

# Newstead Athletics Etiquette For Runners

In the interest of promoting an enjoyable running and racing experience for everyone, Newstead athletics Inc encourages good runners' etiquette. Whether running in a group or running alone, always follow the below Safety Guidelines.

Whatever the pace, wherever the race, manners matter.

## **General Rules for Running in an Event**

- All runners have a collective responsibility to keep the event safe. Races generally discourage running with dogs, headphones, cell phones, and jogging strollers.
- Arrive early for the event, to allow time for a race briefing, course familiarisation and warm up.
- Use the facilities before the race start to lessen the need once on course, and help keep the facilities clean for person in line after you.
- If it is a scratch race, line up according to how fast you plan to run or walk the event. Slower runners and walkers should move to the back of the race pack.
- Pay attention to the pre-race instructions.

## **Rules of the race, road and trails**

- Run on sidewalks if there is one available.
- If you run on the road, run against traffic, eg on the right side of the road.
- If running on the sidewalk or multi-use trails, travel on the left and pass on the right.
- Exercise due care and caution to avoid colliding with any other runners. All users shall travel in a consistent and predictable manner.
- Never run more than two abreast if you are running in a group.
- If you need to stop, move to the side of the path or off the trail.
- Alert pedestrians when you are passing them – don't assume they are aware of their surroundings. A simple "on your right" warning will suffice.
- Be alert on blind curves.
- If you are running an out-and-back route, don't just make a sudden u-turn at your turn around point. Ensure the road or trail is clear of oncoming traffic (runners, cyclists, etc.), look over your shoulder, then make your u-turn ensuring that you give way traffic. Making a sudden u-turn without looking over your shoulder is a good way to get hit.
- Do not block runners coming up behind you by swerving needlessly back and forth across the course.
- Move to the left side if someone behind you says "excuse me" or "on your right". The person behind you is giving you a heads up before passing. It's proper race etiquette to let that person pass you without blocking their effort.
- If someone in front of you is wearing headphones, and they are blocking, gently touch their elbow or shoulder as you pass to alert them to your presence.
- Pay attention to your surroundings. The course may or may not be closed to traffic. It is your responsibility to watch for oncoming traffic!
- Don't cheat! Don't cut the course.

- Enjoy your race!
- If you see someone in distress on the course, report to the nearest marshal and advise where you saw them.

### **Finish Line Etiquette**

- Follow the instructions of the race officials at the finish.
- Once you have crossed the finish line, keep moving forward until the end of the finish chute. Stay in finishing order so the finish line volunteers can record your name and position.
- Enjoy the post-race refreshments, but remember it is not an all you can eat buffet for you and your family.
- Be proud of your accomplishment!

Remember no event is perfect and people work hard to make them safe and enjoyable. Most events are staffed primarily by volunteers, but there is always a race director or race committee that is responsible for an event. If you have ideas for improving an event or concerns you would like to address, share them with the race director or race committee in a positive and productive manner.