

RAMPAGE THE ROOTS

LAWS OF THE LAND

Outlined here are twenty-one “Laws of the Land” for the Endurance 50K, Fool’s Gold 50M and the Ghosts of Yellowstone 100M. Why 21? Well, it seemed like a good number of rules and promises to keep things simple for all runners. It is also a GREAT card game and offers the best odds of beating the House. Though they have been written with a little bit of humour and fun, please **DO READ** them carefully, adhere to them, and hit up the Race Director or Race Committee with any questions prior to the races’ start.

Our objective with the Laws of the Land is to Honesty, integrity, accountability, trail running camaraderie, and a good time had by all!

- 1. Runners are responsible for knowing all the “Laws of the Land”.**
- 2. The race director has the final say in all decisions.**
 - a. All aid station captains will act as defacto race directors at each aid station.**
 - b. These decisions will be final and supported by your RD.**
- 3. All runners must review all documentation posted on their respective races’ webpage**
- 4. Violation of the Laws will be deemed cheating and immediate grounds for disqualification and/or immediate removal from your respective event.**
- 5. Respect and honor our hosts the Town of Pony, the private land owners, and the United States Forest Service.**
- 6. Respect the Land.**
- 7. Respect other Runners.**
- 8. Respect ALL Volunteers.**
- 9. Respect ALL Others using the trails**
- 10. Respect Mother Nature.**
- 11. Cheating WILL NOT be tolerated.**
- 12. Runners are responsible for the behavior of their family, friends, and crews.**
 - a. If your family, friends, or crews act in violation of any of the LAWS, please see LAW #4.**
- 13. All pacers for 100M must be pre-registered with aid station and race management notified prior to the start of the race.**
 - a. One pacer per runner per section.**
 - b. Pacers may only start at a designated aid station.**
 - c. Pacers may not mule “stuff” for their runner.**
 - d. Runners must enter an aid station first with their pacer.**
 - e. Pacers may not run ahead into an aid station to gain any sort of advantage**
- 14. Crews and pacers are ONLY allowed in the designated area.**
 - a. Refer to your events turn sheet and/or pace charts and drop bags for this info.**
 - b. Only one vehicle per crew per runner.**
 - c. If there is a parking area, please park as directed.**

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15. Aid station resources are for the runners, the pacers, and the volunteer personnel; crews please bring your own resources.
16. Hollow Top Mountain Aid Station will be a “walk to” ONLY Aid Station. It is a short, pretty, and scenic walk from downtown Pony!
17. Run on the marked trails ONLY. Do not cut the course!
18. All runners MUST run with a form of hydration (hydration pack, water bottles, waist pack, etc). In addition to hydration, we recommend runner carry some type of calories and/or electrolytes with them.
19. If a runner goes off trail and misses an aid station, an evaluation will be made by the aid station captain as to the most equitable and far way to proceed toward completion of their race.
20. Please follow rules!!! We do not have to create any special rules for special folks. These rules get named for their honorees. We are trying really hard not to bore folks with a voluminous RUNNER’s BOOK of sorts.
21. Questions with the LAW.
 - a. See LAW#1 and LAW #2.