

Tulip Time Run Rules & Guidelines

Runner safety has always been, and will continue to be a top priority for our event. Please be mindful of the other participants and respect the race personnel to ensure a safe and enjoyable race for everyone.

BABY STROLLERS/JOGGERS

The use of strollers in the Tulip Time Run is **strongly discouraged** as inclusion of strollers in races increases the potential for injury to race participants and children.

Participants who choose to participate with a baby strollers/jogger **MUST** start at the back of the runners and walkers. *The participant pushing the stroller will also be asked to sign an additional waiver accepting the responsibility for injury up to death of a child in a stroller.*

Bicycles, rollerblades, and skateboards are **NOT** allowed on the course.

NO DOGS are allowed in the Tulip Time Run

Yes, people have been bitten by dogs at events. Yes, good dogs have had skirmishes with other dogs at events resulting in injury to either the dogs and/or their owners. Yes, irresponsible dog owners have created unsafe situations for others at events. In crowded, unfamiliar places, even well-mannered dogs can become unpredictable and protective of their owner.

Therefore, absolutely NO DOGS or pets are allowed to participate in the Tulip Time Run. We encourage our spectators to leave their dogs/pets at home too.

HEADPHONE USE

The use of personal music devices is strongly discouraged at the Tulip Time Run. To enjoy all that our race has to offer and for the safety of all participants, we encourage a headphone-free environment during the running of the Tulip Time Run. We believe your experience and those around you will be greatly enhanced by leaving the headphones at home or in the car. Running headphone-free allows opportunities to develop camaraderie with your fellow runners and to enjoy everything the race has to offer. Plus, volunteers and spectators will be on course cheering you on and providing directions to help get you to the finish line.