

Aviemore Half Marathon & 10k - 13th October 2019

Event rules and safety guidance

- Both events are subject to Scottish mountain weather at over 1,000 ft. In October this can be unpredictable, unusual and can quickly change;
- Forest tracks and trails can be uneven and stony;
- Runners should wear appropriate clothing and footwear.

Runners must:

1. Keep within 1 meter of the left hand hard shoulder - public road width is restricted by 2 way traffic;
2. Stay within the cones on blind corners and pinch points on the road;
3. Use manned road crossings only - there are 3 busy public road crossings;
4. Leave no gel wrappers or litter;
5. Not use iPods, Aftershokz, MP3 or other music players, since these may lower awareness and response to other runners and the traffic around – **penalty of disqualification**;
6. Follow The Highway Code and instructions from Course Stewards;
7. Follow the marked route at all times, taking special care along the riverside trail at Loch Morlich, which is rough underfoot (Half Marathon only);
8. Be aware of other runners and allow overtaking;
9. Respect other walkers and cyclists;
10. Carry your own water and drink often – there are three water stations on the Half Marathon course, and two on the 10k course;
11. Ensure that competitor numbers are worn and clearly visible at all times;
12. In an emergency, or if dropping out, **make sure a steward is informed.**