

RULES AND REGULATIONS FOR RACE PARTICIPANTS AND WALKERS

It is the goal of the Manitoba Runners' Association and the Race Directors to put on safe, enjoyable races and walks for the participants with accurate results. By following the instructions below it will help to assure that this is possible.

- Bib numbers **must** be worn on front and visible to finish line volunteers
- Write first and last name on tear-off tag
- Do not exchange or transfer bib number to anyone
- If there are two separate chutes at the finish line ie: 5k and 10k, please familiarize yourself with which chute you will enter at finish of race
- Walkers should stay to the right of the course to allow for race participants to pass
- If possible please check the results once they are posted and report any discrepancies to the race director as soon as possible