



## TIR Rules

The rules established for the TIR can pretty much be boiled down to three objectives:

- 1) Your safety – first and foremost**
- 2) Competitive fairness – may the best teams win**
- 3) Race efficiency – let's keep things running smoothly**

Teams unable to comply will get time penalties (30 or 60 minutes) or disqualification with a "request" to leave the course.

### Safety

- Understand that this is an open course. ALWAYS use caution and good discretion when running/driving on the course.
- All runners must follow Texas pedestrian laws, and all drivers must follow Texas vehicular laws. In Houston, many police officers will be directing traffic at light signals. While following their direction, make sure that you are completely aware of traffic (looking both ways) as you are ultimately responsible for your safety. (Up to DQ)
- Runners are to run where the handbook states or where course markings indicate, crossing roads at right angles, and not cutting through intersections. (60min)
- Vehicles are to drive to the next exchange point and not drive slowly directly behind or alongside a runner. However, they may pull over from time to time in non-exchange areas, but when doing so, they need to ensure that they do not impede traffic behind them. If a runner and team find themselves to not be around other teams they may employ the practice of shadowing, where they drive ahead of the runner about 1/4 mile (keeping the runner in sight), pull over, watch the runner pass by and get ahead by about 1/4 mile, and then repeat. Again, vehicles are not to impede other teams. (60min)
- Vehicles may not park in such a way as to obscure visibility 200 meters BEFORE an upcoming exchange.
- At night (from sunset to sunrise), all runners must wear a reflective belt (2 provided to each team), blinkies on front and back (3 provided to each team), and carry a flashlight or wear a headlamp. Additionally, it is recommended that teams bring reflective vests as well. (up to 60min for not running with blinkies, reflective belt, or flashlight. DQ for not having anything.)
- No open alcohol is permitted along the course. (60min or DQ)
- Runners are not allowed to wear headphones while running along roadways. (60min)



## *TIR Rules (continued)*

### **Competitive Fairness**

- By the finish, no team should have a single runner having run any greater than 1 leg more than any other team member. For examples, everyone on a team of 10 will run 4 legs, everyone on a team of 8 will run 5 legs, and a team of 12 will have 4 people who run 4 legs and 8 runners who complete 3 each. If an individual unfortunately falls ill or sustains an injury during the race, the rule still applies with the exception being that this runner and the number of legs they've run up to that point will not be considered. So, if a team of 12 has a runner complete their first leg before becoming ill, then the team is has 11 runners to distribute 39 legs as evenly as possible. So, 6 would be required to run 4 legs and 5 would need to run 3 (60min).
- In the event that a runner goes off course, they need to get back on the route at the same place they got off. (30min)
- Each team is required to turn in a time sheet that shows who ran which legs and the corresponding times for each leg. (30min)
- Runners are to wear their running bib when running. (30min)
- At each exchange, runners are to check-in with the designated volunteer.

### **Race Efficiency**

- Only 1 vehicle / team is allowed at exchanges 18-22 and 24-26. Van-to-van exchange for nighttime sleeping arrangements should occur at exchange 23 in Wallis. Catching a few winks at the Jr High in Wallis is recommended.
- No team is allowed more than 2 vehicles, neither of which can exceed 20 feet in length. No RVs are allowed on the course. (Either the team finds a way to use vehicles allowed, or they can be DQ'd.)
- In residential areas between 12PM and 7AM, teams are to be courteously quiet. (Mainly applies for exchanges 25 and 27.) (30min)
- No littering, public urination, or defecation (especially on private property)! Don't Mess With Texas!! (Up to DQ)
- Noncompliance with a request from a race official (a race volunteer is a race official) will not be tolerated. (DQ)
- With the exception of a short stretch on Hwy 71 just south of Columbus, on Hwy 36 near exchange 23 (Wallis), and along Battleground Road (near the finish), vans should never be driving on the course going against the direction of runners.