

- **Parking/Check in/Start Time**
  - Check in opens at 8 AM at the Start/Finish line area at the recreational field above the beach parking lot.
  - Race begins at 10 AM
- **Course**
  - Each lap must be 4 miles 880 feet in length (4.167 miles)
  - Metric equivalent 6.7056 kilometers
- **Starts**
  - Each loop starts precisely 1 hour after the last
  - Ex. (If you finish a lap in 45 minutes, you have a 15 minute break before the next lap begins)
  - Warning must be given 3, 2, and 1 minutes prior to start
  - All competitors must start at the bell in the corral (no late starts)
- **Loops**
  - Except for restrooms, competitors may not leave the course until each loop is completed
  - No non-competitors on the course (including eliminated runners)
  - No personal aid during a loop (common aid stations are allowed)
  - Each loop must be completed within an hour to be counted... including the final lap.
  - No artificial aids (including trekking poles)
  - Slower runners must allow passes.
- **First Lap**
  - A special bib that will be worn throughout the rest of the race will be awarded to the runner of the fastest first lap and the slowest first lap.
- **Crew**
  - Every athlete will receive a designated plot to have their crew, tent, tables, etc.
  - No crew members allowed on course

- There will be a small, communal aid station provided by race staff
- Highly recommended to bring the majority of your own nutrition
- **Winner/Results**
  - The winner is the last person to complete a loop
  - All others are technically DNF
  - Results of each runner in terms of distance covered are to be given.
  - If no runner can complete one more loop than anyone else, there is no winner.