin yourself, they are instructed to report your bib number to us. We always attempt to leave the trails cleaner than when we arrive, and we often have a "trail trash program" in place where we reward runners who pick up trash off of the trails. We always preach "leave no trace" at all of our events.
4. Be kind to other runners. Be kind to other trail users. The trails are not closed for our events, so you'll always be sharing the trails with other people. Please play nice at all times and

respect the fact that even a single complaint from someone not associated with our event can have permitting consequences for future years.

5. No drugs. We follow the rules set by WADA. Do not consume, inject, inhale, or put any banned substance in or on your body before or during a race.
6. Bibs are now chip timed and must not be folded. Bibs must also be visible on the front at all times. If you are expecting to change layers due to the weather consider affixing your bib to your pack, or wearing a bib belt. Anyone whose bib is not visible may be asked to stop and provide proof that they are in fact in possession of an actual race bib.
7. At some of our larger races we do wrist bands at registration. Wrist bands must be worn up until you complete your race. Do not remove your wrist band before crossing your finish line or we will assume you are a bandit runner.
8. As is stated in registration for each race, as policies that you've already signed off on, bibs are non-transferable, non-refundable and cannot be deferred to the same race one year later. Please refer to the specific policies per event on our website to see which events you can defer to if you cannot make your specific race start.
9. No stashing of supplies along the course and no accepting aid except within 30 meters of a designated aid station that allows for crew to support.
10. Crew are the runner's responsibility. Each race is unique in terms of which aid stations allow crew and which do not. In every race there are aid stations that are entirely off limits due to permit restrictions. If a runner's crew show up at an aid station where crew are not allowed, the runner will be disqualified without question.
11. Crew must report to each aid station and abide by aid station rules. Crew are never allowed to access aid station supplies and are not allowed in the aid station area. Each aid station captain where crew are allowed will have a designated crewing area, within 30 meters of the aid station. Crew can bring their own foods and gear for runners. Runners are the only people that are allowed in an aid station and are the only people allow to access aid station supplies.
12. Crew must treat all race volunteers with respect. A runner can be disqualified if their crew are determined to be an issue for volunteers.
13. Runners must check in with each aid station along the course. Please state your bib number as you approach an aid station and ensure you hear it repeated back to you.
14. Dogs. No dogs allowed on course or within 30 meters of the aid stations. Well-behaved and leashed dogs are welcome at the start/finish of select races where permits allow. Not all

races are allowed dogs on site, please reference each race page to determine if your particular race allows our furry friends to celebrate your finish with you.

15. Pacers are not allowed at any of the current Ridgeline Events races. The only races where pacers would normally be used, WAM110k and WAM175k have permit restrictions that prevent us from putting that many boots to the trails.
16. Poles are only allowed at a select few events. The only events where poles are sanctioned are Buckin' Hell, Sky Pilot and WAM. Even in these races we often forbid poles from being used for the first portion of each race to ensure runners have spread out enough before swinging their sticks around.
17. Music is allowed at all of our races, but we enforce low volume music with ideally one ear bud. This is a safety concern otherwise, not only in not being able to hear other runners who may want to pass you, but more importantly in not being able to hear potential animals such as black bears, which are very common in all of our races.
18. Mandatory gear. Some events have a mandatory gear list, that mandatory gear is to be carried for the duration of the event, start to finish. There are always gear checks on course for these races and should a runner be missing any mandatory gear they will be disqualified. "I must've dropped it" is not an acceptable counter-argument. We are very strict on this policy as it affects the safety of each and every runner in that particular race.
19. No shortcutting, cutting corners, or going off trail. Cutting switchbacks is grounds for disqualification. In no race do we sanction the cutting of switchbacks. You must follow the marked course as it's laid out. If you somehow find yourself off course you must return to the spot where you left the course and continue on from there to have an official finish time.
20. Pooping in the forest. We do our absolute best to provide bathrooms wherever possible at aid stations. If you find yourself in the unfortunate situation of having to drop a number two in the forest, you need to depart the trail by at least 10 meters, kick out a hole of at least 6 inches / 15 centimeters, and then bury things once you're done. Also, please ensure you are nowhere near a natural water source while doing so. As mentioned above, please practice leave no trace ethics.
21. If you do not make a time cut-off in a race, you are required to stop racing at that point. You cannot continue on and will receive a DNF (Did Not Finish). Your bib must be removed. It is up to you if you wish to keep your bib as a memento, but it is not to be worn once you miss a cutoff.
22. You must leave each aid station by the posted cut-off time. If you return to an aid station after cutoff you will be assessed a DNF.

23. Aid Station Captains have the authority to act on behalf of the Ridgeline Events management team.
24. If you require medical support during a race that includes an IV, you cannot continue the race. You will receive a DNF.
25. If you require significant medical support during a race, the race directors and medical support team will make a decision on whether you are allowed to continue or not. This call is up to the medical staff and you are expected to respect their decision. Once medical staff pull you from the event it is not up for debate as to if you can continue or not, a DNF will be issued.
26. If you decide to pull yourself out of a race you must notify race headquarters, either via an aid station captain, or the race start – finish line proper. Please do not simply leave a course and head home. Every year we have at least one or two people who do this and we are then forced to initiate a search and rescue call out until we can properly identify that the runner in question is safe and sound.
27. We are legally prevented from providing "Over the Counter" NSAIDS. NSAIDS cannot be administered to a runner via any race staff, including medical and all on course volunteers. However, if a runner carries their own, or receives NSAIDS from their crew they are permitted.
28. Leaving the course to warm up in a "non-moving" vehicle. In particularly bad weather we do allow runners to attempt to warm themselves in a vehicle, if that vehicle is stationary and parked at a crew accessible aid station. If you intend to do this you must check out with the aid station captain, and then check back in with them once you decide to return to the course, or notify them of your DNF if you cannot continue. If a runner is placed into a moving car, no matter the distance covered, that runner will be disqualified.
29. And finally, thank you for reviewing the rules and we hope you have as much fun as possible while running our races!