

The Marsh Island Trail Runners *present*

TUCARD 2025

The Terrifically (& Unnecessarily) Complicated Adventure Race and Duathlon

*A Fundraiser for Public Land Access & Maine's Private Land Ethic
and a cross-country race that thrives on being a pain in your @\$*

9:00 am, Saturday, September 13th, 2025



The Premise: This race has no course. It has a starting point, an ending point, and some as-yet-unrevealed number of waypoints in between. Your objective is to get from the start to all of the waypoints—in whatever order and whatever route you want—to the race finish using at least two human-powered means. So, really ... <dramatic music> ... *the whole world is your course*. Simple!

The Twist: You only know the start and end points now. The waypoint locations will be released sometime before race day. There is no way to avoid last minute course planning in TUCARD!!!

The Devil in the Details: But, oh for the love of all that is good and holy, THE RULES!!! Why? WHY?!!! The fastest racer *could* win TUCARD, but it hasn't happened yet. Much of the “fun” of this race is playing the system, which is outlined *in nauseating detail* in the rule book below. And just when you get those figured out, new rules will be released! Up to, and potentially including, the morning of the race!

To Register: Go to <https://www.marshislandtrailrunners.org/tucard>. Registration includes (for those who opt in) a one-year membership to the Orono Land Trust to help protect public land access for Maine!¹

¹ Winners this year will be awarded a free registration for TUCARD 2026, with apologies if the prize money helped with your motivation. Almost everyone has donated it back to the land trust, so we're going to just skip a step and do that directly this year. TUCARD is its own prize.



It has been a long, dry, lean year for the Sparkle Pony. It hungers. It demands sacrifice. After your humble race director set up the course per usual, the Pony has consumed half of the waypoint markers. What might be worse, is that in its consumptive haste, it drooled on half of the remaining markers. Sparkle Pony drool, you may be unsurprised to hear, alters time (and sometimes space, but not this year) for those who are in contact with it.

At the start of the race, each waypoint will have 16 markers—enough for *only half* of the registered racers/teams. You need three markers to finish the course, but there may be no markers left at a given point when you arrive. Further, both the first four and the last four racers to collect a marker at a given waypoint have been *tainted by Pony drool*. For the first four, this means 20 minutes will be added to their race time. For the last four racers to the point, 20 minutes will be *subtracted* from your race time, because the Pony is nothing if not constrained by the laws of mythical physics and the demand for cosmic symmetry.

There is a special place on the course, however, an Ablution Waypoint, where you can wash off the Pony drool from all your markers. But its power can only absolve you of past transgressions. If you bring your contaminated markers there, you will receive time-neutral ones in trade. Both positive and negative additions collected up to that point will be scrubbed completely.

The Straightish Skinny

- To successfully complete this year's course, you must A) collect a marker from 3 (and only 3) different, "regular" waypoints, B) record the time that you collect each marker, and C) bring all 3 back to the finish circle.
- There are only enough markers at each regular waypoint for half of the registered racers.
- The markers come in two sizes. Four of the markers at each waypoint are large and the rest are small. If there are still large markers at a waypoint when you collect one, you must take a large one (Fig. 1). You may choose to collect zero markers from any waypoint after you arrive.
- Each large marker collected adds 20 minutes to your final race time.
- The last 4 markers to be collected from a regular waypoint (based on racer-recorded collection time) each subtract 20 minutes from their racer's final time (Fig. 2).
- Time adjustments sum across all markers brought to the finish, and you cannot collect markers from more than 3, regular (i.e., non-ablution), waypoints (Fig. 3).

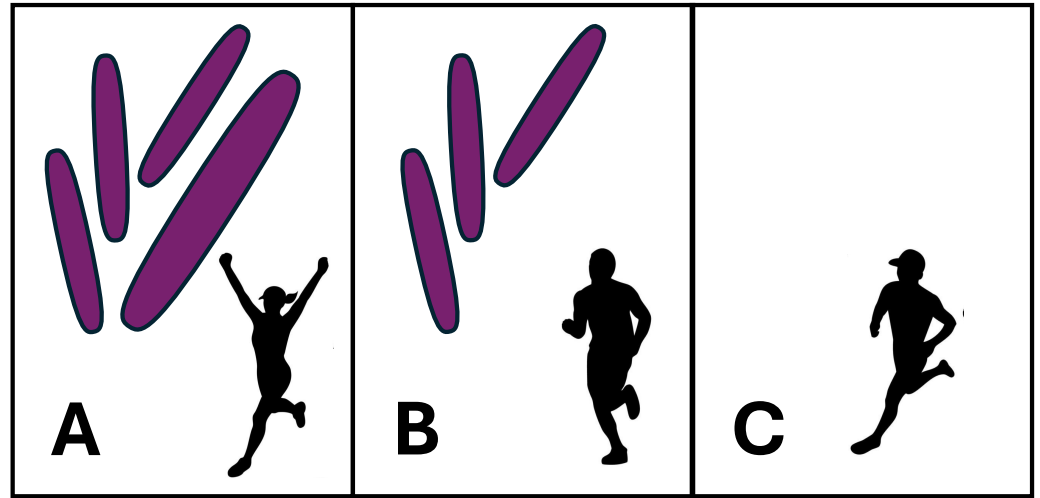


Figure 1. Three hypothetical racers visit the Purple Waypoint. Racer A gets to the waypoint first, and must collect the last large marker. Racer B arrives shortly after, and takes a short marker, which is the only kind remaining. Racer C arrives later after two additional racers have visited the point, and there are no markers remaining. Racer C must visit another point to get a marker.

