



## Adventure Omaha – RACE RULES

### Gear

All mandatory gear must be approved at check-in by race organizers. Failure to bring required gear will result in disqualification.

Mandatory gear and a visible race number must be carried at all times unless otherwise specified. Any violation of this rule will result in disqualification.

Picking up and dropping off of gear may only take place in designated transition area. Leaving a transition area without mandatory gear will result in a 30 minute penalty.

### Race Management

Penalties will be added to the team's total time at the end of the race. All penalties will be communicated to the team captain prior to awards being presented. Winners will be the fastest complete team (including penalties) to cross the finish line with a complete punch card and any other items required.

The race organizers reserve the right to assess time penalties, bonuses, or disqualifications as they see fit.

Race organizers may direct volunteers or assistant organizers to help with assessing penalties along the course.

Race organizers reserve the right to decide whether a person or team may continue for health, safety or other reasons (e.g. inadequate time remaining to finish entire course).

Race organizers reserve the right to change the rules or the course at any time, based on weather or other acts of nature.

Director rulings are final.

**NOTE: All Team Members will have their i.d.'s checked at each race and compared to the submitted Team Roster.**



## On the Race Course

This is not a closed course – please be respectful of others on the trails and streets. All traffic laws must be followed at all times. Your personal safety and the future of this event depend on it!

Team members must be within 50 yards of one another when collecting any and all checkpoint punches or trinkets. No splitting up is allowed unless specified in the instructions. Violations of this rule will result in a 30 minute penalty if witnessed by race officials.

Teams must stay on the described course unless otherwise instructed. Follow all instructions, detours and one way streets. Avoid off limit areas. Violations of this rule will result in DISQUALIFICATION if witnessed by race officials.

Teams must complete the entire course, pass through all checkpoints and turn in collected items at the finish line to be recorded. Violations of this rule will result in a 30 minute penalty.

Respect the environment. No littering. Carry out what you carry in. Violations of this rule will result in disqualification.

Respect the volunteers. They help make these races possible. Any unsportsmanlike conduct toward volunteers will result in disqualification. Race Director's discretion.

Outside assistance is not allowed except in **specified** transition areas. Violations of this rule will result in disqualification.

If a team is in trouble, other teams are encouraged to help. There is no penalty for providing assistance to teams with equipment or medical problems.

Each team will receive a punch card. Punch the card at each checkpoint coordinating with the number on the checkpoint marker flag. Penalty for a missed checkpoint or other infraction on the course will be 30 minutes.

No GPS units are permitted during any portion of the race. Violations of this rule will result in disqualification.

Each team is responsible for their nutritional and hydration needs during the race. Please plan ahead.

There may be cut off times for sections of the race and will be described at pre-race meeting by organizers.

Teams will be disqualified if caught blocking or preventing other teams from passing. The events medical personnel can detain or pull a racer if they feel the racer is unable to continue.