

# DINO Trail Run Series

## Race Guide Book

Updated 3/21/24

Recent additions / changes highlighted in yellow

### 1. BEFORE THE RACE

#### 1.1. Registration

- 1.1.1. Online Registration: The least expensive way to register is online. A link is available on the calendar page and on each event's page. Online registration closes Wednesday night prior to each race. The Season Pass will save you money if you plan to race the majority of the series, as well as eliminating the need to register for each individual race.
- 1.1.2. Mail-in Registration: If you prefer to mail a check or money order, print the online form and mail it to the address on our Contacts page. Or call 317-336-7553 if you need a form mailed to you.
- 1.1.3. Race day registration: You can register and pay with a check, cash, or credit card (usually) beginning at 7:30 am on race mornings. This will cost \$10 more than registering online and you will need to fill out a paper form with waiver, available at the check-in desk.
- 1.1.4. Refunds/Transfers: No Refunds for ANY of series race/events. No Transfers within 2 weeks prior to the event date.
  - 1.1.4.1. We will, for any event, transfer your entry to another event of equal or lesser value, if requested prior to the above cutoffs. If transferring to another participant, there will be a \$20 service charge.
  - 1.1.4.2. If a series event is postponed due to weather or conditions, your entry will be automatically transferred to the rescheduled date. You may also apply the entry to a later event in the series; but you must notify us prior to close of registration for the re-scheduled or alternate event, whichever occurs first.
  - 1.1.4.3. If a series event is canceled, your entry can be applied to another series event of equal or less value. You must notify DINO of your intent, prior to online registration close of the event you select.
  - 1.1.4.4. We will do our best to accommodate life events such as pregnancy, post pregnancy, military deployment, family death, and serious illness. Please contact us directly to discuss.

#### 1.2. Age & Gender

- 1.2.1. Entry forms ask for your date of birth. Your age group and start time are determined by your age on race day. If you "age up" between your first and your final race in the series, your points will move up to the older age group.
- 1.2.2. Runners must indicate Male or Female. Any transgender or non-binary athlete must race in a Male division.

#### 1.3. Categories

- 1.3.1. Kids Race: Kids age 12 and under may run the free kids race, which is usually ¼ to ½ mile. Parents are welcome to follow along. Sign up at the registration table. There are small prizes given at the award ceremony.
- 1.3.2. 5k: Race length of 3.1 miles +/- 10%
- 1.3.3. 15k: Race length of 9.3 miles +/- 10%. Some races are a single lap, some are 3 laps of 5k, and some are two laps (typically 5k first lap and 10k second lap, an extension of the first lap).

#### 1.4. Time Limits / Cutoffs

- 1.4.1. There are no enforced time limits on the 5k or 15k course.

- 1.4.2. Many people walk the 5k and have times near or over 60 minutes.
- 1.4.3. If your 15k time is longer than 2 hours 15 minutes, you may miss the awards and some services such as aid stations and post-race amenities.

### **1.5. Event Postponements**

- 1.5.1. In rare cases, weather and/or trail conditions may cause a change to the planned event.
  - 1.5.1.1. Timeframe: The event will continue as planned until it is obvious that it cannot. "No news is good news".
  - 1.5.1.2. Communication: As soon as any decision to postpone or change an event is made, DINO will use the following means to communicate, in this order: Twitter (@DINOseries), Instagram (@DINOseries), Hotline (317-336-7553), Facebook (DINOTrailRunning), Website (DINOseries.com), e-mail, etc.
  - 1.5.1.3. If you are registered for an event that is postponed, you will automatically be registered for its make-up date.
  - 1.5.1.4. If you cannot attend this make-up date, you may use the entry in another event of equal or lower cost. You must notify us at least four days prior to the make-up date or your alternate choice, whichever is first.
  - 1.5.1.5. No refunds will be made for events postponed due to weather or conditions beyond our control.

## **2. DURING THE RACE**

### **2.1. Equipment**

- 2.1.1. Clothing: No restrictions on clothing types. Any runner with clothing clearly offensive or indecent may be disqualified, and asked to leave, at discretion of race staff.
- 2.1.2. Dogs are not permitted on the course. This is due to the tight nature of most of our courses.
- 2.1.3. Headphones / earbuds are not allowed. This is for the courtesy of runners asking to pass, and for your safety at road crossings, etc. Runners may be disqualified for using headphones during the race.

### **2.2. Assistance During Race**

- 2.2.1. A runner MAY receive liquid or food from a spectator (or a self-placed station) anywhere along the course.
- 2.2.2. If a runner leaves the course for any reason, he/she must re-enter the course at the same spot to continue the race.

