



# LETR Run Rules & Guidelines

Rev. 8/18/2016 1:40 PM

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## **Run Coordinator MUST review with runners at the beginning of each run!!**

Guidelines for running in the run are established in order to ensure the safety of the participants.

The run was created by law enforcement as an awareness event.

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**\*Torch Run not a marathon run, nor a run/walk event. \* Waivers should be signed by all. \* Anyone not following these guidelines may not be allowed to participate in the future. \***

1. Must wear LETR t-shirt. If runner is an employee of law enforcement agency they have the option to wear an agency t-shirt.
2. Each participant should raise a minimum of \$25 to be able to participate in each run.
3. All participants must sign the waiver, and turn into the Run Coordinator.
4. **If participants are running on a busy highway, ALL lanes must be blocked off by escorts.**
5. **Runners must stay in a group.** The farther the distance -span the harder to protect runners. There should be one car length between the last runner and the support vehicle.
6. If there are two or more runners, runners cannot span a distance that cannot be safely monitored with enforcement vehicles on hand, the distance between the torch and the last runner should not have a large gap.
7. **Torch leads the run. No runner should be ahead of the torch.**
8. If the run has only one runner he/she may set their own pace.
9. A pace of 10-12 minute mile is required of **ALL** runners. Special Olympics Louisiana (SOLA) athletes must compete in the mile run at state level and must give the torch run coordinator their coach verification of the time and distance.
10. **If runner begins to fall behind the group he/she must stop running and get into a support vehicle, in order to maintain the safety of the other runners.**
  - **If a runner is in this situation and does not stop running and get into the vehicle, he/she will not be allowed to run in the next run.**
11. Vehicles will **NOT** stop to allow runners to exit the vehicles in order to catch up with the group. Runners may re-enter the run at planned water or rest stops.
12. **Special Olympic Louisiana (SOLA) Athletes may not ride in vehicles unless they are in the designated vehicle for resting runners.**
13. Runners under the age of 18 years old will not be permitted to run unless accompanied by a parent/guardian, representative from their school, teacher or resource officer, following in a support vehicle. Waivers must be signed by parent, guardian, or student chaperone.
14. Participants must be well behaved. If inappropriate behavior is noted, the participant will not be allowed back in the future.
15. If bad weather occurs, all runners will ride in escorts/support vehicles and drive the rest of the route.



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## **Interactive Activities for SOLA Non-Runners:**

**\*We encourage “SOLA athlete and officer” events at each of the runs.\*SOLA athletes, that do not qualify to run in the Torch Run, can participate in the following Torch Run activities.\***

**Please visit, [www.laso.org/letr](http://www.laso.org/letr) to view all LETR runs in you area.**

### **1. Beginning of the Run/After the Run**

- Posing with officers for pictures
  - After pictures, the non-runner athletes must step aside so Torch Run participants can begin the run.
- Play bocce, kick ball, horseshoes, etc.
- Cookouts
- Music/dances
- Media Runs & Walks
  - This is a walk/run around 1 or 2 blocks or down the street with a law enforcement controlled environment with streets blocked off.
  - Walk/run must progress slowly and group must stay together as previously stated, so vehicles can protect all parties.

**\*Not every run has these events in place.\* Activities are determined by Area Run Coordinators and Torch Run Liaisons.\***