



Race Sanction Guidelines

1. A lower entry fee for UPRRC members of at least \$2.00 must be indicated on the race entry form.
2. UPRRC logo, P.O. address, and website address must be on the race entry form
3. Course measurement must be accurate.
4. For safety, arrows or human pointers will be used at all critical intersections and corners.
5. Establish an aid system for runners: water stops every three miles; standby ambulance/first responder, or at a minimum a vehicle to follow the last runner.
6. Age groups in ten year intervals (20-29, etc.), or even better, 5 year age groups. Smaller age groupings for under 19 are recommended (e.g., two year age groups).
7. Conduct a safety briefing before the race. Stress: run facing traffic, traffic has the right-of-way, and cooperation with local police/public safety department.
8. Report race results promptly to UPRRC for publishing in Running Amuck and posting on the UPRRC website.
9. Runners must complete the entire race under their own power.
10. If possible, encourage a separate division for wheelchair competition.