

**HIGH LONESOME 100  
PREGNANCY AND NEW CHILD DEFERRAL POLICY**

**Last updated: 12/31/2020**

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Historically, the High Lonesome deferral policy only allowed women to defer their entry spots should they become pregnant. We have now expanded this policy to cover both partners (regardless of gender) in the case of pregnancy, birth, or adoption. We recognize that a new addition to a family is team effort and taxing on both partners, and as such we want to support balance in a growing family.

**Pregnancy/Young Family Policy**

A runner may defer their entry spot from the current year of the High Lonesome 100 provided they meet one of the criteria listed below:

- The runner becomes pregnant after entering the race.
- The runner or their partner gives birth to a child in the time between the runner entering the race and the deferral deadline.
- The runner adopts a child under the age of 5 in the time between the runner entering the race and the deferral deadline.

If a runner satisfies at least one of these criteria and wishes to defer, they may do so. The following rules apply to all deferrals:

- A deferral gives the runner one lottery bypass which may be used in the two proceeding races (ie next two years).
- The entry is not transferable.
- All qualification requirements for the future race must be met.
- The runner must follow the same lottery rules as all applicants, less they forfeit the deferral.
- The deferral does not roll over the entry fee, trail work opt-outs, mile-to-dollars donations, or additional purchases.
- The deadline for requesting a deferral is 31 days before the race.

Please note that time periods for a deferral are designed to support runners and partners who experience changes AFTER they have registered for the race. A runner who is pregnant or has a new child prior to registration is not covered in this policy.

**Why we made this policy**

When we made the original pregnancy policy, our goal was to support women and give them a way to balance the demands and uncertainties of pregnancy with the desire to race. After more consideration and getting to know our runners better each year, we realize that a new addition to a family is tough regardless of gender, family role, or how the child has entered the family.

In order to ensure that this policy is well-crafted, we will review it at minimum of every three years through our Advisory Committee.