

General rules/guidelines for all sections:

1. All team members must be able to regroup in 30 seconds at all times when racing. A 1 check point penalty will be assessed, if a race official catches a team breaking this rule.
2. All team members must go up to within 30 feet of every check point(unless otherwise specified by race officials). When wrist bands are used, bands must be punched by all team members at each check point. A 1 check point penalty will be assessed, if a race official catches a team breaking this rule.
3. Misplaced Checkpoints -We will do everything possible to insure accurate check point placement. However, teams will be expected to be accurate navigators as well.
4. All checkpoints should be punched in order unless otherwise specified by race staff. Teams that do not find all check points will be ranked according to how many checkpoints they do find. A 1 check point penalty will be assessed, if a race official catches a team breaking this rule.
5. If there is a section, such as a ropes/caving, in which a team member(s) does not want to participate, a time penalty may be assessed in place of the task.
6. It may be determined that there are certain roads or land areas which are off limits. These off limit areas will be described in the pre-race meeting or at the beginning of a race section. A 1 check point penalty will be assessed, if a race official catches a team breaking this rule.
7. GPS units may not be used for any of our races. However, GPS tracker phones may be enabled and used for recreational purposes after the race. Using a GPS during the race is grounds for disqualification.
8. There is nothing wrong with pre-scouting the course. All we ask is that there is no scouting within 7 days of the race to allow for course set-up. Driving paved roads in the area would be acceptable during that 7 day period.
9. In the case of dangerous weather, the race course may be modified.
10. Only maps provided by race officials may be used during the race. That includes in the transition area. The only exceptions would be permanent trail maps posted on signs in the parks. Penalty is DQ
11. Support is permitted for this race, but only in the transition area. Penalty is DQ
12. Too Cool Racing will do everything possible to keep gear and equipment safe in transition but we are not responsible for gear or equipment lost or stolen.

Mountain bike sections:

1. Only mountain bikes/hybrids/cross bikes should be used for these sections. No road bikes will be allowed. Please note that race officials recommend mountain bikes and racers using hybrids/cross bikes do so at their own risk.
2. Helmets must be worn by all team members on bikes during any mountain bike section.

3. White Headlamp or bike light, and rear red light should be on at all times after dark.

Paddle sections:

1. A PFD (type 3) must be worn by all team members, at all times, during any paddle or water related section (unless otherwise specified by race staff).
2. Strobes/glowsticks should be on at all times after dark.
3. Any type and combination of kayaks or canoes may be used for this race.
4. No motors, peddles, permanently attached sails (no rivets, bolts, etc...), or other propulsion systems may be used. Your boat(s) may have a rudder system and/or a tow system.