



Trail Sisters Approved Standards

In 2019 Trail Sisters created the first of its kind program to support, enhance, and equalize women's experience in trail racing. Trail Sisters founder Gina Lucrezi created the Trail Sisters Approved Standards in collaboration with runners and race directors as a course of action to provide women the race day experience they deserve.

Lucrezi has been identifying voids of equity in the sport since beginning her professional career in 2009. All segments of the sport and industry need work, but trail races specifically can quickly achieve meaningful change by following the 5 easy to implement standards. The standards are easy to understand, simple to implement and come and no additional costs for race directors.

By implementing these standards race events commit to a welcoming experience for women participants. This will help to increase women's participation in trail (and ultra) events as well as provide awareness of the needs, expectations, and support, female runners' desire. This program is a win for everyone.

The Standards

1. Equal Podiums & Awards:

Offer equal number of podium spots and awards amongst men & women participants (or your registered participant categories).

2. Women's Specific Apparel & Swag:

If providing race shirts or sized apparel with race registration, a women's fit and sizing option must be included. Unisex is not a substitute for women's specific.

3. Menstrual Products at Aid Stations:

Menstrual products (tampons & pads) need to be available and visible on all aid station tables in races that are a half marathon and longer.

4. Women on the Starting Line:

Invite women to the starting line to provide awareness and encouragement. This can be achieved with a designated area (half the starting line for women), or with announcements inviting women to move to the front and share space on the starting line. Sharing the start line space and media coverage creates an equitable experience for both the participants and the audience.

5. Pregnancy & Postpartum Policy:

Beginning in 2024, Trail Sisters Approved races will offer a Pregnancy & Postpartum Policy. Whether planned or unplanned, an expected or unexpected start or end to a pregnancy, healing and recovery time are required for a women's overall health. Policy details are decided by the race director, but we recommend at least one to two years deferral depending on the race distance, and/or a refund option. If the race event requires a qualifier, we recommend adding an additional deferral year, or allowing the woman to bypass the qualifier (since she's already completed a qualifier race).

How Can You Help?

If you're an RD, commit to being TS Approved! Simply list (or update) your race on the TS Race Calendar and choose to make your race TS Approved.

If you're a runner or racer, share this information with RDs or race organizations. Whether local or across the global, let them know the importance of this program and how it benefits both them and their women participants.

Additionally, tell events that are already TS Approved, Thank You! Whether personally telling the RD thank you, or publicly celebrating the event for their support via social media. It makes an impact!

Learn More Here -> trailsisters.net/race-calendar/