**Trail Runner Responsibility Code**

Any person who participates in a trail run with the Foothills Mountaineers is expected to assume and fulfill the following responsibilities.

1. Required equipment which includes adequate clothing, footwear, food, water, and the trail running 10 essentials (for runs taking participants over 5 miles from their vehicles). The trail runner should:
   1. Be adequately prepared for the trail run. This includes having the above listed required equipment that is appropriate for the weather and the location; as well as having reviewed the route description.
   2. Be in physical condition adequate for the trail run. The group may decide to hike portions of the route; however, some running should be expected.
2. Follow correct procedures for trip registration, canceling, and wait-listing.
3. Have a signed waiver before proceeding on a trail run. This includes guest runners. Waivers may be filed electronically during online registration or filed by email to the trail run leader before the trip.
4. Be a responsible member of a carpool by being prepared to assist the driver in the cost of transportation.
5. Runners are expected to behave in a safe and responsible manner and be adequately prepared for the trip. Those who are not adequately equipped for the trip may, at the leader's discretion, be sent home for the sake of safety. So please, don't forget your *trail running* 10 essentials. Be a responsible group member and abide by the decisions of the leader or consensus of the group.
6. As a courtesy to those new to The Mountaineers we offer the following:
   1. Trip leaders know, plan, and organize the route and oversee the group.
   2. Leaders, in conjunction with a MOFA/WFA leader when present, are also responsible for managing the smooth exit of the group in the unlikely event of an emergency.