



# What not to bring on **RACE DAY**

**FOR PARTICIPANTS**

HELP MAKE THIS RACE DAY GREAT FOR **EVERYONE**

## YES

Participants may carry these items on race day.  
All such items will be subject to inspection.



### ONE FANNY PACK

Not larger than 5x15x5 inches, to carry food, medicine, identification, phone, keys, or other similar small items



### ARMBAND

That can carry a cellular phone, mp3 player, or small camera



### STANDARD MANUFACTURED "FUEL BELT"

Bottles must be 1 liter or smaller



### BLANKET OR TOWEL

Worn around the shoulders like a cape or held loose, but not in a bag. **Must be left at Athletes' Village staging area.**



### HEAT SHEETS

Worn around the shoulders like a cape or held loose, but not in a bag. **Must be left at Athletes' Village staging area.**



### HEADPHONES

Discouraged, but permitted

## NO

On race day, runners will be prohibited from carrying of these items.



### BAGS LARGER THAN 1 GALLON

- Backpacks or any similar items carried over the shoulder
- Handbags of any size
- Personal hydration systems
- Weight vests or any sort of vest with pockets
- Suitcases and rolling bags of any kind



### CERTAIN CONTAINERS

Including glass, cans or any container capable of carrying more than 1 liter of liquid



### COSTUMES

Including those covering the face or any non-form-fitting, bulky outfits extending beyond the perimeter of the body



### SELFIE STICKS

Including any extendable equipment that may hold a camera or recording device



### PROPS

Including sporting equipment, military, and fire gear. Signs or flags larger than 11x17 inches, and flagpoles



### ANY ITEM LARGER THAN 5 x 15.5 INCHES

**FAILURE TO ABIDE BY THE CODE OF CONDUCT ANYWHERE ALONG THE COURSE MAY RESULT IN BEING ASKED BY STAFF OR RACE OFFICIALS TO LEAVE THE VICINITY.**