The Ablution Waypoint

If you visit the “Ablution Waypoint”, you must trade all the markers you have collected up to that point for an equal number of black and white markers you will find there (Fig. 3).

These new markers come with no time adjustments. You have successfully “washed clean” the pony drool and all time modifiers from all markers you have collected up to that point (both positive and negative).

Time modifier “washing” only applies to waypoints you visit *prior* to Ablution. If you collect a marker from another waypoint after visiting the Ablution Waypoint, time modifier rules still apply to those markers (i.e., you cannot wash away sins that you have yet to commit). You may visit the Ablution Waypoint multiple times.

The last four markers that are collected from a waypoint have negative modifiers (race time subtracted), but if any of those are washed, there are fewer negative modifiers in the race.

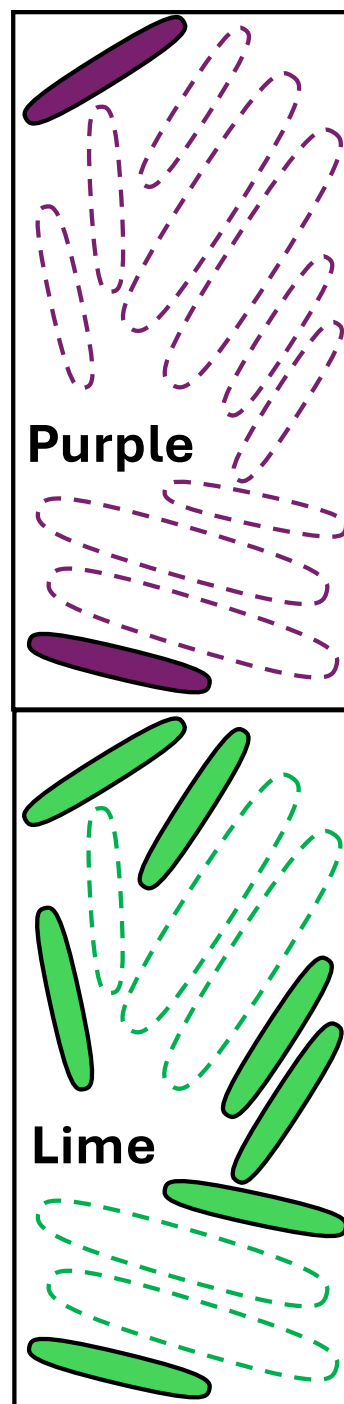


Figure 2. How time adjustment works at two different hypothetical Waypoints (WP). In the two hypothetical WPs to the left, dotted markers indicate they were collected by racers, and filled markers are not.

At the Purple WP, the first four racers to arrive collected large markers and have 20 minutes added to their race time. The next two racers each grabbed a small marker and received no time adjustments from the Purple WP. The last four racers collected small purple markers and have 20 minutes subtracted from their time because they were the last to visit that WP. Two markers remain at the end of the race.

At the Lime WP, only five markers were collected during the race. The first racer to arrive collected a large marker and got 20 minutes added to their race time. The next three racers to arrive also collected a large marker, but those markers were large and they were three of the last four collected, so those racers each receive no time adjustment (+20 min – 20 min = 0 min). The last racer to arrive collects a small marker and has 20 minutes subtracted from their time. Seven markers remain at the end of the race.

