



ACCESSIBILITY GUIDELINES

Hearing Impaired Participants

1. Participants can line-up with other racers according to their comfort level.
2. 10K/5K participants are timed using the ChronoTrack timing system. Participants must wear the bib number supplied by the organizers in its entirety and original condition on the front of their shirt or jacket.
3. You may not transfer registrations to any other participants.
4. The hearing-impaired runner may choose to have a guide. Guides do not need to pay, but must register.
5. Guides who register at no charge will not receive a shirt or finisher medal. They will receive a Guide bib that must be worn while running the 10K/5K.
6. Guides may register to receive a shirt and finisher medal for \$25.
7. Guides will not be timed or qualify for age awards.
8. Guides will not be allowed to participate on race day without registering and signing the waiver.
9. As the hearing impaired runner crosses the finish line, the guide must be behind the athlete.
10. The method of guidance is the choice of the athlete.
11. Guides may not use a bicycle or other mechanical means of transport.



ACCESSIBILITY GUIDELINES

Guides of Hearing Impaired Participants

1. We encourage everyone to review the course, especially those using adaptive technology to allow for full participation.
2. Guides do not need to pay, but must register.
3. Guide MUST check in at packet pickup to receive their Guide bib number.
4. Guides will not be timed or qualify for age awards.
5. Guides will not be allowed to participate on race day without registering and signing the waiver.
6. As the hearing impaired participant crosses the finish line, the guide must be behind the athlete.
7. Guides may register to receive a shirt and finisher medal for \$25.
8. The method of guidance is the choice of the athlete.
9. Guides may not use a bicycle or other mechanical means of transport.
10. The guide cannot pull the athlete or propel the athlete forward by pushing.



ACCESSIBILITY GUIDELINES

Blind or Visually Impaired Participants

1. Participants can line-up with other racers according to their comfort level.
2. We encourage everyone to review the course, especially those using adaptive technology to allow for full participation.
3. 10K/5K participants are timed using the ChronoTrack timing system. Participants must wear the bib number supplied by the organizers in its entirety and original condition on the front of their shirt or jacket.
4. You may not transfer registrations to any other participants.
5. The visually impaired runner may choose to have a guide. Guides do not need to pay, but must register.
6. Guides who register at no charge will not receive a shirt or finisher medal. They will receive a Guide bib that must be worn while running the 10K/5K.
7. Guides may register to receive a shirt and finisher medal for \$25.
8. Guides will not be timed or qualify for age awards.
9. Guides will not be allowed to participate on race day without registering and signing the waiver.
10. As the blind or visually impaired runner crosses the finish line, the guide must be behind the athlete.
11. The method of guidance is the choice of the athlete. He or she may choose to use an elbow lead, a tether or run free. Strapping or tying the hands of athlete and guide to one another is not permitted. The tether used must provide at least 5 cm (2 inches) length between the respective hands of guide and athlete. In addition, the runner may receive verbal instruction from the guide.
12. Guides may not use a bicycle or other mechanical means of transport.
13. The guide cannot pull the athlete or propel the athlete forward by pushing.



ACCESSIBILITY GUIDELINES

Guides of Blind or Visually Impaired Participants

1. Participants can line-up with other racers according to their comfort level.
2. We encourage everyone to review the course, especially those using adaptive technology to allow for full participation.
3. 10K/5K participants are timed using the ChronoTrack timing system. Participants must wear the bib number supplied by the organizers in its entirety and original condition on the front of their shirt or jacket.
4. You may not transfer registrations to any other participants.
5. The visually impaired runner may choose to have a guide. Guides do not need to pay, but must register.
6. Guide **MUST** check in at packet pick-up to receive their Guide bib number.
7. Guides who register at no charge will not receive a shirt or finisher medal. They will receive a Guide bib that must be worn while running the 10K/5K.
8. Guides may register to receive a shirt and finisher medal for \$25.
9. Guides will not be timed or qualify for age awards.
10. Guides will not be allowed to participate on race day without registering and signing the waiver.
11. As the blind or visually impaired runner crosses the finish line, the guide must be behind the athlete.
12. The method of guidance is the choice of the athlete. He or she may choose to use an elbow lead, a tether or run free. Strapping or tying the hands of athlete and guide to one another is not permitted. The tether used must provide at least 5 cm (2 inches) length between the respective hands of guide and athlete. In addition, the runner may receive verbal instruction from the guide.
13. Guides may not use a bicycle or other mechanical means of transport.
14. The guide cannot pull the athlete or propel the athlete forward by pushing.



ACCESSIBILITY GUIDELINES

Wheel Chair Participants

1. We encourage everyone to review the course, especially those using adaptive technology, to allow for full participation.
2. Those using wheelchairs and handcycles require helmets. Helmets cannot be modified. Participants who do not have a helmet will not be permitted to start.
3. 10K/5K participants are timed using the ChronoTrack timing system. Participants must wear the bib number supplied by the organizers in its entirety and original condition on the front of their shirt or jacket.
4. You may not transfer registrations to any other participants.
5. Wheelchair athletes may participate without a guide, but must use appropriate caution and share the course when other athletes need to pass.
6. Wheelchair participants will qualify for the Wheelchair Division awards.
7. Wheelchair participants must complete the entire race distance within the official course limit time to qualify for an award.
8. The 10K/5K course will be open for one hour.



ACCESSIBILITY GUIDELINES

Guides of Wheel Chair Participants

1. We encourage everyone to review the course, especially those using adaptive technology to allow for full participation.
2. 10K/5K participants are timed using the ChronoTrack timing system. Participants must wear the bib number supplied by the organizers in its entirety and original condition on the front of their shirt or jacket.
3. Guides do not need to pay, but **MUST** register. Guides will not be allowed to participate on race day without registering and signing the waiver.
4. There is no charge for participating as a guide but guides may register to receive a shirt and finisher medal for \$25.
5. Guide must check in at packet pickup to receive their Guide bib number.
6. You may not transfer registrations to any other participants.
7. Only the wheelchair participant will qualify for awards in the Wheelchair Division. Guide will not qualify for any age award.