

Participant Rules of Conduct for the Annual Visalia Waiters Race

We welcome you as a participant in the Visalia Waiters Race presented by The Visalia Breakfast Lions Club.

**Following are the rules of conduct as you participate in this year's event.
Good luck!!**

- The course will be out and back on Main Street and is a quarter mile in distance. It will begin at Garden and Main with participants running 220 yards to Main and Court then making a LEFT U-turn around the orange cone and running 220 yards to the finish on Main.
- The first race will begin at 5:45 p.m.
- While a schedule of division races will be available, it is your responsibility to be at the starting line area at your scheduled time. If you miss your heat, it will be up to the judges to let you in another heat if space is available.
- For quick service participants, you will carry, during the run, two cups half-filled with beverage and a clam-shell with a hamburger bun inside. Each participant can bring their own tray.
- For full service participants, you will carry, during the run, two wine glasses half-filled with beverage and the remainder of the beverage and bottle on the tray. Each participant can bring their own tray.

• **Once the race begins, no touching of items on the tray is permitted.**

• **Only one hand may be used to support the tray; no switching of hands during race. Tray must be balanced from underneath.**

• **No bodily contact with other racers once the race has begun.**

• **All participants will be required to wear their restaurant attire during the race. No running shorts or workout pants, you will be turned away. You may wear running shoes - must have sturdy bottoms (glass possible on track).**

• **if you are not in the Bull Pen and you miss your heat - you may forfeit your race. (this depends on space limits)**

• **If you have a dispute - tell the Finish Line judge after your heat - the FL Judge decision is final. You must plead your case before the next heat starts.**

Once the next heats is started the decision stands.

• **If you are not racing (or lining up for the next heat) you must stay off the track (finish line congestion). If you are asked to move and do not, you may be asked to leave.**