



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.