



DISCOVERY

RETRO RUN

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9 FEB 2019, CAPE TOWN STADIUM FORECOURT

IT'S GONNA BE A GAS!

Discovery Retro Run Rules & Regulations

It's each runner's responsibility to know and understand the rules.

Race numbers:

Wear your race number on the front of your body.

Audio or music devices:

You're not allowed to use personal audio or music devices during the race. This includes headphones and earphones.

Short cuts:

Taking short cuts or failing to complete the correct number of laps will lead to disqualification. It's your responsibility to count your own laps and complete the correct number of laps.

Littering:

Do not litter or throw away anything outside of the official aid stations. This includes any type of litter, like water bottles and food bar wrappers, as well as items of clothing.

Hydration:

It's each participant's responsibility to take in enough fluids during the race.

Helping other participants:

Fellow racers are welcome to help one another.

Conduct:

Unsportsmanlike behaviour, foul running or the use of profane or abusive language may lead to disqualification.

Cut-off times:

- It's up to the Race Director to enforce, limit or extend the cut-off time of a race for any reason. If this happens, the times will be publicised.
- Cut-off times will be in the interest of the athletes' safety.

Marketing

- No ambush marketing will be tolerated at the race venue or on the race route.
- Only sponsors of the event will be allowed to have any branding within the parameters of the race venue.

Cancellation of race entry:

Athletes who are unable to participate, regardless of their reasons, can request a cancellation and refund of their entry fee under the following terms:

- Until 23:59 on 14 December 2018 – 50% refund on entry fee
- Until 23:59 on 14 January 2019– 25% refund on entry fee
- 14 January 2019 and after – 0% refund on entry fee

Please send your cancellation and refund request to **info@DiscoveryRetroRun.co.za**

Closing date for entries:

Entries close at 23:59 on 31 January 2019 or when the race capacity has been reached. Once entries have closed, you may ask to be placed on a waiting list. If there are cancellations in your chosen event, you will get an entry.

Deferment of entry:

Deferrals to the 2020 event will not be allowed. However, participants may be allowed to transfer their entry to another athlete. Refer to 'Transfer of entry'.

Transfer of entry:

Entries can be transferred to another person as long as the substitution request is submitted before 23:59 on 14 January 2019. A fee of R 100 will apply. To transfer your entry to someone else, send your request to **info@DiscoveryRetroRun.co.za**

Change in race distance:

Participants can ask to transfer their entry to another event distance. If you decide to upgrade from a shorter distance to a longer distance, you will need to pay the difference in entry fees. If you want to change from a longer distance to a shorter distance, we will not be able to refund the difference in entry fee.

The following fees apply if you change your event: distance:

- By 23:59 on 14 January 2019 – no administration fee will be charged
- From 15 January 2019 and until registration closes – a R100 administration fee will be charged.

Please note that if you make changes after 15 January 2019, you may lose your personalised race number.

To submit your change of distance request or get more information, please email **info@DiscoveryRetroRun.co.za**