



Rules and Procedures for The Cherokee Challenge Run 5k 2019

Registration

Individual registration: Runners will read all the rules and procedures found below before registering. Participants (must be 12 or older and must be 16 to run without a guardian) will register for the Cherokee Challenge Run through our website, www.cherokeechallengerun.com. Runners give us their names, contact info, age, date of birth, average mile time, give us a team name (if applicable), pay for their registration, and are emailed a release form that they fill out and bring to turn in at race check-in. The registration fee is non-refundable.

For those running as teams: Register as an individual. Then during registration, runners are asked to tell us their team name if they are running as a team. Families/friends who want to run together for fun can place a team name here to be grouped together, but there is no obligation to compete as a team (i.e. just running for fun as a group). For groups larger than five (because we are doing waves of 5), we will assign your waves close together, in sequential order. The registration fee is non-refundable.

Arrival

The Race will be held at Long View Ranch 190 Bledsoe Hollow Rd. Mosheim, TN 37818. Please arrive at 9:30am for enough time to park, check-in, adjust clothes (There won't be changing rooms), use the bathroom, and line up in your correct wave. If you are late and are unable to check-in and get in line with your assigned wave before they cross the start line, then you will be moved to the last wave.

Parking

Parking is free and only in designated areas. As you arrive, parking attendees will direct you. Please park where the volunteers direct you. Please carpool as our parking spaces are limited.

Check-In

The check-in table is near the start/finish area. Please bring a PHOTO ID or copy of birth certificate to check-in. Please bring your signed RELEASE OF LIABILITY FORM. Runners 12-17 do not need proof of ID if their parent/guardian has signed their release of liability form. At check-in you will receive your runner number, assigned wave, start time, timing chip, and further instructions. At this point you are free to roam around until 15 minutes before your wave start time. At that time, please make your way to the starting line to line up with those in your wave and get ready to run the Cherokee Challenge!

Day-of-Race Registrations

Those runners who did not register online but waited until the day of the race will pay \$70 to run, will not receive t-shirt or medal, cannot be timed, and will run in the last waves of the day. They will still enjoy a free lunch, free fruit, free water, access to post-race photos, and enjoy the 5K run with some other awesome runners.

The Race

A few minutes before the race begins, we will have an opening message to all of the runners, thanking them and our sponsors for being a part of the Cherokee Challenge. After that, waves will be released.

The moment a runners wave is released from the start line, their chips start recording their start time, and runners will stay on the designated 5k race paths at all times until they cross the finish line. If runners are seen taking short cuts off of the race path, they will be automatically disqualified from placing or winning awards.

Runners will try their best to accomplish each obstacle along the way. Runners are allowed to assist each other with completing all the obstacles. If a runner is not able to accomplish an obstacle with or without help from the runners around them, before moving on the runner will have to move to a designated area near the obstacle and perform the penalty of 10 burpees OR 20 jumping jacks (choose your challenge). After the penalty burpees/jacks are paid, the runner may continue toward the next obstacle in the race. If a runner does not accomplish the obstacle and does not perform the penalty, they will not qualify for placing or winning the awards. Runners will get a mark on their racer bracelets for each obstacle they cannot complete. After three marks, runners are disqualified from winning prizes. The race time limit will be two hours after the last wave crosses the start line. If runners do not finish by the end of the race time limit then the runners still on the course will be asked to stop and leave the course.

Drink Stations

Runners will find drink stations close to the 1 mile mark, close to the 2 mile mark, and at the finish line area. Runners may help themselves to one or two cups of water as they go past each station. There is a trash can a little further along the path for runners to throw their cups into.

Finish Line

The course is in the loosest sense of the term, circular in nature. The finish line is in the same area as the start line. Once you cross the line and your time is recorded, runners will be directed to the finishers table to receive their hard-earned custom medal and custom t-shirt. Next, runners can go to the multi-hose cleaning station. Remember that its part of the fun to get dirty and grimy. You probably will not get all the dirt off of you before you leave, thats part of the experience and fun. There will not be a place for you to change your clothes. Runners can then move to the food area where they will find a fruit and drink table loaded with complimentary fresh fruit and drinks for runners only. A free lunch is also provided. Runners turn in their wristbands to the lunch provider to “pay” for their lunch.

Post Race

Runners are encouraged to stick around, visit vendor tables, grab their free lunch, relax as they enjoy the view of the Smoky Mountains, and celebrate with friends and family what they accomplished while they wait for the award ceremony at about 1:00pm, though this is not required.

Award Ceremony

Top runners will be recognized at our award ceremony that is scheduled for 1:00pm. Awards will be given for fastest male under 45, fastest male 45+, fastest female under 45, fastest female 45+, fastest team of 4 or more.

Long View Ranch Grounds

We welcome you to enjoy your surroundings as you are at Long View Ranch. Please help us in a few ways while you are visiting the LVR grounds. Please take care of any trash you might have. Please stay out of the horse pastures, unless the race course takes you through one. Please stay out of any buildings that are locked. Please stay off of non-race structures or camp equipment on the property. Thank you!

If you have any questions or concerns, please email us at office@longviewranch.com or call our office at 423-636-0032.