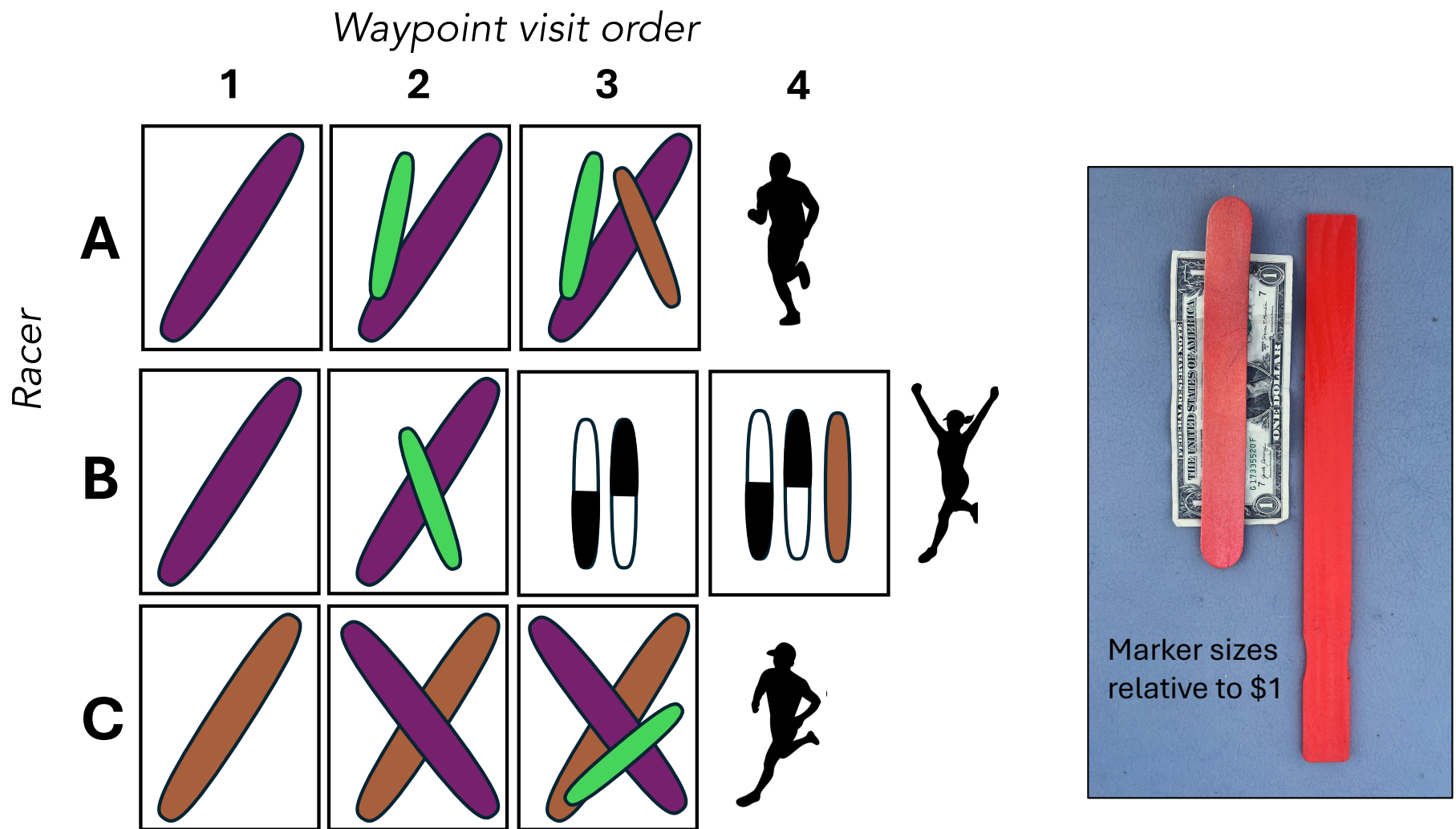


Figure 3. The complete set of markers and time adjustments collected by three hypothetical racers. Racer A is the first to get to the purple waypoint and is neither one of the first nor last racers to get to the lime and brown waypoints. Racer A's total time adjustment is +20 minutes (for the purple marker).

Racer B is the second to the purple waypoint. She then collects a small marker at the lime waypoint before at least four others do. She goes to the abluition waypoint and trades out both of her markers for neutral ones. She is then the last racer to the brown waypoint. Racer A's total adjustment is -20 minutes (for the brown marker, with purple being "washed").

Racer C is the first to the brown waypoint, and then is the third racer to the purple waypoint. They then are the second to last racer at the lime waypoint. Their total adjustment is $20 + 20 - 20 = +20$ minutes

The Terrifically and Highly Necessary TLDR Rulebook³

*You're busy, we get it. This single page doesn't have all the rules for TUCARD, and following just these rules won't ensure you get your best time. But if you **do** follow **just** these rules, you **probably** won't get disqualified.*

TUCARD is easy!⁴ *Just:*

1. Start at the start.
2. Race "segments" to find each waypoint and collect the waypoint markers.
3. A new race segment begins (and the previous one ends) any time you:
 - a. Switch modes of locomotion
 - b. Switch from pavement to non-pavement or vice versaRecord the time and your mode of locomotion (e.g., on foot, bike, hot air balloon) any time either of these things change, either on vellum parchment with a well sharpened quill⁵ or with your digital tracking app (e.g., Strava)⁶.
4. You must use at least two modes of locomotion (i.e., The "D" in TUCARD stands for *Duathlon*).
5. Know that the scorekeepers will take the time you spend on each "segment" described by #3 and multiply it by a time adjustment to calculate your final race time. Here are the multipliers that apply to each combination of locomotion style and surface type:

| Mode of Locomotion | Surface | |
|-------------------------------|--------------|--------------|
| | Not Pavement | On Pavement |
| Running | x 1.00 | x 2.0 |
| Bike | x 1.50 | x 3.0 |
| Boat | x 0.50 | not possible |
| Swimming | x 0.25 | not possible |
| Hot Air Balloon | x 0.001 | not possible |
| Skates/Skis/Skateboard/Scoter | x 1.20 | x 2.4 |
| Rucking | x 0.80 | x 1.6 |
| Helicopter / Ebike / Moped | DQ | DQ |

