

1. Registration: Participants must register for the event before the deadline and provide all required information accurately.
2. Course Markings: Participants must follow the designated trail route, marked by organizers. Straying from the marked course may result in disqualification.
3. Water: Water station will be set up along the course.
4. Littering: Littering is strictly prohibited. Participants must carry their trash until they reach designated waste disposal areas.
5. Safety and Etiquette: Participants are expected to adhere to trail etiquette, yield to faster runners, and show respect for fellow participants, volunteers, spectators, and the environment. Any dangerous or unsportsmanlike behaviour may result in disqualification.
6. Medical Conditions: Participants with known medical conditions should notify event organizers in advance. It is important to disclose any relevant information and carry any necessary medications or medical supplies during the event.

