



Race Rules – Course

- **Stay on course:** Runners must follow the course map and markers. Going off-course for any reason is a risk you accept.
- **No shortcuts:** Ignoring markers or altering the course will result in disqualification.
- **Headphones:** Discouraged. If used, keep volume low enough to hear your surroundings.
- **Respect others:** Be mindful of other trail users and park traffic at all times.
- **No cups policy:** Bring your own bottle or hydration pack to get drinks at checkpoints.

Transfers and Refunds

- **No refunds:** Refunds are not available for any reason, even if the event is canceled. Cancellation or postponement will only occur due to a T8 signal (or worse), Black Rainstorm, or a decision by AFCD/Police. The Trail Hub will try to reschedule. If you cannot attend the new date, no refund will be given.
- **Transfers:** Registrations can be transferred by emailing the organizer up to one week before the race. Bib transfers are free of charge.

Liability Waiver

- **Assumption of risk:** By registering, participants accept all risks. They and their heirs waive any claims for injury, loss, or damages, including those caused by negligence. Organizers, sponsors, staff, volunteers, and anyone involved with the event are not responsible for personal or property loss.
- **Media release:** Participants agree that photos or videos of them may be taken during the event. Their name and image may be used in broadcasts, newspapers, brochures, and promotional materials without payment.