

2025 AIHEC 5K WALK/RUN RULES

Race Rules

- **Registration** – All participants must be registered at the registration table
- **Start Time** – Runners must start at the designated time and follow the official race course. (There will be markers)
- **Course Etiquette** – Stay on the marked route, respect volunteers, and avoid cutting corners.
- **Pacing & Passing** – Slower runners and walkers should stay to the right; faster runners should pass on the left.
- **Headphones & Music** – Participants are allowed to use their headphones but should stay aware of their surroundings.
- **Strollers & Pets** – Strollers and leashed dogs are allowed but should be attended at all times.
- **Water Stations & Trash** – Use designated water stations and dispose of trash properly.
- **Medical Assistance** – If you feel unwell, seek help from coordinators.
- **Timing** - This race will rely on manual timers . Cross the start and finish lines properly for accurate timing.

Race Conduct

- **Passing Etiquette** – Faster runners should pass on the left; slower runners should keep right.
- **No Blocking** – Be courteous of runners passing you; do not block the path.
- **No Cutting the Course** – Always complete the full 5K distance as marked.

Disqualification

- **Missing checkpoints**
- **Cutting the course**
- **Receiving unauthorized assistance**
- **Using unapproved equipment (e.g., roller skates, bikes)**

These are subject to change.