

TMF 5K/10K Rules

RULE HIGHLIGHTS

- Skateboards, rollerblades, unauthorized bicycles or any other wheeled device except wheelchairs, baby joggers, baby strollers are not permitted.
- No animals of any kind, including dogs, may be brought on the course or into the Start or Finish line areas. Participants requiring the assistance of a service animal (specifically trained to aid a person with a disability) please contact solutions@mccourtfoundation.org.
- Participants may not carry an infant or child at any point on the racecourse or in the Start or Finish line areas.

EVENT ENTRY & REGISTRATION REQUIREMENTS

Participants under the age of 18 must have a parent or legal guardian present to pick up the participant's race bib and sign the Event waiver.

All participants must show a government-issued photo ID when picking up their own race number. The ID must match the name, age, and gender of the person to whom the race number is assigned. The age of a participant on the day of the race determines his or her age division. If, for any reason, an age verification is requested, a birth certificate or a U.S. passport will be required in addition to a government-issued photo ID.

Without exception all participants must agree to and sign the Event waiver.

Any participant seeking accommodation in respect to a disability must submit a written request to the following email address: solutions@mccourtfoundation.org

Race entry fees and ancillary purchases are non-refundable and non-transferable under any circumstances.

RACE NUMBERS & TIMING CHIPS

No one may participate in the Event without wearing the officially issued race number bib registered to the wearer.

Participant race number bibs are specific personal identifiers and may not be exchanged or transferred, given, or sold to any other person. The sale and/or transfer of race entries/bibs is strictly prohibited and will result in the disqualification and/or banning from future event of any individuals (sellers and buyers) involved.

Race numbers must be pinned on the front of the participant's shorts/singlet and must be conspicuously visible at all times while on the racecourse. Participants who can't be verified as they pass through official race photography and/or other check points due to missing or obscured race numbers may be determined to have cut the course and removed from the results or disqualified. Race numbers may not be folded or cut.

Participants found to be wearing or transporting two or more timing chips during the race will be disqualified and banned from future Events.

APPAREL & COSTUMES

While Costumes are allowed uniforms, costumes or outfits covering the face, or any non-formfitting bulky outfit extending beyond the perimeter of the body, are not permitted.

RACECOURSE

The racecourse is defined as the roadway between its edges and curbs or as defined by marks or cones. [See Course Cutting below.]

Participants are responsible to recognize and understand Event signage and symbols relating to participant maps, facilities, and directions.

The course has been measured and certified as to its distance in accordance with USATF requirements.

THE RACE

Start

Participants are responsible to self-seed themselves by lining up behind the start line according to their projected run/walk pace. Competitive runners (5-7 min per mile) should line up at the front followed by recreational runners. Joggers and walkers should line up near the back. Children should not line up near the front line. Wheelchairs, baby joggers, baby strollers should start near the back and carefully pass runners as necessary.

False starts will not be recalled.

Sportsmanship

All participants are expected to conduct themselves in a professional and courteous manner during their participation in the Event. This means, for example, that urinating or defecating anywhere on or near the course shall be strictly prohibited except in toilet facilities. Anyone violating this rule of conduct shall be disqualified from the Event and will be asked to leave the course.

Participants shall immediately and respectfully comply with the directions of any race official or volunteer. Participants may not make any public protest or display of disgust regarding the application of these Rules or any decision of any race marshal or official.

No Participant shall make a bad-faith protest against any other participant.

Conduct & Interference

At all times during the Event, Participants will act with due consideration of the safety and rights of other participants. Regardless of the circumstances or competitive disadvantage, no participant will commit any act that endangers any other participant. Participants shall not intentionally obstruct, impede, or interfere with the forward progress of another participant.

Course-Cutting

Participants must stay on the racecourse which is defined as the roadway between its edges and curbs or as defined by marks or cones. Participants who intentionally shorten the route of the race ("course-cutting") will be disqualified. Any participant leaving the racecourse for any reason must re-enter the racecourse where he or she left it or be disqualified for course-cutting. Participants with missing or irregular mile split times at official timing checkpoints will be reviewed and may be disqualified.

