



WHAT TO BRING ON RACE DAY

FOR PARTICIPANTS

HELP MAKE THIS RACE DAY GREAT FOR **EVERYONE**

YES

Participants may carry these items on race day. All such items will be subject to inspection.



ONE FANNY PACK

Not larger than 5x15x5 inches, to carry food, medicine, identification, phone, keys, or other similar small items



ARMBAND

That can carry a cellular phone, mp3 player, or small camera



STANDARD MANUFACTURED "FUEL BELT"

Bottles must be 1 liter or smaller



BLANKET OR TOWEL

Worn around the shoulders like a cape or held loose, but not in a bag. **Must be left at Athletes' Village staging area.**



HEAT SHEETS

Worn around the shoulders like a cape or held loose, but not in a bag. **Must be left at Athletes' Village staging area.**



HEADPHONES

Discouraged, but permitted

NO

On race day, runners will be prohibited from carrying of these items.



BAGS LARGER THAN 1 GALLON

- Backpacks or any similar items carried over the shoulder
- Handbags of any size
- Personal hydration systems
- Weight vests or any sort of vest with pockets
- Suitcases and rolling bags of any kind



CERTAIN CONTAINERS

Including glass, cans or any container capable of carrying more than 1 liter of liquid



COSTUMES

Including those covering the face or any non-form-fitting, bulky outfits extending beyond the perimeter of the body



SELFIE STICKS

Including any extendable equipment that may hold a camera or recording device



PROPS

Including sporting equipment, military, and fire gear. Signs or flags larger than 11x17 inches, and flagpoles



ANY ITEM LARGER THAN 5 x 15.5 INCHES

FAILURE TO ABIDE BY THE CODE OF CONDUCT ANYWHERE ALONG THE COURSE MAY RESULT IN BEING ASKED BY STAFF OR RACE OFFICIALS TO LEAVE THE VICINITY.