

Ipod MP3



[Tim71180](#) 7 posts since

Apr 6, 2009

This is my first MCM. Do "they" frown on using ipods or mp3 players?



[lenzlaw](#) 7,025 posts since


Jan 18, 2008 1. **Re: Ipod MP3** Jul 2, 2009 7:09 PM

Officially banned, but generally ignored.



[Noskillzrunning](#) 104 posts since

Mar 2, 2009 2. **Re: Ipod MP3** Jul 2, 2009 8:27 PM


 in response to: [lenzlaw](#)

i was planning to wear one till someone mentioned last time we talked about this how much you miss wearing one as far as crowd interaction goes, the more I thought about it the more sense it made. I ran the White Rock with one and it was basically like a training run with a bunch of other people.



[DoubleEye](#) 642 posts since

Feb 4, 2008 3. **Re: Ipod MP3** Jul 2, 2009 10:42 PM

 in response to: [Noskillzrunning](#)

Wear one if you want, they wont stop you. I've always worn mine and will continue too. I'm a bit drunk but dont let that influence how much you believe what I'm saying. Haha



[BigRedRunner](#) 85 posts since

Mar 3, 2009 4. **Re: Ipod MP3** Jul 5, 2009 12:00 AM

I believe the race is allowing them for casual runners. According to USATF, they will allow runners who are not competing for prizes to wear them if the local race is OK with it. MCM says they follow USATF rules.