

# Ghosts of Yellowstone 100M Pacer Guidelines

1. Pacers are welcome at the indicated aid stations on the Turnsheets and Aid Station chart. **In general, pacing opportunities start at the Rock Creek Aid station (about halfway through the run), or 12 hours into the race (6 pm Friday), whichever comes first.**
2. Pacers may join a runner **ONLY** at an aid station. Pacers must check in with an aid station official before they start pacing, and they must sign out with an aid station official when they finish pacing.
3. One pacer at a time per runner.
4. Pacer and runner must stay together at all times. Pacers are not allowed to run ahead into an aid station to fill water bottles, get food, etc., in an effort to save the runner time, or gain any competitive advantage.
5. Muling is not allowed. Pacers are not to assist the runner by carrying water bottles or any other gear.
6. Pacers are expected to fully understand the course route and carry their own map and turnsheet to aid their runner.