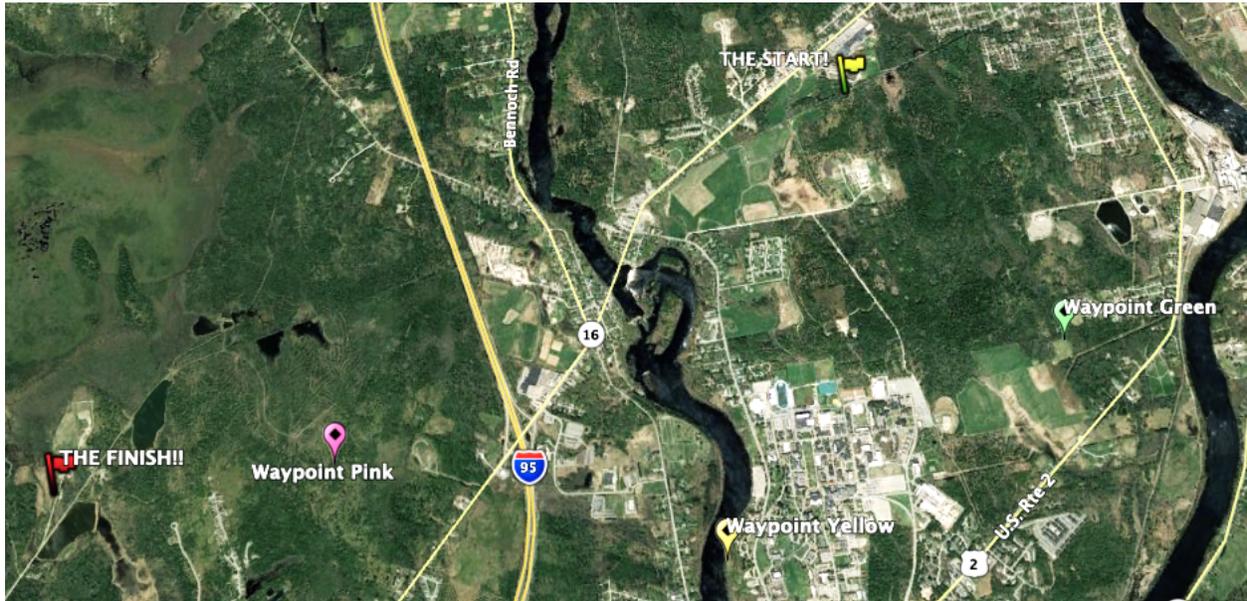


— THE T U C A R D 2 0 2 0 COURSE —

STARTING LINE: 44.922996°N, 68.665432°W¹

FINISH LINE: 44.899513°N, 68.726624°W

1. **WAYPOINT GREEN:** 44.908288°N, 68.649431°W
2. **WAYPOINT YELLOW:** 44.896167°N, 68.676028°W
3. **WAYPOINT PINK:** 44.901297°N, 68.705990°W



New Last-minute Rules, Just for Fun:

1. **The “Why *Du* a race when you can *Tri* a race?” Rule:** Everyone must use at least two conveyances during the race, but if you use at least *three*, and each conveyance lasts *at least a quarter mile*, then you get four minutes subtracted from your final time.
2. **The “Teams-Can-be-Funner-er” Rule:** “Three-legged race” is an approved conveyance with a time adjustment of “x 0.5”. So if you finish a segment with your legs tied to a partner, your time for that segment will only count by half. That also means that if you swim while tied to someone else, and those adjustments compound ...²
3. **The “Age of Masks” Rule:** Everyone has to have a face mask for health and safety, but if you have a *costume mask*, then you get two minutes subtracted from your final time.

¹ You can paste these directly in most mapping programs (e.g. google maps), and they will show you a point

² Please, for the love of all that is holy, don't do this. You will be disqualified, but mostly because dead people can't finish.

