



Run for Fun Rules & Safety Tips

Rules

Only paid registrants may participate in the run.

A valid driver's license or passport must be presented to verify age and identity.

Participants in the run must be minimum 18 years of age on the run day.

Participants must sign the registration waiver to be permitted to start.

Participants must provide emergency contact information (name, country and phone number) on the day of the event.

For the safety of all participants, no skates, skateboards, baby strollers, or animals are permitted.

Participants must follow and stay on the course.

Participants must wear a top at all times during the event.

Offensive clothing in design or print messages is not permitted.

Obscene language (i.e. vocal or signage) is not permitted.

Participants agree to follow the instructions of run, medical and police officials.

The use of headphones is strongly discouraged.

Safety Tips

Wear comfortable running shoes and socks. Double-knot your shoe laces so they will not come undone when you run.

Avoid eating a big meal less than one hour prior to the run.

Hydrate about 15 minutes before the run.

Participate in our stretching session prior to the Run for Fun.

Stay on the right hand side of the path unless passing.

It is okay to take walk breaks (run 1 minute; walk 1 minute; then progress to run 10 minutes; walk 1 minute; etc.).

There is no shame in walking! Enjoy the view.

We will have two water spots. However it is suggested to bring your own water bottle so you can drink when you are thirsty. Hydrate. Make it a habit to drink water throughout your race and after the race

Make sure to eat something after your race. A light snack will be offered on site.