

- **NO WHINING - PERIOD.**
- **We Do Not Tolerate Littering**– Anyone caught doing so risks immediate disqualification.
- **We View DNF'S as “Did Nothing Fatal”**– Only you can decide the right level of challenge for yourself. Anyone dropping from the race must notify the closest aid station captain, and/or the race director immediately. We do not post DNF information in our results.
- **We need to see your Bib**– Runner bib numbers must be worn on the outside of your race kit and be visible. Without this, we will not be able to track and time you properly.
- **Checking In and Out of Aid Stations**– It is the responsibility of the individual runner to make sure your number has been noted at all manned aid stations.
- **All runners must abide by the directions of Medical Personnel and the RD.** Their direction is for your own safety and the preservation of our events, and failure to do so may result in disqualification.
- **Runners are responsible for knowing the course**– The course will be clearly marked from start to finish, but it is up to the individual to familiarize themselves with the course. If you get lost, it is your responsibility to get back on track, and by returning to the last place known “on course” before continuing.
- **Runners may not receive assistance from a vehicle**– This includes accepting rides or motorized pacing.
- **No unofficial runners or pacers will be allowed on the course**- Bandits will be charged and prosecuted for theft of services under state laws.
- **Runners must abide by race policies**– This includes all race rules and regulations and extends to any/all spectators, crews, and/or pacers that a runner may bring. Failure to do so, by a runner or crew member, could result in disqualification.
- **Runners must use designated drop bag areas only**– Caching is not allowed at HPRS events.
- **No pets of any kind are allowed**– HPRS believes that all runners have a right to a safe racing environment and as such, we do not allow pets of any kind at our events. Failure to abide by this policy, on the part of a runner or their crew, will result in immediate disqualification.
- **We discourage the use of headphones**– We have seen firsthand the distraction that headphones can cause during a race, and we encourage you to run without them. If you need to run with headphones, utilizing only one earbud at a time is permitted. Using both earbuds at a time is strictly prohibited.
- **The Race Director has final decision-making authority** on any question or concern that may arise during a Human Potential event.
- **Aid Station Captains have the authority to act on behalf of the Race Director**- providing such action does no harm to a participant, spectator, volunteer, or other.

Any violation could be grounds for disqualification. All potential rule violations are to be reported to the Race Director. Race management reserves the right to bar any runner from participating in any future HPRS Event.

Each of our races may come with their own set of policies which reflect the conditions of our permits, facility hosts, towns, counties, etc. These policies do not substitute or void the policies listed above. They are in addition to the above policies.

The two biggest rules we have: **Don't be a jerk, and no whining. Additionally, You agree to abide by the following code of conduct before, during, and after our event:**

You will be respectful to all other athletes at all times. You will be respectful, kind, and thankful to all volunteers. You will be respectful to HPRS Staff and Directors. You will follow all [HPRS Anti-Discrimination Policies](#).

The number one job of any race organizer is Risk Management. To this effect, HPRS reserves the right to deny entry to any individual for legitimate reasons; particularly for reasons related to a runner being undertrained, underprepared or ill-prepared, or behaving in any way that signifies to race organizers that the individual in question is a risk and/or liability to the future preservation of HPRS races, and/or the health and safety of themselves, HPRS staff, volunteers, crews, pacers, spectators, and/or other participants.

HPRS also reserves the right to implement a mandatory gear list for any race they may host, and it is considered a reasonable expectation that all runners who wish to participate have the mandatory gear on their person at all times the gear be required. If a runner is caught on course without mandatory gear, the runner will be immediately disqualified and removed from the course. Should you be removed from an event, or denied entry, for any of the specified reasons mentioned here-in, a refund will not be offered. Our race, our permits, our insurance, our assuming of all risk and liability for all individuals involved = OUR RULES.