6. If you're racing as a team, designate one team member to be "on" during each segment, and only their times and locomotion count. *All* team members must meet up at every waypoint before moving on, and the final finish time is when the *last* team member crosses the finish circle.
7. Pay close attention to the rules released at the last minute so you don't get eaten by the Sparkle Pony.
8. Finish at the finish. Even if you're Lebanese and not Finnish.
9. Turn in your waypoint markers.
10. Crack a beverage. Enjoy the post-race potluck (which hopefully you contributed to!). Make fun of your adventures. And wait weeks for the official results.

³ For those with short attention spans, busy lives, many ferrets that need constant attention, narcolepsy, dropsy, or *The Vapors*.

⁴ Like differential equations or Markov chains!

⁵ TUCARD, its employees, and all subsidiaries do not discriminate against vampires born in the 18th century.

⁶ You must have a digital track to get an official race score, and you probably need to read the Strava directions to pull that off.

The Complete T U C A R D 2 0 2 5 Official Rulebook

The Totally & Unnecessarily Complicated Part: There are a lot of rules. Like, a *lot* of rules. Too many rules. There's even one *super-secret surprise sparkle pony rule* that will be revealed just before the race.

Here are the rules that have popped up randomly since registration opened, but are still legally binding⁷:

- A. The minimum weight for "Rucking" (a mode of locomotion) has changed to "15% of your body weight".
- B. "Sack race" is a new means of locomotion that has a time adjustment of x0.25. See APPENDIX C for a slightly edited and more detailed definition of what this means relative to the last rule drop.
- C. SPARKLE PONY 2025 (see above)

And here are a few rules that have been around awhile but still apply

(For race veterans, rules marked with a star are new or changed this year relative to last year):



1. **You can use any means of locomotion that is human powered.** No engines, no fly wheels, no batteries, no dog sleds. Sails and pedals and paddles and feet are allowed.
2. **You must use *at least two* different modes of transport** (see: Duathlon). You can use more.
3. **Markers prove you completed the course.** At each waypoint you will find a pile of markers. Pick one up. Hand them all in at the finish to prove you made it to all the waypoints. You only need one marker per team.
4. **There is a "pavement penalty".** All of the time you spend on pavement, or running along a paved road (even if you're on the berm) counts double. That means that if you run for five minutes along a paved road, your race time goes up by ten minutes. Ouch. Because we check your route for official scorekeeping via your GPS track, "pavement" is defined as anywhere within 10 feet of pavement as shown in the Google Maps Satellite View on race day. That means no planter hopping across parking lots to avoid the penalty.⁸

⁷ Except for the fact that they are in no way legally binding

⁸ This rule dedicated to James Jackson Sanborn following TUCARD 2020.

5. **Because the chicken had her reasons.** If you are only on pavement for 40 feet or less (i.e., the width of a typical road crossing) you don't have to count the pavement penalty. Don't abuse this please. If you cross a road, then go into the woods for three feet and then go back to the road for 40 feet and keep doing that again and again to avoid the pavement penalty (or anything similarly nefarious), the race organizers will be annoyed and just disqualify you for being a pain in the butt.

6. **There are time adjustments based on your means of locomotion.**

- a. On foot = time x 1.0 (i.e., regular time)
- b. On bike = time x 1.5
(e.g., 1 min biking adds 1.5 min to final time)
- c. In a boat = time x 0.50
- d. Swimming = time x 0.25
- e. In a hot air balloon = time x 0.001
(mostly we just want to see someone try this)
- f. On skates / skis / skateboard / scoter = x 1.2
- ★ g. ~~Portaging = time x 0.5⁹~~
- ★ h. Rucking = time x 0.80¹⁰
- ★ i. Sack Race = time x 0.25¹¹
- j. In a helicopter = disqualified (see rule # 1)

If you have some movement method you want to use, and it's not listed here, just let us know. We'll figure out an adjustment for you, or we'll tell you it's not allowed because we can't be bothered to figure out one.

7. **Pavement and locomotion adjustments compound.** So, if you bike on a paved road for a minute, you get three minutes added to your running time (because 1.0 minute x 2.0 pavement penalty x 1.5 bike adjustment = 3.0 minutes added to your race time). Likewise, if you scull your crew shell up Main Street for 10 minutes, you get 10 minutes added to your race time (because 10 minutes x 2.0 pavement penalty x 0.50 boat adjustment = 10 minutes). Which is a lot better than the 20 minutes it would cost you for *running* up Main Street, so that's a really great way to erase the pavement penalty!¹²

8. **Locomotion adjustments do not compound with each other¹³.** Each mode of locomotion has a single adjustment, and if you're on pavement, it doubles. That's it. So, if you are roller skating on your



⁹ The portage rule is retired in honor of Mara Scallon's uninflated packraft from TUCARD 2023.

