



BARC Guidelines for WALKERS St. Patrick's Day Races

BEFORE THE RACE

CHECK the information as printed on your bib number. Before the race is the time to correct any errors such as age, gender, or misspelling of your name. Go to the Late Registration Table to seek any corrections.

PIN your bib number on the **FRONT** of your outermost clothing, and keep it visible at all times, especially at the finish. Announcers, timers, photographers use it to help identify you.

DON'T walk without a number, or if you did not register. Doing this causes errors in times and positions of those legitimately entered. Don't allow another person to use your number—this leads to errors in results, and may deny legitimate winners of their positions in age groups.

WALK, DON'T RUN. DON'T switch races without approval. If you now want to **RUN** instead of walk—visit the **SOLUTIONS** table before race starts.

AT THE START LINE

WALK STARTS FIVE MINUTES AFTER THE RUN. Do not start before the designated start time, and do not start with the runners. Starting with runners will result in **disqualification**.

WALKERS "CORRAL"—Enter the area back from the start line designated for walk participants, and follow directions of race officials, who will be moving walkers to the rear of runners.

DURING THE RACE

Stay to the right side of the road until after mile marker 1, then stay right, to allow faster walkers and runners to overtake you. Closely follow any instructions from course officials. Don't block others at any time. If you slow down or stop at aid stations, move to the side. Don't walk more than two abreast; allow those overtaking you to pass easily.

No Running. If 3 people lodge a complaint with a Walker's number saying the walker ran on the course, that walker will be disqualified from awards.

Please be aware of your surroundings at all times, and be able to hear any verbal warnings and instructions from police/course officials, or other participants in the race. Portable headphone devices are strongly discouraged, for your safety and the safety of others.

If you have to **DROP OUT**—if you don't complete the full course—**DO NOT CROSS THE FINISH LINE**. Doing so leads to errors in the results and denies legitimate finishers of their ranking.

FINISH LINE

SMILE! Friends, family, and The Media want to share in your joy at completing this competition. The spectators are watching you having fun—**SMILE!** Enjoy your victory.

Keep moving beyond the finish line—so that others can finish behind you without difficulty.

Beyond the finish line you'll be given your finisher's medal and refreshments. If you have qualified for an age group award, it will be available in a few weeks. You will be able to pick the award up at The Sweet Boutique, 816 Washington, Bay City, MI until May 31. Please check your results by midnight Tuesday to confirm accuracy.