

## **GUIDELINES FOR MEMBERS**

Wear your club number at all Sunday events. If you do not have your number, paper numbers are available at the visitors table.

Make sure the number is clearly visible to the recorders

The *position of the clock* marks the *finish* of the run/walk.

Once you have crossed the finish line, move forward down the chute. Stay in finishing order.

Tell the recorders your number, the distance you have completed and if you ran or walked.

If you have a reason for not wanting your time recorded, pull off to the side before reaching the clock. Once you pass the clock, you must enter the chute and have your name recorded.

To prevent confusion, please record for one distance only.

## **SAFETY OUT ON THE COURSE**

*Your safety is our concern, but is your responsibility.*

Follow the marshals directions. Our marshals DO NOT have the authority to stop traffic at road crossings.

We share the paths with other users. Keep to the left, run no more than two abreast, and take special care at corners and bends.

If running an out-and-back course, when making the turn, check for both on-coming and following traffic.

For safety reasons, no dogs, pushers, skateboards etc. Runners and walkers only.

We suggest that you do not wear iPods and the like. For your safety it is important that you are able to hear traffic noise, cyclists' bells, marshal's directions etc. Open-air headphones are a better option.

## **TRACK & FIELD**

Take care when walking across the infield when throws are in progress and when crossing the track.

Young visitors (under 30) may only participate in field events at the discretion of the person running the site, depending upon the number of members and 30+ visitors.

## **ENJOY YOUR RUN WITH THE MASTERS**