¹⁰ To qualify as "rucking", a racer must be on foot and carrying a backpack that weighs at least 15% of your body weight. This rule is in memory of Matthew Tomasko's inflatable donut floaty from TUCARD 2024.

¹¹ See APPENDIX C.

¹² And since yes, it's come up, boats *on wheels* count as a "skateboard", with the 1.2x adjustment. Your crew shell needs to be wheel-less to pull this off. But go for it, if you think it makes sense.

¹³ This rule commemorates Anthony Diba biking down Forest Ave with his daughter in a backpack during TUCARD 2021.

paddle board while your teammate carries the board, that does *not* mean your adjustment is 1.25 for skating x 0.5 for boating x 0.5 for portaging. This race is enough of a circus without *that* insanity.

9. Teams are encouraged. Sometimes there are special team rules that get released later. Sometimes there aren't. Teams who race together always seem to have more fun though. Fun is encouraged. All team members must start the race at the starting circle, and teams may not leave any waypoint until *all* of their members have arrived. This means that dividing and conquering the waypoints is a no-no. That being said, it's easier to paddle your canoe down Main Street with a friend. Final team times are determined by the *last* team member to cross the finish circle.

10. Designated Driver. Teams must designate one member as the active racer during each segment. The mode of transport, route of travel, and time adjustments only apply to the designated team member during that segment. All the rules still apply to the designated racer, but the non-active racers are off the hook for that segment (break out the dog sleds!). All team members must still reach all waypoints together (Rule #9), but, for example, if the designated racer is running, and the other teammates are all on bikes pulled by robo-dogs, the team is not disqualified (and there is also no bike penalty). Also, one team member may be racing while the others are engaged with arranging future logistical hurdles (e.g., napping), so long as everyone meets up again at the next waypoint before proceeding on with the race.

11. Wind beneath your pedal-powered wings. Racers are allowed to have an (unregistered) support team. Not just for cheering, either. Non-racers can pace or assist with any navigation or logistics (e.g., bringing boats or bikes between segments), so long as the racer's speed isn't directly impacted. So, for example, no piggybacks, holding up one end of a portaged boat, or blowing really hard on their backs.

12. Keep track of your own route segments. Because of the complicated timing rules, we require everyone (or every team) to fill out a route worksheet that we'll use to calculate your final race time. Your total route will be made up of "segments". Each segment of your route will end and a new one will begin any time that you:

- a. Switch your conveyance (e.g., go from biking to running or sailing to paragliding)
- b. Move onto or off of pavement.

For each segment, a line on the worksheet will record the start time, the type of locomotion used, and whether or not the segment was on pavement. An example worksheet is attached to the end of the rule book as APPENDIX A to give you an idea of what it might look like. The precise format may change depending on what the new race rules are for this year, however. So, as in most things TUCARD, don't get too comfortable with your comfort level. Regardless, the whole bookkeeping exercise will probably be easiest if you use a running app (e.g., Strava) and follow the instructions listed in APPENDIX B during the race, and then you can just fill out the worksheet once you finish.



calculate an unofficial race time for anyone who hands in a worksheet, but you can't win unless your time is *official*, and your time is only official if you can digitally prove where you were during your segments! **NOTE:** this means that if you use a running app to track your route segments, and you forget to hit start at any point, or the app crashes, or your battery dies, or you are attacked by Russian hackers, you cannot win this race. So, if you are a competitive soul, maybe bring two devices. Unless you feel lucky, punk. For instructions on how to use Strava to record an official time (which is highly encouraged), see APPENDIX B.

Please note that starting one segment and starting a new one in some exercise apps takes time (not if you follow the Strava instructions in APPENDIX B, however!), but time adjustments are applied to the elapsed time between the start of one segment and the *start* of the subsequent segment (or your race finish time, for the last segment). Thus, any time between the stop of one segment and the start of the next segment will receive the time adjustment of the *previous* segment.

14. **Race like a confused squirrel.** The route is approximately 3.4 miles as the crow flies from start to finish, but who wants to race like a crow? That's boring.¹⁴ It will vary considerably year to year, but the *winning* routes have generally been between 8 and 12 miles in length. And of course, there is always some truly adventurous soul competing for the "lost dog" award. The Lost-est Dog ever in TUCARD history traveled 17.5 miles, which was over *six times* the distance of the crow route that year. Can you beat that? Bring snacks, if you're going for it.

★ 15. **Winner-winner-chicken-dinner.** The racers with the fastest official time in each race class to complete the course after all penalties and adjustments will be awarded a free registration for TUCARD 2026. They can also write "winner" on their race t-shirt in sharpie with impunity. Winners will be designated in the following race categories: Open Gender, Female, Male, and Team.

