

# Cruel Jewel 50

## race rules and regulations

- No Littering !!
- Pacers are not allowed !!
- Runners must stay on marked course at all times
- No cutting of switch backs
- No Littering !!
- Runners may only receive aid at designated aid stations
- Runners may not receive aid from or be paced by vehicles on road sections
- No Littering !!
- Crews may only use crew accessible aid stations
- Runners must check in at each aid station
- No Littering !!
- Runners are welcome to use trekking poles
- Runners are required to have a minimum of 1 hand held or 20oz of water
- No Littering !!

Any runner that violates any of the above listed regulations is subject to disqualification.

Any crew that violates any of the above listed rules is subject to the disqualification of their runner.