



Milwaukee Lakefront Marathon Race Rules

All races must have rules – for the safety of participants and to ensure fair competition. The following **Milwaukee Lakefront Marathon Race Rules** are based upon the USATF Rules of Competition, issues raised by our host municipalities, and safety issues raised by our course management and medical personnel. Much of our race course is open to vehicular traffic and participants are separated from driving lanes by traffic cones or barricades. This makes it especially important for all participants to understand and abide by the race rules. Elite athletes are urged to consult the USATF Rules of Competition directly to ensure that they understand them.

If you see other participants violating these rules, please inform a member of the race management staff. We will use the USATF Race Official to investigate reported violations and make a determination. Participants found guilty of violating these rules will be subject to sanctions that may include disqualification and being barred from participation in the Milwaukee Lakefront Marathon for a period of up to five years. We take these rules seriously – in 2008 and 2009 several people were disqualified and some were barred from participation in the following year race. Reasons for disqualification included illegal aid, starting early, running with another runner's number, failing to complete the course in its entirety, to name a few.

1. All participants must be registered – under their correct name. Persons on the course and not registered are called "bandits". That is because they are stealing the use of the course (permits, law enforcement support, etc.) that you, as an official participant, pay for. Bandits will be asked to leave the course, will not be provided with fluids or other aid provided to registered participants, and will be reported to law enforcement.
2. You may not give your race number to another person for use in the race or use the race number of another registered runner. Just think about how your family would feel if someone running with your number is hospitalized and they are called OR if you are hurt and running with another runner's number and notification of YOUR family is delayed.
3. Your race number must be worn on the front of your body and must be visible in its entirety. It cannot be folded or tucked into your clothing.
4. All participants must start the race at the designated start time. You may NOT start early. It is impossible to over-emphasize the danger presented by running on the narrow country roads (open to traffic) in the first six or seven miles of the course at dawn. It is extremely dangerous to do so. Also, you may not unnecessarily delay your start to enhance your competitive position. If you start after the starting mats have been turned off, you will be scored using "gun time".

5. You must run the course as marked and as directed by race sentries. Should you have reason to leave the course, you must re-enter it at the point you left it. If you take a wrong turn, you must go back to the point where you left the official course and then proceed on the course.

6. Pacers are prohibited. Friends or family who are not participating as registered participants in the race may not run with you – either to help set a pace or to keep you company for a portion of the course. This rule includes children running with parents. The only exception to this USATF Rule of Competition is for pace setters provided by the race that are available for use by ANY runner.
7. There are 13 aid stations on the marathon course. We have found this number to be sufficient for the majority of participants. If you believe that you will require additional fluids or other aid, you must make arrangements to carry them on your person. With the exception of “citizen aid stations” where neighbors provide additional aid available to **ALL** participants, you may not accept aid outside of the immediate vicinity of designated aid stations. This means that your friends and family cannot meet you on the course to provide aid to you. Such behavior violates the USATF Rules of Competition and provides you with an unfair advantage over participants who do not have people out there to help them. It also increases traffic congestion on the course, compromising the safety of ALL runners and spectators.
8. With the exception of registered wheelchair participants, no other wheeled vehicles are permitted on or adjacent to the race course. This means that your friends cannot ride their bike or drive their vehicle next to you to provide encouragement. This also means that you are not permitted to push a baby jogger, use in-line skates, scooters, etc.
9. You must maintain a pace to complete the marathon in 6.5 hours. Support and aid will be provided based upon that pace. If you cannot maintain that pace, you will be directed to the sidewalk and will be required to proceed “on your own”. Course sentries and aid personnel will not be present beyond 6.5 hour pace. If you come to the finish line after 6.5 hours you will not be provided with a race time or medal.
10. The USATF Rules of Competition also prohibit the wearing of headphones used with MP3 players and other similar devices for persons competing for USATF Championship awards or prize money. GPS devices are permitted under certain circumstances – see USATF Rules. Other participants are allowed to use Mp3 players. However, Mp3 players do present an important safety issue and runners are cautioned to consider the dangers that might be presented by their use. Every year course sentries and bicycle escorts report participants who cannot hear the directions and instructions provided to them – putting themselves and others at risk. Participants who fail to comply with the directions of ANY race official will be subject to disqualification.
11. Littering is prohibited. In consideration of our host residents, you must carry all gel packs, wrappers, and cups used beyond the end of the aid station to the next aid station.
12. Spectators are required to follow the rules set out in the Spectators’ section of the Runners Guide and to obey ALL directions of law enforcement and LFM course personnel. Rules and instructions for spectators were developed for their safety and yours and for the safety of citizens in our host municipalities. Every year we receive more complaints from law enforcement about spectators than any other issue. Please make sure that your friends and family know that their actions have a direct impact on our ability to secure permits. Also understand that the actions of your spectators may well result in your disqualification or being barred from this race in the future.
13. A special briefing will be held on Saturday afternoon at the Expo for Elite athletes. Information as to the time and location of this briefing will be provided on the LFM web site and in the E-blasts.

