

VASHON ISLAND ULTRAMARATHON & TRAIL RUN

Trail Rules

- 1) Be alert to hazards – tripping, eye-poking branches, cars & trucks, animals.
- 2) You are responsible for staying on course and obeying race marshals. Stay on the trail. If you go off course, return to where you left the course and re-join.
- 3) Route markings - Red flag/plate/ribbon/flour signals a left turn; Blue flag/plate/ribbon/flour signals a right turn; White flag/plate/ribbon/flour signals straight ahead or follow the marker.
- 4) No littering - bring your trash to nearest trash can or checkpoint. Littering is a DQ infraction. If you “stash” something while on the run, go back and pick it up afterwards.
- 5) No animal companions.
- 6) Leave no trace.
- 7) Respect the rights of the private property owners who have given us permission to pass on race day - do not use private property on any other day.
- 8) When passing announce well in advance: “On your left,” “Trail” or “Thank you.” Show respect when passing by slowing down or stopping if necessary to prevent accidental contact. Be ready to yield to or avoid other trail users.
- 9) Report to the race officials any vandalism to the course and markers, unusually dangerous, unsafe, or damaging conditions and activities.
- 10) The number of participant is restricted to reduce environmental impact. Increase the ability of the race to grow by doing your part to reduce your impact.
- 11) Stop to help others in need, even while racing, and sacrifice your own event to aid other runners that might be in trouble.
- 12) Do not allow personal audio devices to interfere with your normal hearing.

Important information about horses: Horses are “prey” and flight animals. Even if well trained, in response to meeting a person, a vehicle, a horse or for no apparent reason at all, a horse may get spooked and spin and run, throwing the rider. Horses are also herd animals; if in a group and one is spooked, they may all become spooked.

Horses may be on the trails despite our huge notification effort - if so:

- As soon as you see a horse and rider say a greeting, as a horse’s hearing is better than its sight.
- Announce yourself earlier if approaching from the rear or from the uphill advantage.
- Stop and check with the rider, ask for instructions. Runners should avoid sudden movements but not be silent.
- If the meeting is on a hill, the uphill trail user has the right of way, as horses will run up and not down a hill when spooked.
- Keep it friendly, but don’t approach to touch a horse.
- Move over so the horse and rider can pass while you stand still, or pass with permission of the rider.
- Use caution when passing horses; wait until the rider gives you the signal that it is safe for you to pass. Allow as much room as possible to avoid being kicked or spooking the horse.