Outside Assistance Prohibited

Outside assistance is any form of aid or support provided to a participant by someone who is not an official race volunteer or staff member that is not provided to all participants on an equal basis. No participant may receive any outside assistance from any person who is not an official race volunteer or official race staff member. This includes, but is not limited to:

- Receiving food, beverages, or any other form of physical aid from anyone other than at designated aid stations.
- Accepting pacing or guiding from anyone other than official race pacers.
- Receiving transportation or assistance with travel along the course from anyone other than official race vehicles.
- Using any device or technology not permitted by the race rules for the purpose of gaining an unfair advantage.

Any participant found to be receiving outside assistance may be disqualified or otherwise penalized at the discretion of the race organization. The race organizers reserve the right to take further disciplinary action, such as banning the participant from future races.

This rule is intended to ensure a fair and level playing field for all participants and will be strictly applied to all participants with finish times that earn awards and/or qualifying times for any events such as the Boston Marathon or Olympic Trials.

Unauthorized Persons

No unauthorized persons may enter the start, course, or finish areas at any time. Such unauthorized persons include, but are not limited to, the children and other family members and friends of participating athletes.

Any person on the racecourse and not properly displaying an officially authorized and issued race number will be directed to leave the race course by race officials, race security or police.

Participant safety

Unless specifically allowed below, participants may not use or carry on the course any objects or devices except pocket-sized cellular or photographic devices and hydration devices or bottles.

Prohibited items include:

Selfie sticks and any camera mount or rig that isn't attached directly to the head or torso

Weapons & sharp objects

Signs & banners larger than 11" x17"

Duvets, sleeping bags, and large blankets or comforters

Alcoholic beverages and illegal substances of any kind

Unmanned aerial devices, drones, survey balloons, mini-copters, and any other flying device

Opaque trash bags and any non-transparent plastic bags (Clear trash bags are allowed)

Glass containers

Containers of liquid larger than one liter

Backpacks and any bags other than the clear bag check bag

Weight vests and any vests with multiple pockets

Allowed items include:

Pocket-sized mobile phones and music players

Fuel belts and hand-held water bottles

Non-commercial flags on poles not exceeding 18”

Wheelchairs, baby joggers, and baby strollers are allowed. The use of other wheeled devices such as skateboards, rollerblades, bicycles are not permitted by participants.

No animals of any kind, including dogs, may be brought on the course or into the Start or Finish line areas. Participants requiring the assistance of a service animal (specifically trained to aid a person with a disability) please contact solutions@mccourtfoundation.org .

Directions from Officials

Participants must comply with all directions given by race officials including immediately retiring from the race if directed to do so by a race official or any governmental authority, including fire and police officers.

Event officials reserve the right to delay, cancel, or suspend the race due to weather, safety, or security concerns.

Directions from Medical Officials

Authorized medical personnel may require a participant to stop at any point on the racecourse for an examination. If in the sole opinion of authorized medical personnel, it is in the best interest of the participant's health and welfare, medical personnel may remove a participant from the Event.

Participants are responsible and assume liability for all medical expenses incurred as a result of training for and/or participation in the Event, including but not limited to ambulance transport, hospital stays, physician and pharmaceutical goods and services.

RESULTS & AWARDS

Age Group participants will compete in the following age divisions:

15 & under, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80 and over

The top 3 finishers in each male and female age division and in the overall in the nonbinary division will receive a commemorative award. All official finishers will receive a commemorative medal.

Official times for all participants will be the electronic timing device time (net time) from when the participant crosses the start line to the point where the participant crosses the finish line. Participants must wear their assigned timing chip, which is attached to their bib number, from start line to finish line to receive an official finish time. Times will be rounded to the next highest second.

SANCTION

The Race will be conducted under current USATF Competition Rules. By entering the race, all participants agree to abide by these rules. Any participant who fails to comply with any applicable rule may be disqualified and/or banned from future Events as determined by the Event Organization.

RULE WAIVER

Any individual requesting a waiver of any of these Rules, other than refund and packet pick up policies, must submit a written request no less than 30 days prior to the Event date specifying the nature of and reasons for the request.

All results are tentative until they are marked and publicized as Official. Official results will be posted as soon as possible after race date as allowed by a full and complete review of timing and other data.