

RUNNER RULES

- 1-** During mandatory equipment check, each missing item will result in a 30 minute penalty to the final time;
- 2-** More than two missing items of mandatory equipment will result in immediate disqualification;
- 3 -** The race number must be worn on the front and visible at all times;
- 4 -** No waste thrown on the ground will be tolerated under penalty of disqualification;
- 5 -** The runner must have his mandatory equipment at all times;
- 6 -** The runner must have in his possession, at least the minimum of water and food required for the event;
- 7 -** The runner who wears headphones must be able to hear those running behind him in order to let them pass if requested;
- 8 -** It is forbidden to run barefoot during the event;
- 9 -** No help allowed outside the designated feed zones under penalty of disqualification;
- 10 -** A runner who loses his way, must turn around and resume the course where he got lost under penalty of disqualification;
- 11 -** A runner who encounters an injured person must assist him/her until the organization manages the situation;
- 12 -** Hiking poles are allowed but must not harm other runners;
- 13 -** A runner who chooses to take poles with him/her, must keep them for the duration of the race. It is forbidden to start without poles and to pick them up during the race;
 - **13A** (Poles for QMT 50 event) - It is forbidden for participants of the QMT 50 to use poles in the Mestachibo section (km 0 to km 20). You will be able to use them from the MSA refreshment station.
- 14 -** Runners must respect the cut-off times and give up their race if they reach a refreshment station/feed zone after the cut-off time. Bib will then be taken away.

- 15** - A runner who abandons the race must inform a race official as soon as possible.
- 16** - Runners must respect the start time, meaning no one is allowed to start before or after the official start time of the race;
- 17** - Runners must be courteous to other users of the trail;
- 18** - The race direction has the right to remove any runner from the course if deemed appropriate and/or necessary;
- 19** - The race direction has the right to modify the course at any time, even during the race;
- 20** - The race direction has the right to cancel or postpone the race for safety reasons or in case of force majeure;
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MANDATORY EQUIPMENT

FOR ALL

A drinking container. No glass will be distributed at the aid stations or on the race site.

QMT 100 MILE :

- The ability to carry at least 1 liter of water;
 - Energy supplements and food;
 - Waterproof windbreaker;
 - Survival blanket 1.4 m x 2 m (4.6 ft. x 6.6 ft.);
 - Cap or scarf for sun protection;Headlamp;
 - Spare headlamp battery;Cell phone;
 - Self-adhesive compression bandage (3 inches X 48 inches);
 - EpiPen (for runners with allergies to wasps or food stings
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QMT 110 :

- The ability to carry at least 1 liter of water;
 - Extra energy and food;
 - Survival blanket 1.4 m x 2 m (4.6 ft. x 6.6 ft.);
 - Cell phone;
 - Cap or scarf to protect yourself from the sun;
 - Headlamp (Starting at the Mont-Sainte-Anne ravito);
 - Self-adhesive compression bandage (3 inches X 48 inches);
 - EpiPen (for runners with allergies to wasp stings or food).
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QMT 80 :

- The ability to carry at least 1 liter of water;
 - Energy supplement and food;
 - Survival blanket 1.4 m x 2 m (4.6 ft. x 6.6 ft.);
 - Cell phone;
 - Cap or scarf for sun protection;
 - Self-adhesive compression bandage (3 inches X 48 inches);
 - EpiPen (for runners with allergies to wasp stings or food).
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QMT 50 :

- Ability to carry a minimum of 1 liter of water;
 - Energy and food supplement;
 - Survival blanket 1.4 m x 2 m (4.6 ft. x 6.6 ft.);
 - Cell phone;
 - Cap or scarf for sun protection;
 - Self-adhesive compression bandage (3 inches X 48 inches);
 - EpiPen (for runners with allergies to wasp stings or food).
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QMT 25 :

- Ability to carry a minimum of 500 ml of water;
 - Energy supplement and food;
 - Cap or scarf for sun protection;
 - Self-adhesive compression bandage (3 inches X 48 inches);
 - EpiPen (for runners with allergies to wasp stings or food).
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QMT 15 :

- Capacity to carry at least 500 ml of water;
 - Energy supplement and food;
 - Cap or scarf for sun protection;
 - Self-adhesive compression bandage (3 inches X 48 inches);
 - EpiPen (for runners with allergies to wasp stings or food).
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QMT 10 :

- Capacity to carry at least 250 ml of water;
 - Energy supplement and food;
 - Cap or scarf for sun protection;
 - Self-adhesive compression bandage (3 inches X 48 inches);
 - EpiPen (for runners with allergies to wasp stings or food).
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QMT 6 :

- Drinkware as there are no glasses available at the aid stations;
 - EpiPen (for runners with allergies to wasp stings or food).
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STRONGLY RECOMMENDED EQUIPMENT FOR ALL

- Phone;
- Mosquito repellent;
- Sunscreen.

ANTI-DOPING POLICY

The Quebec Mega Trail (QMT) has a zero tolerance policy regarding the use of performance enhancing drugs (PED). Any athlete who has been found to have violated any anti-doping rules or policies, whether enforced by the International Association of Athletics Federations (IAAF), the World Anti-Doping Agency (WADA), the Canadian Center for Ethics in Sport (CCES) or any other national sport federation, is not eligible to participate in the QMT. The QMT reserves the right to conduct post-competition testing for all performance enhancing drugs on the current World Anti-Doping Agency (WADA) list. Any athlete selected for drug testing who refuses to submit to testing may be disqualified and subject to a lifetime ban from participating in the QMT.

RULES FOR PACER

It is mandatory to officially register your pacer. In order to do so, the name of the person must be given at the time of bibs delivery. A special bib will be issued in the name of an accredited pacer at a cost of \$10 (cash only). This bib must be worn at all times. The pacer will wait for the runner in the transition zone where he/she will be able to offer care, material and food.

- It is strictly forbidden to physically assist the runner except in case of emergency;
 - The pacer must stay with the runner at all times except in case of emergency;
 - In case of abandonment of the runner, the pacer cannot continue the race;
 - Only one pacer is allowed and must remain the same throughout the segment;
 - The pacer can assist the runner at the feeding stations, but cannot arrive before the runner in the station to start feeding;
 - The pacer can not carry equipment, food and liquid.
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SUPPORTER RULES

It is mandatory to officially register your support team. In order to do so, you must ask for a team accreditation at the bibs pickup.

A supporter is defined as any person who provides material, medical or food support to a runner.

- Supporters may only assist a runner at the aid stations and in the areas designated by the organization: Le Massif, Saint-Tite des Caps, Mont-Sainte-Anne, Chalet du Sommet Mont-Sainte-Anne (no vehicle access), Auberge du Fondateur;
 - Team tents are accepted only at the Auberge du Fondateur. Supporters must wait for the organization members to take note of the passage to the feed zone before assisting their runners and after the medical evaluation (if applicable);
 - Supporters must comply with the instructions of those in charge of the feed zones, in particular to clear the runners control area. Supporters must remain within 200 meters of the refreshment station to assist their runners;
 - No supporters are allowed at the following checkpoints: Cap du Salut, Cap Gribane, Mestachibo. No pets or unleashed dogs will be allowed at the runners' checkpoints, at the finish line or along the course;
 - Smoking is not allowed at the checkpoints or along the trail;
 - Throwing garbage on the ground at the checkpoints, along the trail or at the finish line is strictly prohibited.
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