THE 2020 OFFICIAL RULE BOOK

Still Totally & Unnecessarily Complicated: Even without the new rules that we threw in right before the start, there are a lot of rules. Like, a *lot* of rules. Too many rules. And of course there's the *super-secret surprise pony rule* that will be revealed the morning of the race. But the time has come to leave surprises to the pony. Aside from that, and the new rules above, here are the final official rules for this insanity:

1. ****NEW!** – This is a COVID safe event!**
 - a. Do not run this event if you have left the state, shown any symptoms, or have been in contact with someone who has tested positive for COVID-19 or with someone who has shown any symptoms in the previous 14 days. Your registration fee will be reimbursed if you cannot run for any of these reasons.
 - b. All race start- and finish-line attendants will be masked and will meet the above guidelines as well
 - c. Start times will be staggered. Please do not come to the start earlier than 30 minutes prior to your start time. You have received your official start time with this final rule book.
 - d. Socially distanced waiting areas will be designated at the starting line as spaces for stretching and prepping before your official start.
 - e. Whenever you are outside of a designated waiting area, you will be required to wear a mask. The starting line is a designated, socially distanced area, and the course you are making up is your own, so masks are optional once you start racing.
 - f. Please wear a mask within the clearly designated “mask zone” for each way point.
 - g. Your way-point markers are sanitized popsicle sticks stuck in the ground with your bib number written on them. Only touch *your* markers. You will need to have all three markers when you arrive at the finish line to complete the race.
 - h. The results will be emailed to you after. The after-race social is canceled for this year.
<sad trombone wah wahs>
2. **You can use any means of locomotion that is human powered.** No engines, no fly wheels, no batteries, no dogs sleds. Sails and pedals and paddles and feet are allowed.
3. **You must use *at least two different modes of transport*** (see: Duathlon). You can use more.
4. ~~**Book pages prove you completed the course.** At each way station you will find a book. You will (while wearing your mask) rip out the page number that matches your bib number and take the page with you.~~
****NEW!** – Sanitized popsicles prove you completed the course.** At each way station you will find a sanitized popsicle stuck in the ground with your bib number on it. Collect this. You'll hand them all in at the finish to prove you made it to all of the way stations. No need to touch something that someone else has for this year.
5. **There is a “pavement penalty”** that you should definitely keep in mind as you plan your route. 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. ***Paved paths count as pavement.***

6. **Because the chicken had her reasons.** If you are only on pavement for 30 feet or less (i.e., the width of a typical road) 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 30 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.
7. **There are time adjustments based on your means of locomotion.** Here's a whole list of those:
 - a. On foot = time x 1.0 (i.e., regular time)
 - b. On bike = time x 1.5 (e.g., one minute of biking adds 1.5 minutes to your time)
 - c. In a boat = time x 0.75
 - d. Swimming = time x 0.5
 - e. In a hot air balloon = time x 0.25 (mostly I just want to see someone try this)
 - f. On skis/roller skis = time x 1.5
 - g. On roller skates / blades = time x 1.25
 - h. On a skateboard/longboard = time x 1.25
 - i. ****NEW**** – In a three-legged race = time x 0.5
 - j. In a helicopter = disqualified (see rule # 2)

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.

8. **Time adjustments are compounded.** So if you bike on a paved road for a minute, you get three minutes added to your running time (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 ten minutes, you get 15 minutes added to your race time (10 minutes x 2.0 pavement penalty x 0.75 boat adjustment = 15 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 save time on the pavement penalty!
9. **Teams are encouraged.** All members of the team have to stay together the whole time. No dividing up the way stations and conquering. That being said, it's easier to paddle your canoe down Main Street with a friend, and you can't do the three-legged race conveyance by yourself. Plus, COVID bubbles have gotten used to doing things together. Might as well add a more interesting experience to the list.
10. **Keep track of your own route segments.** Because of the complicated timing rules, we are going to 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., going from biking to paragliding or running)
 - 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. We will record your official start and end time. An example of this worksheet is in your race packet. The whole bookkeeping exercise will probably be easiest if you use a running app (e.g., Strava, MapMyRun) and just start a new activity every time you either switch modes of locomotion or switch to or from

pavement. Then you can just fill out the worksheet once you finish. If you follow “@BrianOlsen” on Strava, then the official score keeper can use Strava to nail down your official final race score.