★ 16. **Fast Food.** There will be a pot-luck BBQ¹⁵ at the end. If you bring a dish, you get 5 minutes off your race time!! To qualify, the dish must be appropriate to share with others and demonstrate you planned ahead of time.¹⁶ Your racing gels or water bottle backwash DO NOT COUNT. If you show up with a bag of chips, it counts just like it would for a regular potluck, you get credit, but also a lot of thinly veiled judgement. Beverages and grills will be provided. And stories and laughter. And no expectations for race results, because it's going to take us a million years to figure out who won.

¹⁴ This rule is in no way a slam on Crow Athletics or Gary Allen, who is a darling gem of the Maine race community. But this race is going to be more fun than running on the Golden Road in December with a below-zero wind chill, and more entertaining than running around and around and around in circles on a tiny island for 50 kilometers. Just saying. It won't, however, be as potentially life threatening as running the New York Marathon during Superstorm Sandy. He's got us there.

¹⁵ New Englanders will recognize that this term, "BBQ", does not guarantee there will be any actual BBQ sauce, just meat and veggie-based meat-imitations cooked on hot metal. Southerners will be confused. Missourians will be pissed that BBQ was just assigned to "the South". The French will laugh heartily at the silly Americans. But it's a potluck, so you can really define it however you'd like if you bring something.

¹⁶ This definition commemorates when Team "Constant F'n D-Lite" (Lucas Hiebeler, Nina Mitchell, and Micah Olsen) showed up to the 2024 potluck with five chicken fingers they had dropped in the dirt on the way to the race.

APPENDIX A

TUCARD 2017

Racer/Team Name: Brumbaugh Fergusson the Faint-hearted

How will your digital track be submitted
(and under whose profile(s) if using Strava): Strava (@F8-Hearted)

Potluck dish (if applicable): dragon quiche

WAYPOINT TIMING

List the time of each marker collection (in hh:mm:ss after race start) for any of the following which apply:

Red: _____ Green: 0:45:52
Orange: 0:26:23 Blue: _____
Yellow: _____ Pink: 0:17:10
Ablution: _____ Ablution (if twice): _____

RACE SEGMENTS

| Segment # | Starting time (hh:mm:ss) | Pavement? (Y/N) | Conveyance Type? |
|-----------|-----------------------------|-----------------|-------------------|
| 1 | 0:00:00 | Y | Running |
| 2 | 0:08:15 | N | Running |
| 3 | 0:17:10 | Y | Biking |
| 4 | 0:26:23 | N | Swimming |
| 5 | 0:35:50 | N | Running |
| 6 | 0:45:52 | Y | Running |
| 7 | 0:56:03 | N | Running |
| 8 | 1:06:19 | N | Three-legged Race |
| 9 | | | |

In this example, Sir Fergusson took off running on a paved bikepath, then he moved onto a dirt track that led to Stillwater Ave. Then he jumped on a road bike to dash to Pushaw Lake, which he swam across to another trail. He ran a series of different dirt trails for 10 min 2 sec, ran down a paved road for 10 min 11 secs to another trail head, and then ran another ten minutes on that last trail before meeting up with his logistics partner to conduct a 3-legged race over the finish line.

| | | | |
|----|--|--|--|
| 17 | | | |
| 18 | | | |

You can either 1) hand in this scoresheet at the finish line, 2) email it to MarshIslandTrailRunners@gmail.com, or 3) complete the digital form that was sent to you via email, but all submissions are required before 11:59 pm on Saturday, September 13th, 2017. Official digital tracks must also be received by that deadline to qualify for an official race time.

APPENDIX B

So you hate pen and paper? Hate stopping your race to write things down? Are you one of those people who only owns a USB-powered, Bluetooth, internet-enabled can-opener? We get it. Well, no, no, we definitely don't. But we'll accommodate it.

Here's one suggestion of how to keep track of your TUCARD details on the fly and get an official score time and potentially qualify for a race prize.

What to do before race day:

