



TECHNICAL INSTRUCTIONS AND INFORMATION
2010 USA Masters 10 km Championships
Hosted by the Dexter-Ann Arbor Run and
The Ann Arbor Track Club
Ann Arbor, MI
June 6, 2010

By Hal Wolfe, Race Director
Doug Goodhue, Masters 10K Chair
Bill Quinlisk, USA Masters 10 km Championship Referee

Competitors racing in the 2010 USA Masters Championships at the Dexter-Ann Arbor Run on Sunday June 6th should be aware of the following technical details. **Competitors who fail to comply with these and other applicable USATF Rules of Competition are subject to disqualification.**

1) The Race Course. The course is the roadway between its edges and curbs. Each mile split is clearly marked and will have a digital split time clock provided. Official split times will be called at each marked split point.

Since the race is contested on an out and back course, timing mats at the turn-around point will record your split there to verify that each finisher has completed the entire course. There will be cones used on the course starting a mile before the turn-around point. Runners must obey cones and marshals instructions regarding which lane to use. (Refer to the course certification map posted on the USATF and DxA2 Run websites for clarification one cones and lanes.)

A police motor cycle will lead the race, followed by a media vehicle. There will also be a number of lead bicycles that will be on the course. All lead vehicles will pull away from the leaders approximately ¼ mile before the finish line and turn off the course.

2) Cutting the Course. Any competitor who has been found by the Referee to have gained an unfair advantage by receiving assistance or by intentionally shortening the route of the race (“cutting the course”) shall be immediately disqualified. In addition to

the timing mat at the halfway point on the course, race officials will be monitoring the course at various points to verify that each finisher has completed the entire 10-kilometer course as marked. (This includes obeying all cones indicating proper lane usage.)

3) Illegal Assistance. Anyone found to have received illegal assistance is subject to disqualification. “Assistance” is the *conveying of advice, information or direct help* to an athlete by any means, including a technical device. It also includes pacing in running or walking events by *persons not participating in the event*, by competitors lapped or about to be lapped, or by any kind of technical device. Competitors may carry or wear articles of personal equipment such as wrist chronometers and heart-rate monitors. Verbal or other communication, without the use of any technical device, from an individual not on the course shall not be considered assistance.

Pacesetting, by a person entered in an event as an officially designated pacesetter, is permissible. A designated pacesetter is a competitor like all others and is eligible to win the race. There will be no pacesetters in the 10K race at the 2010 Dexter-Ann Arbor Run.

4) Competition Numbers and Timing Tag. Competition bib numbers must be pinned on the front of the outermost layer of clothing that you will be wearing in the race. They should not be folded or cut. The timing “D tag” must be attached to your shoe in the manner proscribed on the tag instructions. Assistance securing your “D tag” properly will be available at registration and at the starting line.

All Masters entered in the USA Masters 10 km Championships must have an age group number pinned to the back of the outermost layer of clothing that they are wearing in the race in such a manner that the back number is visible to any runner behind them. Any competitor failing to wear a visible back number will be subject to disqualification. If your packet is lacking a back number, extras will be made available at packet pick-up.

5) Start Times. Each competitor is responsible for knowing the starting time the event: all competitors will start at 8:00 a.m. Each competitor is similarly responsible for being at the starting line at the appointed time with his or her timing chip and bib number properly affixed. (The DxA2 10K non-championship race will start at 8:02 a.m.)

6) Championship Athlete Hospitality Tent. There will be a USATF Masters hospitality tent at the finish in the start/finish area at which athletes can add or remove warm-up clothing and stow personal belongings. The tent will be located in the Ann Street surface lot adjacent to the end of finish line corral. (Similar service is provided to all runners and is located under the covered parking area next to the main surface lot.) The USATF Masters tent will be marked with USATF logos. A copy of the official results will be posted in this tent as soon as they are available.

7) Start Details. Both the Men’s and Women’s races will start together promptly at 8:00 a.m. barring any unforeseen condition causing delay. Our public address announcer will call all registered runners to the starting line approximately ten minutes prior to the start

of the race. There will be a two-command start: “Runners to your mark,” followed by the firing of the starter’s pistol signaling the start of the race.

8) No false start. False starts will not be recalled. Runners who false start are subject to disqualification.

9) Withdrawal for medical reasons. A competitor must retire from the race immediately if directed to do so by a duly authorized official of the race or by an appropriately identified member of the race medical staff.

10) Eligibility. All Master athletes must be citizens of the United States and eligible to represent the United States in international competition to be eligible for USATF medals and prize money. In addition, all athletes entered and competing in the 2010 USA Masters 10 km Championships are required to have a 2010 USATF membership card. Masters Athletes will be allowed to “double-dip” and “triple-dip” in the Masters division prize money and awards.

11) 2010 USA Masters 10 km Championships Prize Money Breakdown:

Age graded prizes:
(men & women combined)

1st	\$599
2nd	\$500
3rd	\$400
4th	\$300
5th	\$200
6th	\$200
7th	\$200
8th	\$200
9th	\$200
10th	\$200
Total:	\$2,999

5 Year Age group awards:

	Men	Women
1st	\$100	\$100
2nd	\$50	\$50
3rd	\$50	\$50
Totals:	\$200	\$200

Top overall finishers:

	Men	Women
1st	\$599	\$599
2nd	\$300	\$300
3rd	\$150	\$150
Totals:	\$1,049	\$1,049

12) Drug Testing. All competitors (including master competitors) are eligible for “incompetition” drug testing. Any questions regarding prescriptions or other over-the-counter medication should contact The United States Anti-Doping Agency (USADA) at **1-888-233-0393**.

Note: If the 2010 Dexter-Ann Arbor Run is selected for drug testing, prize money checks will be mailed following our receipt of the drug testing results. The Ann Arbor Track Club and the Dexter-Ann Arbor Run have no control over when the results of the drug tests are released, and we cannot release the prize money until we have official results as it can directly affect the distribution amounts.