NEW – If your segments don’t add up to the total time, we will take the highest penalty you report and fill in the missing seconds using that penalty.

11. **Final race times will only be official if there is digital proof.** At the end of the race, we’ll take your worksheet and start working up the scoring. Racers who have a digital track record of distance and time for each segment (e.g., on a running app or with a GPS unit) will be eligible for an “official” score and be in the running for the cash prize. We’ll 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 your segments! **NOTE:** this means that if you use a running app to track your route segments, and you forget to hit start once, or the app crashes, or your battery dies, you cannot win this race. So if you are a competitive soul, maybe bring two devices. Unless you feel lucky, punk.
12. **The route will be approximately 4 miles as the crow flies** from start to finish, but who wants to race like a crow? That’s boring.³
13. **The winner or winning team gets 50% of the registration fees** after we cover our costs (win = fastest official time to complete the course after all penalties and adjustments). The rest goes to the Orono Land Trust to support Public Lands and to help them provide us all with an adventure course all year. The winner will also receive a guilt trip to become a member of the Orono Land Trust. Because, well, because you owe them, and it would make your mother proud, and it’s the right thing to do.
14. **There will sadly not be a party at the end this year** given the state of affairs in the Great State of Maine. There will be beverages still, if you want one. You’ll just have to drink alone. And no race results provided at the end, but that’s not because of COVID, that’s because it’s going to take us a million years to figure out who won.

³ 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.

Super-Secret Surprise Sparkle-Pony Rule



THE LAND WITHOUT TIME RULE – There is a zone where time does not exist. It is the middle ground between light and shadow, between science and superstition, and it lies between the pit of our fears and the summit of our knowledge. This is the dimension of imagination. It is an area which we call the **TIME-LESS ZONE**. When you are in the TLZ, no time is added to your race time. You can have lunch. You could take a nap. You could rebuild a 1956 Chevy Bel Air and then drive around in it. Simply record the time you enter and exit the TLZ, and write “Super-Secret Sparkle Pony” as your conveyance on your timesheet. When you exit the TLZ, *wherever you exit the TLZ*, time begins again with a new segment (row on the scoresheet). If you pop out somewhere other than where you went in? Well, wormholes are weird like that. You have then ridden the super-secret sparkle pony through time and space. **You cannot spend more than an hour in the TLZ** or your atoms will be shredded into stardust. Also—and mostly—because the race organizers will get tired of waiting for you at the finish line. So fine, maybe you couldn’t rebuild a 1956 Chevy Bel Air unless you were really, *really* good at it.

Boundaries of the TLZ – The TLZ boundaries are slightly circuitous, and shown on the map, but loosely the TLZ is the polygon that is:

- South of Forest Ave. (Forest Ave is **not** in the TLZ)
- West of US Rt. 2 (Rt. 2 is **not** in the TLZ)
- North of Kelley Rd. from the entrance of Northern Light Primary Care east to the intersection with US Rt. 2 (Kelley Rd. over this stretch is **not** in the TLZ, but it **is** to the west of this stretch)
- West of I-95 south of the Kelley Rd.
- North of the major powerline cut that runs south of the Bangor City Forest

Official race times – An official race time requires a digital record of the entire race, which includes your time within the TLZ. If you are using a digital app like Strava, you can just make a new activity during your time in the TLZ. If you do not have a digital track for your time within the TLZ (proving you were in the TLZ that entire time), you cannot qualify for the prize money. If the speed you travel within the TLZ is blisteringly fast and would set Olympic running or biking records, no questions will be asked. The super-secret sparkle-pony defies physics and logic.