



## Rules and Regulations

1. No unofficial runners.
2. Each runner's official run number must be worn prominently on the front of the body and must be easily visible at all times.
3. Runners have 8 hours to complete the event. 0500 AM Start ; 1 PM Cut-off
4. Runners may not store supplies of any kind along the trail.
5. Crew cannot drive along beach to cheer you on, foot access only.
6. Crews cannot access runners in the towns of Duck or Southern Shores because of non-public beach access.
7. Runners are responsible for the actions of their crews. Everyone associated with the race must comply with all race rules, information given at the pre-race briefing on Friday evening, rules set forth in "Crew Instructions" and all local/state laws, or risk disqualification of the runner.
8. Each runner must be checked IN and checked OUT of all checkpoints.
9. In addition to information provided by the runner in the race application's questionnaire, each runner must fully disclose to in processing personnel at the pre-race check-in any changes to existing medical conditions and prescription medications being taken.
10. Injection of fluids or drugs (intravenous, intramuscular, subcutaneous) during the event may result in immediate disqualification.
11. Smoking is not permitted at any of the checkpoints or along the trail.
12. You must attend the pre-race meeting Friday, 1900 4 May 2012. Here you'll receive a race overview, your race packet, and a rules and regulations briefing.
13. No littering along the beach (runners OR crew). Trash cans are available at all aid stations. Race crew and families cannot litter on the beach nor have balloons, streamers, or signs anywhere on the beach. (County regulation)
14. Participants must observe local laws (e.g. avoid turtle nests, marked 'do not enter' areas, parking areas...) See the following websites for parking and local laws:

Currituck county park regulations for whale head club

<http://www.co.currituck.nc.us/Park-Rules-and-Regulations.cfm>

<http://www.currituckchamber.org/beach.htm>

National Seashore regulations-has good info for beach driving, turtles, etc...

<http://www.nps.gov/caha/planyourvisit/off-road-vehicle-use.htm>

Town of Duck

<http://www.townofduck.com/ourbeaches.htm>

<http://www.townofduck.com/pets.htm>

Town of Southern Shores

<http://thecoastalexplorer.com/NC/SouthernShores/Community.asp>

Town of Kitty Hawk

<http://www.townofkittyhawk.org/>

Town of Nags Head

<http://www.townofnagshead.net/>

15. Medical evacuation from the course is at the runner's expense. Race officials will help in any way possible; however cost in crewed (if any) by use of local emergency service is at the runner's expense.
16. Crews are only there to support runners. NOT to render an unfair advantage to their runner.
17. It's the runner's responsibility to coordinate their own transportation back to Currituck Lighthouse from finish line. No transportation is provided.