



TWIN CITIES RUNNING CLUB RUNNING & RACING ETHICS AND ETIQUETTE

RUNNING

- Pay attention to what's happening around you, particularly including cars, bicycles, roller-bladers, walkers, and other runners. Adjust your course and actions accordingly.
- If others are coming toward you or seeking to pass, give them room to pass, even if you have the "right of way." This is a time to be Minnesota nice!
- Run on the sidewalk or path when it is available.
- If you have to run on the road, run facing traffic, and don't interfere with auto traffic.
- Do not run more than two abreast, or otherwise make passing difficult.
- Run to the right, and pass on the left. Don't run in the middle of a sidewalk or trail, as that makes it difficult for others to pass you.
- If you are approaching someone from behind, let them know you're coming. A cough or a simple "coming on your left" will usually be enough.
- Do not race against your companions. A training run is not a race, and should not be treated as one.
- Do not leave your water cups, gel packets, tissues, or other items on the road or trail. Drop them in a proper receptacle, or carry them to the finish.
- Greet your fellow runners, along with walkers, cyclists, etc.
- Never race to get through an intersection, or force a motorist to react to you. Wave in appreciation when a motorist waits for you to cross.
- Respect others' property. Don't stop to pee in someone else's yard, or damage their shrubs etc.
- Be respectful of all runners, walkers, cyclists, roller-bladers, motorists, and other community members.
- In every way possible, leave others with the impression that you are a kind and courteous runner.

RACING

Before the Race

- Register for every race you run. Do not run without a number.
- Read and follow the instructions on your entry form. Fill in all requested information accurately.

- Do not sell, trade, or give away your number, even if you won't be able to run the race.
- If the entry form or race organizers say that headphones, baby-joggers, or pets are not allowed, leave yours at home.
- Arrive sufficiently early to allow you to park, pick up your race number, and get to the starting line.
- Pin your number to the front of your shirt.
- If the race does not use a timing chip, your race number will have a “tear-off” tag on the bottom. Do not pin the tear-off tag to your shirt.
- If the race uses a timing chip, your race number will not have a “tear-off” tag. Attach your timing chip to your shoe. Do not carry it in your hand or put it in a pocket—the chip has a short range, so it will not record your finish.

At the Starting Line

- Start where your current level of fitness indicates you should, with faster runners toward the front and slower runners toward the back. Do not move ahead just to get “a quick start.”

On the Race Course

- Be courteous to other runners. Talk to them, cheer them on, etc. If they don't want to talk, though, let them proceed in peace.
- Pay attention to what's happening around you, and adjust accordingly.
- Do not attempt to get a faster start by weaving back and forth in the early going. Take your time, and pass only when there's adequate room to do so without impinging on others.
- Let faster runners pass. If you hear someone behind you say “excuse me,” “runner coming,” “coming on your left,” or anything of that sort, give them room to pass.
- Do not run more than two abreast, or otherwise make passing difficult.
- If you want to pass someone, announce yourself if room is tight, and never push.
- Run the entire course and distance.
- At aid stations, don't stop in front of the water tables or other runners. Move to the side of the road, preferably after the tables.
- If you will be taking walking breaks, move to the side of the road before doing so.
- If you want to stop, spit, toss a water cup aside, or do anything else that might affect your fellow runners, make sure no one is in the way.
- If you are not racing for a top prize, do not go into an all-out sprint for the finish.

At the Finish

- If the race does not use a timing chip:
 - Stay in your chute;
 - Stay in the order in which you finished;
 - Do not stop as soon as you cross the finish line—keep moving through the chute;
 - Tear off the tag on your race number; and

Give the tag to the volunteers at the end of the chute.

- If the race uses a timing chip, keep moving until you are clear of the immediate finish area, and be sure to remove and return the chip to the appropriate volunteers.

After You Finish

- If you haven't registered for or don't finish the race, don't accept a finisher's shirt or medal, and don't take the food and drink intended for those who have.
- Do not take any more food at the finish than you need.
- If there's a mistake in the race results, contact the race organizers and correct it.
- If you have gained an unfair advantage in a race, and are in the hunt for an award, tell the race organizers and disqualify yourself for award purposes.
- If you saw someone cutting the course or otherwise violating the rules, report it.
- If you have a complaint that cannot be corrected immediately, do not complain to the volunteers. Contact the race director a day or two after the race, and be constructive in your comments.

At All Times

- Be respectful of all runners, race officials, spectators, and other community members.
- Listen to and follow the directions of race officials.
- Be kind to the volunteers, and thank them for their efforts.
- In general, use common sense: If you wouldn't be willing to tell the race organizers (or your Mom) that you did what you're thinking of doing, don't do it.
- In every way possible, leave others with the impression that you are a kind and courteous runner.