



Mission Statement:

Light Horse Track Club brings competitive runners throughout the DC metro area together as a team while inspiring and engaging with the local community.

By joining LHTC, you agree to the following:

Team Values:

- Show up: Support and encourage each other.
- Do good: Support our community.
- Be good: Be positive, optimistic, and kind.
- Do your best: Do everything to the best of your ability.
- Do Right: Always do the right thing.

Be Good & Do Good

Express kindness, compassion, positivity, encouragement, and gratitude to teammates, competitors, race officials, and spectators.

Support each other, show up, and do your best

Mentorship and development are essential values of LHTC. Support your teammates on and off the track/road/trails. LHTC will gather 2-3 times a week for runs and workouts; unless otherwise unable to do so, please make an effort to attend these runs.

LHTC also holds “all hands” races, runs, and events throughout the year; please plan to attend these events. Your presence makes our team stronger and grows our impact.

Always race and do everything to the best of your ability.

Do the Right thing

Hold yourself and your teammates to a high standard of excellence. Represent our mission statement and team values—support runners of all ages, speeds, and disciplines, whether they are your teammates or not.

The following actions are grounds for immediate removal from the team: cheating, bullying, harassment, defamation, violence, knowingly cutting a course, banditing races, and any use of prohibited substances and methods as classified by the World Anti-Doping Agency here: <https://www.wada-ama.org/en/prohibited-list>

Support our sponsors

New Balance sponsors and supports LHTC; in turn, we support New Balance. If you receive New Balance apparel and shoes, you are expected to race in them. Reasonable exceptions (injury, military, unaffiliated relay races, supply issues) are allowed.

PR Run & Walk is another important partner of LHTC. When possible, volunteer for at least one PR-sponsored race or event per calendar year.

My agreement is binding for the extent of my time representing LHTC. This document may be revised and updated.