



RULES & REGULATIONS OF THE RACE

The following are the official rules and regulation governing the Toronto Trek for Teens. Abiding by these rules is absolutely MANDATORY, and failure to oblige can result in the offending team's disqualification. These rules are meant to make this event more fun, fair and enjoyable, but most importantly, they are to ensure the safety of our participants, and any people or property that they may encounter throughout the race.

- During the race, there is to be ABSOLUTELY NO jaywalking in the streets.
- Teams must fulfill all the requirements of the Detour Card
- Teams must fully respect, understand and abide by the rules of each challenge administered by the volunteers
- Do not in any way vandalize or ruin property of the city of Toronto or that of any other business, residence, pedestrian or checkpoint site.
- It is the intent of the Trek for Teens Foundation that teams win by their own merits, and not be interference or sabotage with other teams.
- Teams must report in full at each checkpoint, and at no time may a team split up during the race.
- All team members must participate in challenges administered in checkpoints; unless notified to the organizers prior to the Race.
- Respect must be extended to pedestrians and to anyone else who you encounter during the race.
- Always show respect to our volunteers who will be working at our checkpoints and detours.
- It is important to remember that the Trek is a FOOT race and any form of mechanical assistance for transport (including ttc) is strictly forbidden