

ETIQUETTE OF RUNNING IN AN EVENT

Follow these guidelines to create a safe, enjoyable race experience for you and others!

PRE-RACE ETIQUETTE

- » Pin your race number (bib) on the front of your shirt/shorts where it is most visible.
- » Line up according to how fast you plan to run or walk the event.
- » Pay attention to the pre-race instructions.

RACE ETIQUETTE

- » If you drop something as the race starts, do not stop and pick it up! Wait until almost everyone has crossed the starting line and then retrieve it.
- » Do not block runners coming up behind you.
- » If you are walking in a group, stay to the back of the pack and follow the no more than two side-by-side rule.
- » Move to the side if someone behind you says “excuse me” or “on your right/left.” The person behind you is giving you a heads up before passing.
- » If someone in front of you is wearing headphones and they are blocking you, gently touch their elbow or shoulder as you pass to alert them of your presence.
- » If you need to tie your shoe or stop for any reason, step off the course.
- » Pay attention to your surroundings. The course may or may not be closed to traffic. It is your responsibility to watch for oncoming traffic!
- » Yield the right of way to all police and emergency vehicles. Yield the course to wheelchair athletes as you can change direction or stop more quickly.
- » Don't cheat! Don't cut the course or run with someone else's number.

FINISH LINE ETIQUETTE

- » Follow the instructions of the race officials at the finish.
- » Once you have crossed the finish line, keep moving forward through the chute.
- » Exit the chute and go to the designated meeting spot for your school.
- » Say thank you to the volunteers!
- » Enjoy the post-race refreshments, but be considerate.

Source: These running etiquette guidelines are courtesy of [Road Runners Club of America \(RRCA\)](#).