



### Specific Rules and Additional Info (updated on January 28 , 2005)

- You don't need a support crew; Raid Pulse carries all the equipment and supplies during the raid.
- All participants must sign a waiver sheet before taking part in the event (you can print them from our Web site).
- There are mandatory instructions (security, right of way, etc.) relative to the run: participants must respect all instructions literally. For example, if the instructions specify participants must take a certain road or go a certain way, participants must not take a shortcut. Non-respect of instructions will lead to a penalty up to and including disqualification.
- Participants must ensure they complete the control sheet adequately. Each missing control point will lead to a time penalty: amount of time will vary from a minimum of 15 minutes to a maximum of 3 hours depending on the control point's level of difficulty.
- Members of **duo** and **teams of four** must be together at all times. (Maximum distance between team members is 100 meters)
- There will be a mandatory gear check during registration before the start. A surprise gear check during the race could be carried out (15 minutes penalty per missing item).

- Other infractions and penalties :

<b>Infractions</b>	<b>Penalties</b>
Modification of a team during the race	Disqualification
Obtaining outside help during the race	Disqualification
Possession of prohibited material	Disqualification
Not wearing the race jersey	Time penalty
Damage to the environment	Disqualification
Molesting another participant or trying to be prejudicial to another team	Disqualification

**IMPORTANT NOTE:** *If your team finds a team in difficulty, you are expected to help them out. Failure to abide by this rule could lead to disqualification. A time credit could be awarded to the team that stopped to help.*

- The race director reserves the right to modify the run during the event by adding or taking away some sections.
- At registration time, teams must:
  1. Fill out a medical certificate
  2. Complete a waiver form
  3. Pay the registration balance (if needed)
  4. Conduct an equipment check with a race official
- Teams will receive topographic maps and roadmaps during the pre course meeting
- Raid Pulse provides complete maps including control points with indications integrated into the map which makes you save time before the start of the race and during the race. *Many other adventure racing organizations do not provide this service.*
- There will be a cut off time to reach a pre-determined control point before the start; for example: you must reach CP7 before 15:00. Teams who get there after the cut off time will be directed towards a short cut and will automatically be ranked after all the team which completed the regular run.
- There will be an advanced run for teams which always want a little more. There will also be a cut off time for the advanced section. Teams which complete the advanced run will automatically be ranked before all the team that will only have completed the regular run.
- *Team members must wear their race jersey at all times. The race jersey must be worn above all clothing and must be visible at all times.*

- *You must have fun and go through an unforgettable experience in the wild!*

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