

Bruce Hadley Memorial Relay for Heart Rules and Regulations

Relay Guidelines

The goal of this event is to have **fun** while raising awareness and funds to help combat heart disease. The following guidelines have been put in place to streamline the event and to help ensure the safety of all participants.

Pre-Relay

- Teams are encouraged to have 20-25 runners for 38 legs
- Each team is expected to raise a minimum of \$2,000 in pledges
- Participants of the relay must be minimum 16 years of age
- Participants may run for one team only
- Teams must organize their own travel to and from each stage of the relay, the wrap up celebration in Bathurst, and back home again at the end of the relay. A bus will be available at the mid-point and after the closing ceremonies to return runners in a need of a drive back to the starting point of the relay
- Participants agree to follow the instructions of the relay, as well as instructions from police and medical officials
- Participants consent to any medical treatment deemed necessary by medical personnel.
- Littering is not permitted
- Offensive language (vocal or signage) is not permitted
- Offensive clothing in design or print messages is not permitted
- Participants agree that during the event their image may be recorded by video or photography and used along with their names in broadcast, newspaper, brochures, promotional material or any other media without compensation
- Participants must sign the registration waiver on the pledge package in order to be permitted to participate in the relay

Team Captains

- Each team must designate a captain who may or may not be a runner. The captain is the contact person for this team and it is their responsibility to ensure the following:
- Ensure that the team is registered by July 15th
- Submit all team fees to the relay committee by July 22
- Ensure that all team members have filled out the participant waiver on the pledge package
- Ensure all team members are familiar with the relay guidelines
- Ensure that all drivers are aware of the guidelines for the relay route
- Attend, or send a replacement, to the team captain's meeting to obtain pertinent information and to pick up team relay packages
- Communicate the team's comments and concerns to the relay officials
- Ensure that all team members are provided with a copy of the route map indicating the location of restaurants, hotels, showers, washroom facilities, etc.

Runners

- This is not a closed course, expect the regular flow of traffic and exercise extreme caution at all times and do not obstruct vehicle traffic at any time
- A police escort will lead the group of runners during each leg. A second police vehicle will trail the runners.
- There will be a time limit of approximately 7 min. per km for each leg
- If a runner is not able to finish the leg prior to the start of the next leg, the team will be responsible for picking up the runner and driving him/her to the finish
- Run on the right side of the road with traffic, in between police escorts.
- Participants may run as many legs as they like
- Substitutions for injury or other reasons will be permitted as necessary
- Vehicle support in between police escorts is not allowed
- Step off of the road for oncoming vehicles when necessary
- Step off the road for water stops
- When a rest stop is on the left, the runner must wait until the road is safe to cross. “Cross walks” will be in place at busier areas
- Reflective clothing must be worn by all runners for night legs (sunset-sunrise)
- For safety reasons headsets of any sort are not to be worn while running, i.e. IPODS, etc.
- Runners for each leg must check in to start line 15 min. before the start of their leg and check in when completing their leg
- Water will be provided by the relay committee

Support

- Teams are responsible for transporting runners to the start of each leg and picking them up at the end of each leg
- Relay observers must stay off the roadway. Walk or stand on the shoulder only
- Team members joining runners along the route must wear reflective clothing
- Except during the last leg, no bicycles, rollerblades or strollers are to be used on the relay route

Vehicles

- The team support vehicle must display identification provided by the relay
- No vehicle shall be permitted to enter or leave the start/finish area within 10 minutes of the leg start time
- A “parking attendant” will be available to ensure the safety of runners at each check point
- All vehicles must go to the end of the leg to wait for the runners to finish, pacing the runner is not allowed
- Be sure to use headlights at all times along the route and hazard lights when preparing to drop off or pick up a runner
- When stopped along the route, vehicles must have all 4 tires off the road