1. If you are not already a user, download Strava:
[for your iPhone](https://apps.apple.com/us/app/strava-run-ride-swim/id426826309) - <https://apps.apple.com/us/app/strava-run-ride-swim/id426826309>
[for your Android phone](https://play.google.com/store/apps/details?id=com.strava) - <https://play.google.com/store/apps/details?id=com.strava>
2. Join the Marsh Island Trail Runners Club by going to [our Strava Club page](https://www.strava.com/clubs/mitr)
<https://www.strava.com/clubs/mitr>
3. [RSVP to TUCARD](https://www.strava.com/clubs/232370/group_events/2051545) by clicking on "I'm in" (https://www.strava.com/clubs/232370/group_events/2051545)
If you have your [privacy permissions](https://www.strava.com/settings/privacy) (<https://www.strava.com/settings/privacy>) set so that the setting for Activities is "everyone", then this is all you have to do for us to see what you record on Strava for the race.
4. If you have your privacy permissions set so that the setting for Activities is "followers", then you need to follow "[Brian Olsen](https://www.strava.com/athletes/10631219)" (<https://www.strava.com/athletes/10631219>), our official scorekeeper, so he can see your activities. Actually, it will be easier for him to find your stuff if you follow him on Strava regardless. He'll probably follow you back. He's friendly like that. You can delete him after the race, if you want. Strava won't tattle on you, so he won't cry in his beer that night.
5. Consider turning your "flyby" viewing setting in your privacy permissions to "everyone", because they are so cool to watch for this race. If you've never seen flybys, if you go to the web version of Strava, you can see an animated map with all the other Strava racers and watch the route they took relative to yours for the entire race. We get an unnatural amount of enjoyment watching people get lost.

What to do on race day:

1. Make sure your settings have auto-pause turned off for both biking and running (we can figure out the scoring if you don't do this, but it will be easier if you do).
- ★ 2. Please DO NOT have your start and end points hidden in the privacy settings (<https://www.strava.com/settings/privacy>). That will invalidate your digital track as "official" for TUCARD (unless you send us your digital track another way as well), because there will be chunks missing when we download them.
3. Use a single Strava activity for the entire race and ALL of your segments. The Strava track is a record of where you were when, so we can proof your route and pavement coverage.
4. Then you have two options for recording the start times for each of your segments.

If you are using Strava on your phone:

- a. Make one Strava recording of your entire race route from beginning to end with all its modes of locomotion and various mixes of pavement and water and trails.
- b. Take a screenshot of your phone every time you start a new segment. This will record the time.

- c. Record on your *paper scoresheet* the segment start times from your screen shots as well as your mode of locomotion and whether or not you were on pavement for that segment.
- d. Hand in or email your scoresheet (as well as uploading your Strava data in a way that we can see) for your official score.

If you are using a gps watch¹⁷ that uploads to Strava:

- a. Make one recording of your entire race route from beginning to end with all its modes of locomotion and various mixes of pavement and water and trails.
- b. Press your lap button every time you start a new segment to record the time.
- c. Upload your watch data to Strava.
- d. Record on your *paper scoresheet* the segment start times as well as your mode of locomotion and whether or not you were on pavement for that segment. If you are using Strava to calculate the segment starts, the app records “splits” both from watch lap times *and* whenever you travel a mile since your last lap start. To calculate a segment start longer than a mile will thus require some simple addition. So for instance, if you ran a segment that was 1.25 miles long before hitting the lap button, Strava will show you the time spent on the first mile and the time spent on the remaining 0.25 of that segment. You’ll need to add those two together. Your watch may have an easier way to do this outside of Strava, but this is how we’ll proof your math from your uploaded Strava data.
- e. Hand in or email your scoresheet (as well as uploading your Strava data in a way that we can see) for your official score.

What about Strava “quirks”?

Ok, Strava isn’t perfect. No exercise app is. Rarely, Strava even totally bonks and draws straight lines between points multiple miles away from each other, although this is often related to the “auto-pause” option, which you should not have on for this race (please)¹⁸. But! If you are worried about these weird Strava quirks, which for the record *will definitely invalidate your official scoring*, then please bring two means of keeping track of your route. If you wear four or five GPS swatches up your arm, like a gnarly 80’s radster, you will receive extra style points. Style points don’t help your race times, but they make you feel cooler (see Fig. 1).

What Strava does do *often* is give you a slightly different pace or distance depending on what phone you have. The GPS algorithm for any device is always an estimate, as it draws straight lines between points with some wiggle for extra measure. For instance, if you run as a team and you all record in Strava, chances are you’ll all end up with slightly different distances and paces calculated. Luckily, for this race, we don’t care about distance. Check out the score card (APPENDIX A). Did we even ask about distance? NO! We care about *time* and *conveyance* and *route* (because of pavement).

¹⁷ Or at least all of the watches we are familiar with. If you are planning on using a watch, you should probably double check that these instructions work for your watch before race day.

¹⁸ In our experience it’s more often related to jumping in the car after a run and forgetting to hit stop. Stupidity is not an excuse for Strava errors and will invalidate your official timing.