### **2.3. Behavior**

- 2.3.1. Passing
  - 2.3.1.1. The overtaking runner should politely announce intent to pass. Options for passing include: "I'd like past please", "On your right", or "Trail". If you are "lapping" it will be helpful to announce your category plenty in advance (i.e. a 5k runner catches the slower 15k runners, or lead 15k runner on lap 2 catches the back of the 5k)
  - 2.3.1.2. An overtaken runner must allow "lapping" runners to pass without undue delay.
  - 2.3.1.3. Runners are not required to allow same-category competitors to pass, but may not physically block a pass.
  - 2.3.1.4. Overtaken runners should communicate back, find a safe / wider spot, and step to the side. The overtaken runner does not have to stop or pull over immediately, but should not unnecessarily delay a faster runner.
- 2.3.2. Sportsmanship / ethics
  - 2.3.2.1. Language: Vulgar or abusive language is not acceptable. Violators may be subject to disqualification.

2.3.2.2. Course cutting: Runners must follow the marked route. Do not cut switchbacks or shortcut the course. In a few cases, significant optional lines are available, and if so will be marked with arrows pointing both ways. Violators are subject to disqualification.

2.3.2.3. Cheating: Use of performance enhancing drugs, or other “doping” methods, will result in disqualification and possible ban from racing.

#### **2.4. Starts**

2.4.1. Each runner is responsible to start on time and in the correct category.

2.4.2. The typical start time is 9:00 am for 15k and 9:10 am for 5k. Refer to each event web page for any variation.

2.4.3. False starts (“Jumping the gun”) are subject to a two-minute penalty.

2.4.4. Runners who start in a wave too early are subject to disqualification.

2.4.5. No time adjustments will be made for runners who start too late.

#### **2.5. Finish**

2.5.1. The exact finish line is typically marked with black timing mats on the ground, and a finish banner or arch overhead.

2.5.2. Exit promptly from the finish chute to make room for incoming finishers.

### **3. AFTER THE RACE**

#### **3.1. Timing / Results**

##### **3.1.1. Chip Timing**

3.1.1.1. Timing “chips” are attached to the back of each race number bib. Make sure your number bib has a timing chip in good condition.

3.1.1.2. Bib numbers must be attached to the front of the body, in an orientation that can be seen and read looking at the front of the runner.

3.1.1.3. “Gun Times”: Each category’s time begins when the starter’s horn blows, regardless of the runner’s time taken to cross the start line.

3.1.2. Sprint Finishes: Sprint finishes are, by default, timed by the recorded chip time. If you disagree with the finish order, ask the timing staff to review the backup timing systems which were recorded by human eye.

##### **3.1.3. Results errors**

3.1.3.1. Within a few minutes of finish, preliminary results should appear on a TV display near the finish line.

3.1.3.2. If you notice any error or omission in your name, category, age group, or finish time / placing, notify the timing staff. Be prepared to tell them your name, race number, and approximate finish time.

3.1.3.3. Most errors occur due to input errors. The more clearly and accurately you fill out your entry forms, and confirm details at check-in, the less likely you are to have a result error.

3.1.4. Protests: If, after working to resolve any data or timing issues with the DINO timing staff, you believe results are still in error, a protest may be made to the race director. Protests should be made promptly as to avoid award presentation issues.

#### **3.2. Points**

3.2.1. Point System: A runner’s best 4 finishes out of the 6 DINO Series races are added to calculate a series point total. Points are based on overall place within the category (not age group). 1<sup>st</sup> Place receives 200 points, 2<sup>nd</sup> 199, etc. Dropped scores are typically shown in gray font on results standings.

3.2.2. Eligibility: A runner must race at least three races to be eligible for series awards. Series awards are based on top few overall positions (champion singlets) and first in each age group (certificate & gift certificate).

3.2.3. Bonus Points: There are two ways to earn bonus points, with a maximum of 10 available per runner:

3.2.3.1. Finish a "Bonus Run" on the DINO calendar. Top 10% of your gender receives 10 points, top 20% receives 9 points, down to 1 point for bottom 10%.

3.2.3.2. Complete volunteer trail work or trail advocacy hours: Volunteer work toward a trail must be signed off by a supervisor. See website for a form to submit volunteer hours.

3.2.4. Ties: Ties are broken by the best finish in the final race of the series, or the most recent score.

### **3.3. Point transfers**

3.3.1. Runners changing from one distance category to another mid-season will not receive any point transfer. It is possible to have two separate rankings, one in 5k and one in 15k.