

RAINBOW BEACH TRAIL FESTIVAL RULES – Run Qld

1. No Whining!
2. Race directors have final authority on any question that may arise during the Rainbow Beach Trail Festival.
3. No littering. If you have 'participant rubbish', keep it with you until you can discard it properly at the next checkpoint.
4. No stashing of supplies along the course and no accepting aid except within 200 metres of a designated checkpoint.
5. Conditions of your entry mean that you have agreed to be withdrawn from the event, should medical support or event officials determine it is in the best interests of any participant.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.
6. 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.
7. You must complete the marked course on foot under your own power. Trekking poles are permitted.
8. 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.
9. Each participant's official run number must be worn prominently on the front of the body and must be easily visible at all times.
10. Each participant must be checked-in at all checkpoints and have your name & number recorded.
11. Any participant who is unable to finish their event must personally inform the checkpoint officials at the nearest checkpoint of their decision to withdraw
12. If you need First Aid assistance on the course and are unable to reach a checkpoint, you must call one of the emergency numbers, who will arrange to have you attended to. Support crews are not allowed to enter the event course to collect participants unless specifically authorised by event management.
13. 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.
14. If you aren't near a toilet and you feel the need to be more at one with nature, by all means do so but please ensure that any waste is buried and any paper you use is biodegradable. Please do not remove paper from the toilets at the start/finish area.
15. Enjoy Yourself!!!