

2010 Footloose Freedom Mile

Race Rules

Runners must start with the official “mass” start.

Runners must stay within the white lines of the road.

Runners must be a paid entrant of the Footloose Freedom Mile and have completed the registration form.

Runners must fully cross the finish line.

Prize money rules for the 2010 Footloose Freedom Mile

High school and College (NCAA) athletes are not eligible for any prize money, first place and course records included.

In the event that a high school or collegiate athlete wins the overall male or female race and/or breaks the course record, the first place/course record bonus money will NOT be given to the next non-high school or non-collegiate athlete.

In the event that a high school or collegiate athlete wins the overall male or female race and breaks the course record at the same time, the next athletes in the race (2nd, 3rd, 4th, etc...) eligible for prize money may not collect the bonus because the winning athlete before them has established a new course record.

NCAA and high school athletes please read rules below for more details.

Amateurism Rules for Prospects Involved in Amateur Sports Clubs

Prospective Student-Athlete (Prospect): A prospect is defined as a student who has started classes for the ninth grade. A student who has not started classes for the ninth grade may become a prospect if an institution provides that

individual (or that individual's relatives or friends) any financial assistance or other benefits that the institution does not provide to prospects generally. An individual remains a prospect until he/she either enrolls full time at a four year collegiate institution or participates in a practice at a four year institution.

NCAA Bylaw 12.1.1.1.4.3: An individual may not receive expenses from an outside amateur sports team or organization in excess of actual and necessary travel, room and board expenses, and apparel and equipment (for individual and team use only from teams or organizations not affiliated with member institutions, including local sports clubs as set forth in Bylaw 13.12.2.3) for competition and practice held in preparation for such competition. Practice must be conducted in a continuous time period preceding the competition except for practice sessions conducted by a national team, which occasionally may be interrupted for specific periods of time preceding the competition. Please note, this bylaw is applicable in all three NCAA divisions.