



The Bitter Pill Adventure Race

-- Official Race Rules --

For the safety of our racers and race staff, and to ensure a smooth event, everyone must follow all of these rules. Failing to do so, or taking any other action deemed inappropriate by the race organizers, will result in a time penalty or disqualification.

TEAMS MUST:

- **Follow course instructions at all times.**
- Consist of two or three racers, single sex or coed.
- Have all team members be at least eighteen years of age on the date of the race, unless they have explicit permission from the race organizers. No one under sixteen will be allowed to race in any circumstance.
- Travel as a unit at all times, unless race directions specifically state otherwise.
- **Inform race officials if your team is withdrawing from the race.** We need to know you are off the course so we do not continue to track you, or incorrectly search for you if you are overdue. This is extremely important.
- Render emergency assistance to another team that is in need. Teams rendering emergency aid to another team will be granted a time bonus equal to time lost.
- Complete the entire course, passing all checkpoints in the correct order, to finish as a ranked team.
- Carry all mandatory and stage equipment at all times.
- Dispose of all team garbage and waste in a proper manner.

NOT PERMITTED:

- Racing solo. A team of three that loses one team member may continue, but we will not permit anyone to be out there on their own.
- Using any mode of transport other than those outlined in the race instructions.
- The use of electronic navigation and communication devices, other than those sanctioned by race officials.
- Using maps other than those provided by the race organizers.
- Receiving assistance, other than medical, from anyone not involved with the race.