

## **Yandina Five 'O' Rules**

1. Race directors have final authority on any question that may arise during the Yandina Five 'O'.
2. Checkpoint officials have the authority to act on behalf of the Run Queensland event management team and will be authorised to make decisions in the best interest of the event and its participants.
3. Conditions of your entry mean that you have agreed to be withdrawn from the event, should medical support or event officials determine it is in the best interests of any participant. Such an instance will not be negotiable.
4. If you need First Aid assistance on the course and are unable to reach a checkpoint, you must use the phone numbers on the back of your race bib to contact event management who will arrange to have you attended. Support crews are not allowed to enter the event course to collect participants unless specifically authorised by event management.
5. You must complete the marked course on foot under your own power. Trekking poles are permitted.
6. There will be no unofficial participants. Anyone identified as either attempting to or taking part in the event unofficially will be barred from future Run Queensland events.
7. Each participant's official bib must be worn prominently on the front of the body and must be easily visible at all times.
8. Each participant must be checked-in at all checkpoints and have your name & number recorded.
9. You must leave each Checkpoint by the posted cut-off time.
10. Any participant who is unable to finish their event must personally inform the checkpoint officials at the nearest checkpoint of their decision to withdraw and must return to the start/finish to ensure that recorders/officials are advised.
11. No stashing of supplies along the course and no accepting aid except within 200 metres of a designated checkpoint.
12. You must carry the mandatory gear at all times during the event. Any participant without the mandatory gear will not be able to proceed until they arrange for missing item(s) to be replaced.
13. No littering. If you have 'participant rubbish', keep it with you until you can discard it properly at the next checkpoint.
14. If you aren't near a toilet and you feel the need to be more at one with nature, please ensure that any waste is buried and any paper you use is biodegradable.
15. Strictly No Crews or Spectators on course.
16. No event parking at Terella Brewing. Parking and courtesy bus is located at 124 Lees Road Bridges.