CRR Cross-Country Runner's Responsibilities & Etiquette 2009-2010 Season

Responsibilities

Cross-Country running is a sport with significant, inherent risk, both known and unknown. If being incapacitated due to an injury is unacceptable, then you should not participate in this sport.

The Race Directors and/or XC Committee reserve the right to reschedule or cancel any race due to severe weather or other circumstances. The Race Directors and/or XC Committee will use every reasonable means to notify the racing public of any change. Important updates or cancellation announcements will be posted on the Calgary Roadrunners Club web site. Cancellations will be recorded on the CRR Hotline 228-0999. Runners may also contact the race director at the phone number listed on the race entry form. It is the participant's responsibility to keep informed of any changes in location or race cancellation.

As a consequence of unforeseen circumstances the qualifying rules, points system and awards system may be modified.

It is the responsibility of the runner to ensure that they follow the designed course. All reasonable efforts are made to ensure that the course is clearly marked. If the course markings are vandalized, it is the responsibility of the runner to follow the intended course. The participant may inspect the course prior to the race.

Running Safety

Participants can practice a number of habits that will minimize risk to themselves and other competitors:

1. Always race under control. Extra care should be exercised when running on slippery surfaces, down a steep incline, or when passing another runner.
2. Be aware of your surroundings, using your eyes and ears. Be aware of natural and man-made obstacles, hazards and of other runners. Use of iPods and other portable devices isn't encouraged. You must be able to hear instructions from course marshals and voices of runners who are about to overtake you.
3. Avoid tailgating; you can't see the hazards that are blocked from your view, nor can you predict how the runner ahead of you might change speed or direction. If the runner ahead of you hasn't given you an opportunity to pass, ask the runner if you might pass - they might not be aware that you're closing in and wish to overtake them. (Their hearing may be impaired due to headphones.)
4. Avoid impeding runner behind you. Pull over as much as possible and allow them to pass.
5. Try to stay on the trail; you can't see hazards through snow, grass or bushes.
6. Wear appropriate clothing and footwear: spiked cross-country shoes or pull-on yak-trax for traction; sufficient layers of comfortable, breathable, non-chafing clothing to avoid frost-bite and hypothermia; scarf or balaclava to protect the face and lungs when running in extreme cold; eyewear to guard against twigs or branches.
7. Stop and offer assistance if a runner suffers a bad fall or appears distressed. Do not provide any medical treatment yourself unless you are qualified to provide first aid.

   The most common injuries that occur during cross country running races are:

   1. Cuts, scrapes and bruises resulting from falls caused by tripping or slipping
   2. Broken, sprained or twisted ankles and knees from running on uneven ground (gopher holes, rocks, exposed tree roots, etc).
   3. Pulled hamstrings or torn achilles tendons.

Running Etiquette

1. Foster an encouraging and positive environment for all participants and volunteers. Show respect for other park users.
2. Be a good sport. Never give a competitor a reason to beat you.

3. Don't impede your fellow runners. Allow runners of all abilities to achieve their best possible race.