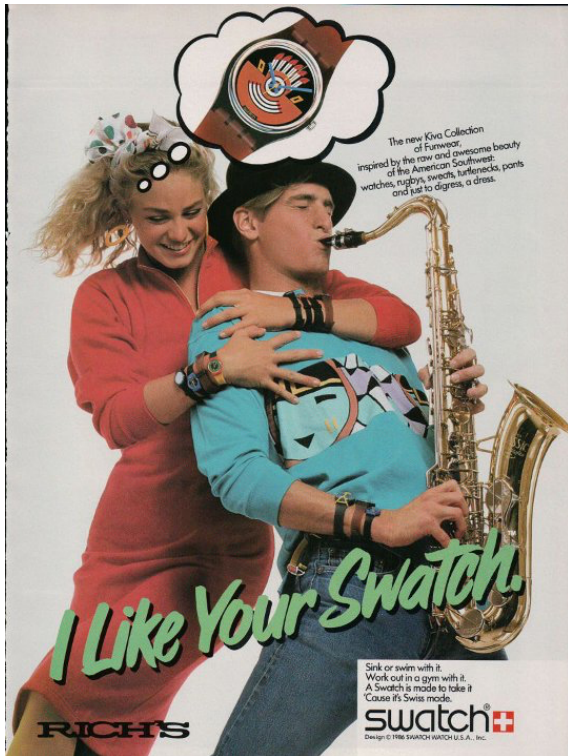


Figure 1. Wearing multiple watches gives you style points. Running in a sweatshirt dress or with a saxophone and a porkpie hat does as well.

Strava will do that consistently, no matter how awful your phone is. Well, if it's a flip phone we might have issues, not the least of which is that you can't download the app.¹⁹ Because of this scoring method, all teammates should have the same data if they hit start and stop at the same time (to be clear: we only need one official digital route and scoresheet from a team, this is just an illustration of how superior our scorekeeping rules are over Strava's algorithm).

We recommend using Strava because we think it will be easier²⁰, but you are welcome to use some other way to record your digital track to get an official finish score. The point is to be able to prove that you were only on pavement when you said you were and that you changed conveyances at the times you said you did on the scoresheet. If your favorite digital method lets you show us that, you are probably good to go, but ask us if you have any doubts. And if you could give two shakes of a lamb's tail about an official score, then just give us the paper. We'll still tell you where you placed. Works for us. You just can't win the free race registration for next year. You'll know you're the real winner.

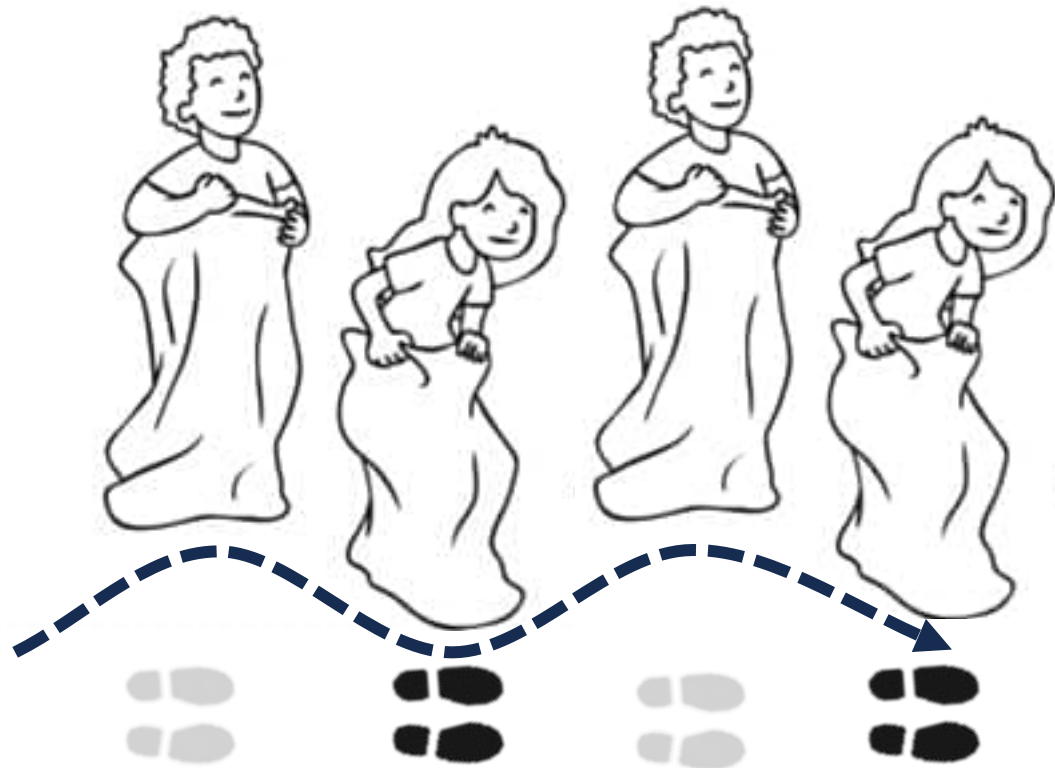
¹⁹ You will not receive style points for having a flip phone.

²⁰ And because we are angling for corporate sponsorship and the scorekeeper has tied his self-esteem to his Strava follower number.

APPENDIX C. The “Sack Race” means of locomotion (x 0.25)



A “sack race” locomotion segment begins once you’ve placed both feet and legs into a single sack, which is closed at the bottom and held up using only your hands.



You then move forward by hopping with both legs at the same time.