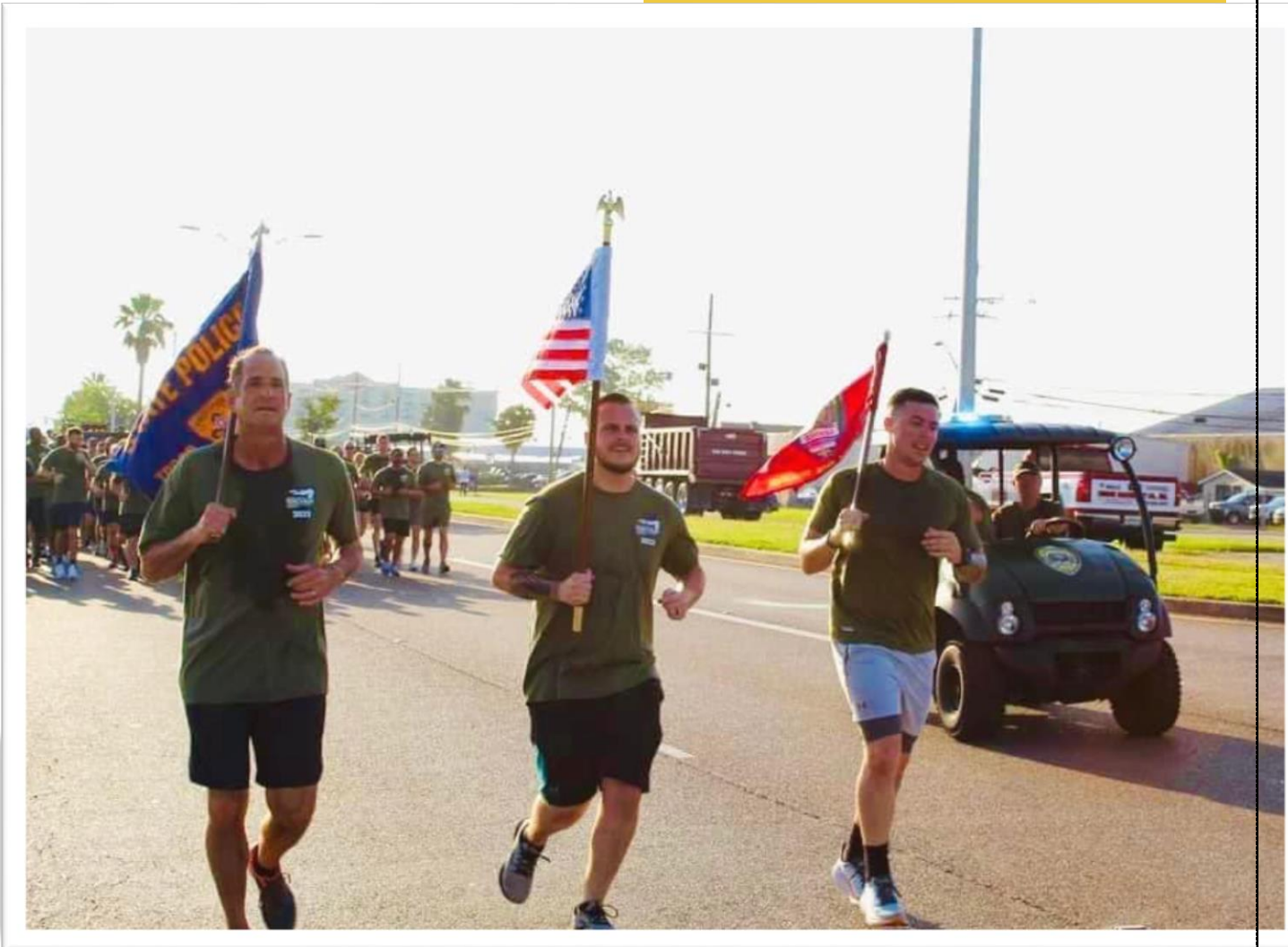




LAW ENFORCEMENT
TORCH RUN[®]
FOR SPECIAL OLYMPICS
LOUISIANA

RULES AND REGULATIONS



Rev. 2/2023

Law Enforcement Torch Run for Special Olympics Louisiana



LETR RUN RULES & REGULATIONS

Run Coordinator MUST review with all participants prior to run.

These guidelines are established in order to ensure the safety of the participants (runners and athletes).

The Law Enforcement Torch Run was established as an awareness and fundraising campaign to support Special Olympics Louisiana.

***The Torch Run is NOT a race or marathon and will not be timed. * Waivers should be signed by all runners (digital signature via registration) * Anyone not following these guidelines may not be allowed to participate in the future. ***

1. Must wear official LETR t-shirt. If runner does not have LETR shirt, an agency shirt may be worn with agency approval.
2. All participants must sign the digital waiver as part of the registration process.
3. **If participants are running on a busy highway, ALL lanes must be blocked off by escorts.**
4. **Runners must stay in a group.** This is a unity run, not a race. Formation runs are acceptable and encouraged. The farther the distance, the harder it is to protect runners. There should be one car length between the last runner and the support vehicle.
5. If there are two or more runners, runners cannot span a distance that cannot be safely monitored with enforcement vehicles on hand, the distance between the torch and the last runner should not have a large gap.
6. **Torch leads the run. No runner should be ahead of the torch.** The Torch may be passed off to different runners if needed in order to keep the pace.
7. If the run has only one runner he/she may set their own pace.
8. A pace of 10-12 minute mile is required of **ALL** runners. Special Olympics Louisiana (SOLA) athletes must compete in the mile run at state level and must give the torch run coordinator their coach verification of the time and distance.
9. **If a runner begins to fall behind, he/she must stop running and get into a support vehicle.** The runner may return to the group at their own discretion.
 - If a runner is in this situation and does not stop running and get into the vehicle, he/she will not be allowed to run in the next run.
 - Vehicles will **NOT** stop to allow runners to exit the vehicles in order to catch up with the group. Runners may **re-enter** at planned water or rest stops.
10. **Special Olympic Louisiana (SOLA) Athletes may not ride in vehicles unless they are in the designated vehicle for resting runners.**
11. Runners under the age of 18 years old will not be permitted to run unless accompanied by a parent/guardian, representative from their school, teacher or resource officer, following in a support vehicle. Waivers must be signed by parent, guardian, or student chaperone.



LETR RUN RULES & REGULATIONS

12. Participants must be well behaved. If inappropriate behavior is noted, the participant will not be allowed back in the future.
13. If bad weather occurs, all runners will ride in escorts/support vehicles and drive the rest of the route.

ENGAGEMENT OPPORTUNITIES FOR NON-RUNNERS:

We encourage each Torch Run to have unique engagement activities for non-runners (officers and athletes) to enjoy.

Photo Opportunities

- Posing with Officers for pictures
- A SOLA/LETR logo backdrop (step & repeat) may be requested for use. *Based on availability.*
- Designated location for photos (backdrop, photo booth, etc).

Games

- Bocce, kick ball, horseshoes, cornhole, life-size jenga, etc.

Cookouts

Music/Dances

Media Run/Walk

- This is a walk/run around 1 or 2 blocks prior to the actual Torch Run kick-off. Typically beginning/ending at a courthouse or agency HQ building. Consider inviting a local Judge, Sheriff, or Chief say a few words of encouragement prior to the Torch Run kick-off.
- Follow traffic control procedures regarding blocking off designated walking area
- Group stays together, slower pace

Not every run has these events in place.*Activities are determined by run coordinators.