

DEPOT DASH 5K RACE RULES & REGULATION

EVENT RULES ARE APPLICABLE TO ALL PARTICIPANTS

The following Event rules are intended to help produce and direct a large scale Event, to ensure the safety of all participants, to meet the requirements of local government permits and any applicable governmental orders or restrictions and to be compliant with applicable USA Track & Field (USATF) and World Athletics regulations for participant performance records and Event liability.

PARTICIPATION

- Registrants must be capable of completing the full distance, start line to finish line, within Event time requirement of 60 minutes (20:00 per mile pace).
- Each participant must read and agree to/sign an Event waiver before participating in the Event. A parent or legal guardian must complete the registration form and agree to/sign the Event waiver for registrants under 18 years of age.
- Any participant seeking accommodation in respect of a disability must submit a written request to the Event Coordinator. Email your request to secretary@menapolkchamber.com.
- Participant Event number bibs and timing devices are specific personal identifiers and may not be exchanged, transferred or sold to any other person.
- The sale, trade and/or transfer of Event entries/ Event number bibs and timing devices are strictly prohibited and will result in the disqualification and/or banning of any individuals involved from future Events.
- Registration closure is determined and announced when Event participation reaches the established participant capacity.**
- Capacity is subject to change at the discretion of Event and government officials. In the event that capacity is reduced after registration is complete, Event organizers will inform participants of their accommodation options.
- All Event entry fees, and ancillary purchases are non-refundable and non-transferable.
- Event Cancellation**
 - The Event may be postponed, ended early or cancelled altogether by an Event official or governmental official for circumstances beyond the Event's reasonable control, including, without limitation, war, epidemic, civil or political unrest, terrorism or inclement weather conditions. In such circumstance, Event officials will outline refund or deferment options.
 - In the event of cancellation of the Event, the Event will have no responsibility for any costs incurred by the Participant as a result of cancellation including any travel, accommodation or other costs or expenses and the Event will have no liability or responsibility to the Participant.

Packet (bib number) pick-up:

- Packet pick-up will be available April 12-16 at the Chamber office from 8:00am-5:00pm.
- Event Day packet pick-up will be from 8:00am-8:45am outside the Chamber office.
- Event bib numbers are only available for pickup at Packet pick-up.
- Event attendees must adhere to Event, city, state and other public health guidelines and orders.
- Event attendees who are sick should not attend the Depot Dash 5K.
- This includes Event attendees who:
 - Have a suspected or diagnosed/confirmed case of COVID-19
 - Are exhibiting symptoms of COVID-19, such as: cough, fever, chills, muscle pain, shortness of breath or difficulty breathing, sore throat, or new loss of taste or smell
 - Have had exposure to a suspected or confirmed case of COVID-19 within 14 days of Event weekend which begins on the Friday before the Event.
- Participants may be subjected to screening prior to attending the Depot Dash 5K including but not limited to temperature checks, questionnaires and other health inquiries as required by state, local or other health authorities.

EVENT DAY

- Participants must follow instructions as given from all Event officials including race staff, volunteers, medical personnel, fire and police officials, security officers and city officials throughout the duration of the Event.
- Event attendees must adhere to Event, city, state and other public health guidelines and orders.
- Event attendees who are sick should not attend the Event.
- This includes event attendees who:
 - Have a suspected or diagnosed/confirmed case of COVID-19
 - Are exhibiting symptoms of COVID-19, such as: cough, fever, chills, muscle pain, shortness of breath or difficulty breathing, sore throat, or new loss of taste or smell
 - Have had exposure to a suspected or confirmed case of COVID-19 within 14 days of Event weekend which begins on the Friday before the Event.
- Participants may be subjected to screening prior to attending the Event including but not limited to temperature checks, questionnaires and other health inquiries as required by state, local or other health authorities.
- All participants are expected to conduct themselves in a professional and courteous manner towards the community and their fellow participants during their participation in the Event. This means, for example, alcohol consumption, urinating or defecating in public except in designated toilet facilities, participant obstruction anywhere on or near the course shall be strictly prohibited unless facilitated by the Event. Anyone violating this rule of conduct shall be disqualified from the Event and will be asked to leave the course.
- All participants will be provided with a personally assigned Event bib number, which must be conspicuously worn on the front of their running attire throughout the duration of the Event. The Event bib number is to be worn as issued. No participant shall be permitted to participate in the Event without his/her appropriate bib number.
- The use of music devices is permitted during the race. The use of cell phones, video devices, cameras or similar devices by participants while in the Event is discouraged, and Event officials reserve the right to disqualify any participant using such devices who pose a safety hazard on the course.
- The use of selfie-sticks and any camera mount or rig by participants while in the Event is prohibited.
- The use of video devices, computers, drones, unmanned aerial devices, or any similar devices are not permitted on or near the course.
- Prohibited items on the course route include, but are not limited to: large bags (backpacks, suitcases and rolling bags), hard-sided coolers, costumes covering the full face (except face coverings if mandated by governmental order), any non-forming bulky outfits extending beyond the perimeter of the body, props and non-running equipment, including flagpoles and sticks, pets/animals (except service animals that are trained to perform specific work or tasks for a person with a disability), alcoholic beverages, illegal substances, chairs, weapons, remote-controlled aircrafts and drones.
- Participants must begin the Event during the official recognized starting time.
- The course will remain secured until the 20:00 per mile pace official end vehicle crosses the finish line. At that time, the Event is officially concluded. There will be no traffic protection or on course support.
- Participants are advised for health reasons, and to protect the safety of other competitors, not to consume alcohol while running. They must abide by all City of Mena alcohol use rules and regulations. Event reserves the right to disqualify any runner who poses a risk to themselves or others.

