

Race Participation and Details:

- Race participants will be in teams.
 - Teams of Mixed Doubles - two people (one male and one female) comprise one team.
- 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 randomly determined.
 - 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 the traditional Ozark Trail manner with a green OT symbol on white background. The race route can be found on the official race map at ozarktrail.com.
- **There will be no refunds of registration fees for any reason.** However, we will allow registered race participants to change their race selection through the close of online registration on June 2, 2017. Please contact ken.kurtz@ozarktrail.com to make changes to your registration.

Official Taum-a-Hawk Race Rules:

- All race participants must be at least 16 years old, and each team must be equipped according to the Essential Gear requirements. Call if there are any questions.
- Teams choose a name. No vulgarity please. Race officials reserve the right to edit objectionable content. Name can be a sponsor.
- During times of fatigue and injury, teams can physically help each other along the trail. For example, fireman-type carrying, or even piggyback riding are permitted.
- No running. No breaking out into running at any time. Only fast hiking/walking (including the home stretch near the finish line). Breaking out into a run leads to automatic disqualification.
- 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 taken from the state parks 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.
- Since the Ozark Trail Taum-A-Hawk hiking race takes place in several state parks, other 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

Essential gear:

- sanctioned trail maps,
- appropriate hiking footwear,
- hiking backpacks minimum 20 Liters,
- at least 1 Liter of water (bottle or reservoir),
- battery-powered flashlight/headlamp (must demonstrate working order before race).

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. Traditional analog navigational compasses are highly recommended.

All participants must wear a recognizable name brand hiking backpack a minimum of 20 Liters in size. No homemade backpacks. No shoulder packs. No long-hanging sling packs. No urban bike messenger bags. No student/school/academic backpacks. Normal hiking backpacks, only.

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.

All individual race participants must carry a minimum of 1 Liter of water in their container of choice: bladder, bottle, canteen, reservoir, etc. Containers must be durable and closable. Reservoirs with drinking tubes are recommended. In the heat of June, 3 to 4 Liters might be optimal. No water, of any kind, will be provided on the trail at all during the race. Drinking creek water or from other on-trail water sources is strongly discouraged without proper filtration.

All individual race participants must carry a working, store-bought battery-powered flashlight or headlamp. For safety purposes, teams must demonstrate their light sources are operating in working order before race start. No homemade headlamps or flashlights. No candles or incendiary forms of light allowed. Losing, discarding, or dropping essential gear such as light sources on the trail leads to automatic disqualification.

The Taum-A-Hawk 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 at Johnson's Shut-Ins State Park. All participants must keep in mind, it is not unreasonable that the slowest team, *not* including injury or misdirection, might take around 10 hours to complete the extremely rugged 13 mile course with major ascent in the final miles. The winner of the race might not be determined until sometime after sunset.

****UPDATE:** There will be volunteer shuttles running every 90 minutes or less starting at 5pm and continuing until every race team has been taken care of. If you'd like to join the volunteer shuttle team, send an email to abi.jackson@ozarktrail.com – and thank you!

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, 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 Ozark Trail in summertime, long pants are highly recommended.