

Cannonball Haul 2017 Official Race Rules:

- Race participants will be in teams.
Two-person teams - two people comprise one team (any gender combination). There are no age restrictions. Participants under age 18 must be accompanied by a parent/guardian. The parent/guardian must sign a waiver for the child. Young children are not recommended for entry in this athletic event.
- The race is limited to the first 50 teams of two to sign-up.
- Race Timing
Time trial format, staggered start. Fastest team time wins.
Team placement on start time roster will be in order of registration.
Official Team Time is the time it takes each team to start and finish their individual portion of the entire race.
- Completing the Race
Teams essentially must cross the finish together. Team time does not officially end until the last member crosses finish line.
Teams can choose to cross the finish line with other teams simultaneously in a show of solidarity as in past hiking races.
- The race route will be blazed in orange reflective markers and Arcadia Valley Trail markers.
- There will be no refunds of registration fees for any reason.
- Teams choose a name. No vulgarity please. Race officials reserve the right to edit objectionable content. Name can be a sponsor.
- No running. No breaking out into running at any time. Only fast hiking/walking (including the home stretch near the finish line). The slowest teammate cannot run to catch up to the faster teammate during the race. Breaking out into a jog or run in any way at any moment for any reason leads to automatic disqualification of the team in violation.
- Teams must follow the designated race route at all times.
- Outside assistance of any kind will result in automatic race disqualification. No pre-race on-trail hiking stashes allowed. No on-trail support from non-racers. No physical help from non-teammates/non-racers.
- No GPS allowed. GPS or similar digital navigation assistance will result in automatic team disqualification. Use of cell phone GPS features is not permitted.
- Personal camera use, still and video, by race participants is allowed, including cellphones, but cellphone calls, texts, emails or any other digital communication by teams for help, of any kind, including emergencies, results in automatic team disqualification.

- No cutting across the trail or making shortcuts while racing, at any time.
- No intentional blocking of passing teams while racing.
- No intentional blocking of the trail with foreign objects.
- No interfering with other teams during the race.
- No vulgar comments or displays towards any team is allowed. Courteous conduct and a respectful sportmanslike attitude is expected from all teams at all times. Team behavior and overall conduct will be taken into official consideration and inappropriate behavior could lead to a time penalty or race disqualification.
- No alterations of the race course/trail of any kind by any team. No removal of blazes.
- No on-trail race pets. No team dogs, etc.
- No firearms, of any kind allowed. No flare guns.
- No nudity.
- Hiking poles are allowed, any material. Hiking gloves are allowed. Traditional wooden hiking staffs/sticks are allowed, but must be brought. They cannot be made from wood at the site of the race on the day of the event.
- No communications, of any kind, between non-racers and teams allowed during the race. No race radios used between teammates allowed. No race radios used between non-racers and teams allowed.
- The use of music devices with external speakers is prohibited. No music on the trail during the race should be heard by anyone. Ear buds and headphones are allowed for music listening, only.
- Removal of hiking boots at high water crossings is allowed. Barefoot water crossing is allowed. The use of water shoe/sport sandals is allowed during water crossings.
- Only sanctioned race officials will be allowed on the trail the day of and during the race.
- No spectators on the trail. Visitors will be encouraged to support their teams from the sanctioned parking lot areas of the race start and finish.
- No trash, broken, or lost items left behind on the trail at all. Leaving anything behind, even unintentionally, leads to automatic disqualification (dropped hat, snack bar wrapper, map, tissue, broken boot lace, etc.) Everything out (human waste not included). You must finish with everything that you started with when it comes to gear. If a hiking boot fails, you must take it with you.
- Human waste must be buried at distance off the trail according to appropriate Leave No Trace principles.

- Normal, day-to-day park rules and regulations apply that race participants and their supporters should observe, like no picking of wildflowers, no leaving trash, no disturbing wildlife, etc.
- **ESSENTIAL GEAR and Basic Requirements**
Each team member must have a traditional analog orienteering compass for the race. If for any reason a member of a team does not have their required compass at team check-in, a time penalty will be levied.
Official race course map will be provided at registration.
NO GPS, the idea is use a map and compass like the original soldiers.
Bare feet, sandals, and tennis shoes are **NOT** allowed. Trail running shoes, below the ankle are allowed. Trail running shoes above the ankle and mid-high hiking boots are recommended.
- Race participants will not be allowed to race at all if they do not fulfill the complete essential gear requirements to be verified by officials before race time. Missing one piece of essential gear at the beginning of the race is considered automatic disqualification for that entire team, not just the individual. Note in rules above that GPS devices are not allowed.
- Trail maps are defined as essential gear. All race participants must have official race maps.
- Teams must have trail maps on their person during the race at all times. Teams must cross the finish line each with their own official trail map in order for their time to be accepted as official.
- In an effort to help during fatigue or injury, teammates can carry each other's gear, including their backpacks for any amount of time without penalty.
- Backpacks with reservoirs and drinking tubes are allowed.
- The Cannonball Haul Hiking Race is a weather permitting event. This means race start delay and overall trail slowness because of severe weather is possible and the end of the race might take place in total darkness, requiring reliable light sources to safely finish.
- The race is not finished until the last team crosses the finish line.
- All participants must keep in mind, it is not unreasonable that the slowest team, not including injury or misdirection during the orienteering section, might take around 2 hours to complete the extremely rugged course.
- People with chronic or severe health problems and/or disabilities, intolerance to heat, fear of outdoor situations and/or contact with wildlife, inability to walk long distances, young children, and women experiencing complications during pregnancy should not consider competing in an extremely physically demanding event like this hiking race.
- Due to the wild, overgrown nature of the Arcadia Valley Trail in summertime, long pants are highly recommended.
- Orienteering – using a map and compass to locate replica cannonballs.

Each participant must locate a replica cannonball, and haul it to the finish line. Each participant must hold a replica cannonball in hand when crossing the finish line. (This means 2 replica cannonballs per team.)

- Rules for Carrying Cannonballs:

Each competitor must carry one's own cannonball the entire distance from the moment the cannonball cache is found until the FINISH Line. Teammates may not carry each other's cannonballs for any amount of time. One cannonball per person.

Participants must carry cannonballs in their hands when crossing the finish line. Dropping or rolling the cannonball will result in a time penalty levied by Race Officials stationed along the course.

Official Cannonball Haul replica race cannonballs will be identified with special logo labels and inspected at the FINISH to ensure the rules are satisfied and only sanctioned race cannonballs are used by competitors. Using a non-official race cannonball for any amount of time is not allowed.