

2019 Endless Mile Rules

ALL athletes competing with the intent to break records where results have to be certified are REQUIRED to notify the Race Directors prior to the start of the competition as they will be REQUIRED to follow the USATF, IAAF and IAU rules. Anti-Doping testing will be ADMINISTERED at the completion of the race.

For the USA Track & Field competition rules visit the official site: [USATF Competition Rules](#)

For the IAAF competition rules visit the official site: [IAAF Competition Rules](#)

For the World Anti-Doping Agency rules and prohibited substances visit the official site: [WADA Prohibited List Additional Rules](#)

All other athletes will be required to follow the general Southeastern Trail Runs race rules listed below and to exercise common sense.

1. All athletes are required to be registered for the race, fee paid, waiver signed before the start of the race.
2. Race Packets and Runner Check-in will take place the afternoon before each race and again two hours before the start of each race.
3. Runners are required to provide an official government ID at packet pickup. We will check your ID to verify age and gender. Runners must compete in the age group and the gender indicated on your ID. NO EXCEPTIONS!
4. A pre-race meeting will take place 15 minutes prior to the official listed start time for each race. Attendance is MANDATORY for athletes intending to set a record.
5. All athletes must check-in 15 minutes prior to the start of each race.
6. Each race starts promptly at the time posted on the official race website (09:00 AM)
7. Any athlete arriving late for the start, may still run however no "extra time" will be given. Each race will end exactly at the announced time.
8. Athletes on the course at the end of each race will be given a flag to mark their progress on their last lap, distance which will be measured for accurate results.
9. Bib numbers with timing chips will be handed out at packet pickup before each race.
10. Bib numbers must be worn at all times in front of the body and be visible to race officials.
11. No runner may run on the inside of the track. You MUST stay on the paved trail at all times while running the course. If you wish or need to run on the grass, run on the outside of the course. Running inside the paved path is considered cutting the course and we will be forced to disqualify you.
12. Athletes leaving the track to receive aid, use the restrooms or go to personal aid stations etc. MUST return to the track at exactly the same place they left the track.
13. Any athletes wishing to leave the park and return at a later time MUST surrender their race bib and timing chip to a race official and specify the approximate time when they plan to return.
14. Runners may change distances up to 24 hours before the race start and maintain eligibility for awards in the new distance. Changes after that will result in the runner being ineligible for place awards in the new distance.
15. Athletes may change races during the event. That is, after the start, a 24 hour runner may move up to the 48 hour or down to the 6 or 12 hour. However, when you make the change during the race you are no longer eligible for place awards in the new distance.
16. Runners may leave the race prior to the official end time. Race officials must be notified and the Bib and timing chip must be turned in.
17. Allow faster runners to pass on the inside lane of the track.
18. No pacers are allowed for athletes competing for any records except visually impaired athletes.
19. Athletes not competing for records may have 1 pacer at any time with them on the course.
20. No pacers are allowed for any athlete seeking USATF record ratification (see USATF rules on pacers)
21. Athletes may use headphones, cell phones, I-Pods etc. but please remove them when you enter the aid station so volunteers can communicate with you.

22. At night, please keep the level of noise to a minimum. The park is surrounded on three sides by neighborhoods. We want to keep the neighbors happy!
23. The course is lighted but we recommend having a headlamp or flashlight available in the event of a power failure or other lighting problems.
24. Anti-Doping Tests might be randomly administered during the race to insure a clean athletic event. A participant who refuses to submit to a doping control or who has tested positive will be automatically disqualified and must return any eventual awards
25. All finishers will receive a "finisher medal," All finishers completing over 100 miles in any event will receive a 100 miles belt buckle in addition to the finisher medal. Overall place awards will be given in all races. To receive the finisher medal, the athlete MUST be present at the end of their race.
26. In case of cancellation of the 2019 Endless Mile for any reason of which Southeastern Trail Runs has no control such as extreme weather, flooding, fire, park closing by the city, etc. the participant agrees that he/she is not entitled to any participation fee return or remuneration for any traveling or hotel expenses incurred.
27. Up until 30 days prior to the Endless Mile participants will receive a full refund of their registration fee in the event the race is cancelled for any reason. Registration fees may also be rolled over into the 2020 Endless Mile.
28. In the event of race is cancelled for reasons beyond our control less than 30 days prior to the race, all entries will be rolled over to the 2020 race. Runners may choose instead, to receive credit that can be used for other STR races.
29. Southeastern Trail Runs races follow the ideals of the Olympic Spirit. All athletes MUST maintain at all times impeccable behavior, and sportsmanship. (OK, reasonably good behavior will do!)
30. For ANY and ALL emergencies, contact race officials and call 911.
31. Regular Aid Station food and drink, including, Tailwind and electrolyte capsules, chips, sandwiches, cookies, and other standard aid station food will be provided day and night. Other hot foods, hot sandwiches, quesadillas, soup, coffee, bacon, eggs and pancakes will be available at times. Check the website for a list of food and check out the "menu" chalk board at the race.
32. Pets are welcome at Veteran's Park in Alabaster. They may run free in designated areas. For the safety and consideration of others, please keep all pets on a leash at all times at a distance not greater than six (6) feet from their handler. Handlers are required to clean up and properly dispose of any waste produced by their animals.
33. Race Directors reserve the right to deny entry to any athlete who had previously failed anti-doping tests, or was disqualified from any other races for cheating even if was originally admitted into the race.
34. In addition to the race rules the athletes and their crews are obligated to follow all the rules and regulations of the park, city, county and state laws.
35. The Race Director(s) reserve the right to amend the race rules at any time prior to the start of the competition.

VERY IMPORTANT:

The Volunteers at Endless Mile are not paid. They give up their weekend to make this race possible. Please be respectful at ALL TIMES. Volunteers are NOT your personal crew. Please DO NOT ask them for favors, special foods, or to run errands for you.

Endless Mile is designed to help athletes push their limits and overcome adversity! We WILL NOT "pamper" athletes. It is an event where athletes are expected to race without entitlement, under the core believes of the Olympic Spirit! Any athlete violating any of the rules or the Olympic creed will be asked to leave the course immediately and will be banned from future editions.

Or, to sum up all the rules in one sentence, *"Be nice to everyone and Have a Blast!"*