

BANFF EKIDEN RELAY RACE RULES

- Prior to their anticipated start, runners must check in at the booth located inside the Eric Harvey Theatre. Runners must present a completed waiver and check-in form to the race official at check in. Participants under the age of 18 must have the waiver signed by their parent or legal guardian. The runner's race bib will be provided at the time of check-in.
- All runners must wear the assigned race bib so that it is clearly visible from the front.
- Transfer between teammates will occur in the chute located at the transfer point in front of the Eric Harvey Theatre. There are no batons - transfer is a simple tag and swipe/passing of the timing chip.
- Teams will receive approximately 5 minutes warning over the PA system that their runner has reached the bottom of the hill. It will be each team's responsibility to listen for the announcement of their approaching runner and prepare for the exchange.
- Run on the designated roads and pathways only.
- Team support is not allowed on the race route. One aid station will be available during legs 1, 2 and 5 of the relay. Aid stations and start/finish will be supplied with water. The finish line will have Gatorade.
- Runners are responsible for knowing the route. While the course will be marked with signage, traffic cones and marshals, prior knowledge of the route is essential as cones, etc can get moved or blown over.
- Out of respect for the commitment of the Ekiden volunteers, absolutely no physical or verbal abuse will be tolerated. Any such behaviour will result in a 20 minute time penalty being assessed against the team. In addition, the offending individual (or their whole team) may be disqualified at the discretion of the race director.
- No running with pets or strollers. Pets must be kept on leash at all times.
- Running with headphones is not allowed under any circumstances. Headphones make it difficult to hear instructions of course marshals or race officials. They also make it difficult to hear wildlife. This rule will be strictly enforced and each infraction will result in a 5 minute time penalty.
- Runners must obey the instructions of race officials, traffic controllers and course marshals. Failure to do so will result in possible disqualification.
- Please remember that the roads and pathways are open to the public for both vehicle and cycling traffic.
- Bicycles may not be used to support runners on the course at any time.