THE START

- Participants shall assemble for the race based on their expected pace per mile.
- All participants must be positioned behind the official start line and timing mat prior to the race start.
- The start area will close when the last runner crosses the start line. Once the start area is closed, runners will no longer be able to start the race.

CORRALS:

- To minimize large groups, all participants will start the race in a corral. This reduces the number of participants in proximity of each other, as well as the number of people in the start and finish areas at a given time.

- Each corral will hold 40 participants and be released in waves of 20 at approximately 15 seconds apart.
- Corral assignments are based upon the estimated finish time given at registration and corral assignments cannot be changed. Runners should line up behind the Start Corral number that corresponds to the number on his/her race number.

COURSE MONITORING

- Any participant who refuses to obey the directions of Event officials, including fire and police officials, city officials or course marshals, or who conducts themselves in an unsportsmanlike manner, or who is offensive by action or language to officials, volunteers, participants or spectators may be disqualified by the Event and from future participation at the discretion of race officials.
- No participant, after leaving the course, shall be allowed to rejoin the race either for the purpose of gaining a place or to pace or to assist another participant.
- Any participant who has been found by a course marshal, Event official or surveillance equipment to have gained an unfair advantage by intentionally shortening the race route (“cutting the course”) shall be immediately disqualified from the Event and from future participation at the discretion of Event officials.
- A participant who has received any assistance whatsoever from any other person may be disqualified from the Event. “Assistance” includes, without limitation, the conveying of advice, information or direct or indirect help to an athlete by any means, including technical communication devices. It also includes pacing by persons not officially participating in the Event. It does not include participation of officially designated Guide Runners, officially designated Support Runners or contracted pacesetters in the race, provided such pacesetters start in the Event.
- Any person who participates in the Event without a current official Event bib number or timing device officially assigned to them, is subject to removal and disqualification from future Events.
- No persons are authorized to be on the course unless they are registered participants. Therefore, no person shall be allowed to accompany a participant if they are not registered in the Event, nor shall any participant be allowed, without the permission of the Event management, to receive assistance or refreshment from anyone during the progress of the Event. Any person not properly displaying an authorized and issued bib number shall be directed to leave the course.
- A hands-on medical examination during the progress of an Event by officially designated medical personnel shall not be considered assistance and will not result in disqualification if the participant is deemed medically fit.

PARTICIPANT SAFETY

- Participants are responsible for their recognition and understanding of Event signage, symbols and color codes relating to participant maps, facilities and directions.
- Medical personnel authorized by the Event to do so may examine any participant who appears in distress. If, in the sole opinion of authorized medical personnel it is in the best interest of the participant’s health and welfare, medical personnel may remove the participant from the Event.
- Participants must retire at once from the race if ordered to do so by a member of the Event’s official staff, official medical staff or any governmental authority, including fire and police officials.
- Participants are responsible and assume liability for any and all medical expenses incurred as a result of training for and/or participating in the Event, including but not limited to ambulance transport, hospital stays, physician and pharmaceutical goods and services.
- Event officials reserve the right to delay, cancel or suspend the race due to inclement weather or other conditions or governmental orders or directives in accordance with Emergency Protocol on severe emergencies and/or inclement weather.

RESULT TIMING

- All participants are assigned an electronic timing device prior to the Event which is attached to their bib.
- Participants are responsible for the proper use and application of their assigned timing device.

- Official times for participants will be the electronic timing device time (net time) from when the participant crosses the start line to the point where the participant crosses the finish line.
- Participants must wear their assigned timing device, which is permanently attached to their bib number, continuously from start line to finish line to receive an accurate finish time.
- Participant net times greater than the Event time requirement (60 minutes) may not be recognized as official finishers.

TIMING DISQUALIFICATION

- Participants found to be wearing two or more Event-issued electronic timing devices during the race will be disqualified and their results will not be recorded.
- Participants with missing or irregular split times at official electronic timing checkpoints may be disqualified.
- All finish times are reviewed before times are deemed official. Participants will be given the opportunity to appeal unofficial finish times before the finish times are made official.
- Participants must begin the Event during the official recognized start time in order to register an official finish time.

