



HUMAN POTENTIAL
RUNNING SERIES

Responsibilities of The Runner

- **Personal Accountability:** is the belief that you are fully responsible for your own actions and consequences. It's a choice, a mindset and an expression of integrity. This means taking responsibility for the outcomes of your behaviors and actions, whether they be good or bad, and doing your best to rectify the situation.
- **Challenge By Choice:** By completing registration, you have chosen to accept the challenges and all facets present within the event. You also have the choice to no longer participate. This choice is yours and yours alone.
- **Self-Reliance/Self-Responsibility:** Should you have any specific needs related to medical support, clothing, or food sensitivities/preferences, you will engage in best practices for self-care by bringing the things you need and not expect us to cater to each runner's needs individually.
- **Full Value Contract:** Familiarize yourself with the HPRS Full Value Contract located in the Participant Manual for your event. Therein is language specifically discussing what we ask of our participants.
- **Code of Conduct:** By completing registration, you agreed to follow the HPRS Code of Conduct and understand the consequences of code violations. This code extends to your family, friends, and any others who may be supporting you virtually or present at the event.
- **Do Your Homework:** Read the Runner's Manual as well as all race related communications & publications (Race webpage, HPRS policies, E-mails, Registration Agreements, etc.) to adequately prepare for the challenge before you.
- **Navigation:** Familiarize yourself with the course map, aid station locations, crew/pacer rules, and all available navigational tools at your disposal (Apps, Maps, gpx files, etc.). While we will mark the course, it is always up to the runner to know the course.
- **Community Matters:** If you see something, say something. Ultra-running is a sport whose roots are planted in community. If you see someone going the wrong way, get them going the right way. Even if someone is down tying their shoe, check in on them and offer support. Hang out at the finish line for a while and cheer for those who come in behind you.
- **Have A Plan:** HPRS is here to support you through the facilitation of the event, but we cannot run the miles for you. It is entirely up to you to properly plan, prepare, and perform. We have provided you with the tools that you need and have eliminated the tools that you don't. It is up to you to utilize the tools at your disposal or to acquire tools above and beyond the standards present at HPRS.
- **Crews/Pacers/Family/Friends:** Remember that anyone who attends the event to support you is an extension of you. It is imperative that you inform all family and friends of what you are participating in, and the rules and expectations for the event. Should they interfere with event production or violate any HPRS policy, procedure, or our Code of Conduct you may be disqualified from the event and receive a ban from future HPRS events.