EXCEPTIONS

- Any individual requesting a waiver of any of these rules must submit a written request no less than 30 days prior to the Event date specifying the nature of and reasons for the request.

RACE RESULTS

- Due to social distancing, we will NOT have printed results. Official results will be available online at www.menapolkchamber.com and will be posted on the Mena Polk County Chamber of Commerce Facebook page, as soon as possible after the race is over.

AWARDS

- Overall Male & Female (top 3)
- Age Group Awards (top male and top female) in each category: 14 & under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 & up.
- Finisher Medals for all participants on race day.

WATER STATIONS

- All runners are encouraged to provide their own hydration while running/walking the race. Volunteers will be on hand to supplement hydration, or to provide to those who do not bring their own.
- For 5K runners, there will be water stations at the corner of Sutherland and Reine, and on the North Side of Janssen Park along Port Arthur.
- Traditionally, volunteers hand a cup of water to the runner as he/she passes by. Now, it is up to the runner to take a cup of water off the table then throw it in the trash when finished.
- Please do not ask a volunteer to pick up your used cups.

POST RACE

- No spectators at the finish chute.
- Face covering/masks must be put on as soon as possible following your finish.
- Exit the finish area as quickly as possible.
- Do not wait inside the finish chute for friends or family to finish.
- Post-event finisher items include finisher's medal and bottled water.

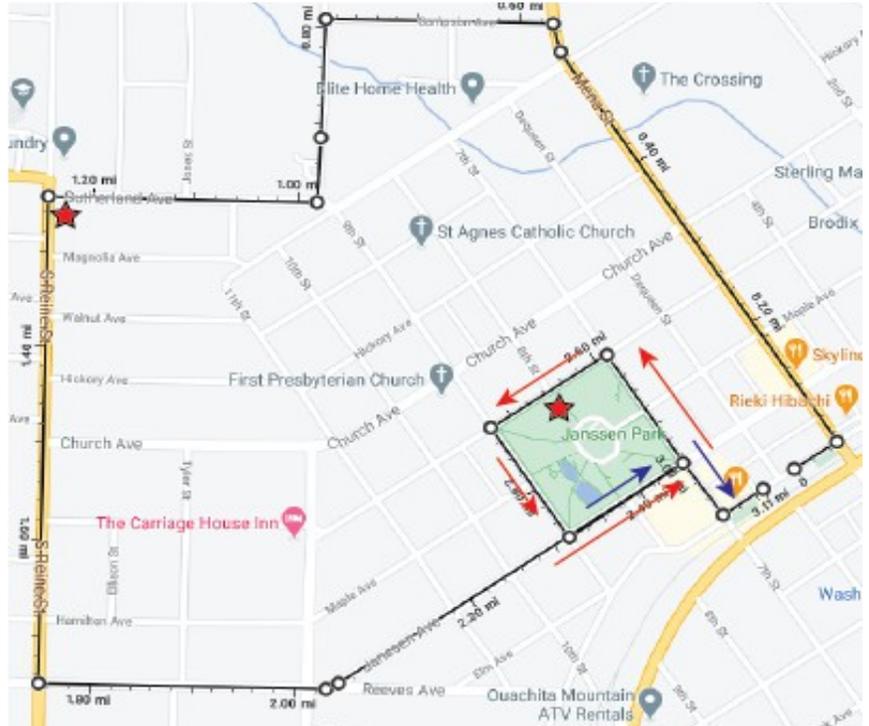
- No awards ceremony.
- No onsite results.

COURSE

Starting Line:
NE side of the Depot (Museum Side)

Head NE on Sherwood Avenue
Turn Left onto Mena Street
Follow Mena Street
(Turns into Grandview Heights/Skyline Drive)
Take Left onto Sampson Avenue
Take Left onto Mountainview Drive
Take Right onto Sutherland Avenue
Take Left onto S Reine Street
Take Left onto Reeves Avenue
(Turns into Janssen Avenue)
Take Left onto 7th Street
Take Left onto Port Arthur Avenue
Take Left onto 9th Street
Take Left onto Janssen Avenue
Take Right onto 7th Street
Take Left onto Sherwood Avenue

Finish Line:
SW side of the Depot (Chamber Office)



AMENDMENTS/RESERVATIONS/ACKNOWLEDGEMENTS

- Event officials reserve the right to modify, supplement or waive all or part of the Event rules.
- Participants shall be bound by any modification or supplement of the Event rules published prior to the Event.
- Rules related to COVID safety and event procedures will be published in the months prior to the event and all participants will be expected to comply.
- Failure to follow these Event rules, as may be amended, will result in immediate disqualification and removal from official results.

For more information or questions, please contact the Mena Polk County Chamber of Commerce:

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