



The Marsh Island Trail Runners *present*

TUCARD 2022

The Terrifically (& Unnecessarily) Complicated Adventure Race and Duathlon

*A Fundraiser for Public Land Access & Maine's Private Land Ethic
and a cross-country race with too many rules and neither support nor swag
that thrives on being a pain in your @\$*

9:00 am, Saturday, September 10th, 2022



The Premise: This race has no course. It has a starting point, an ending point, and some as-yet-unrevealed number of way stations in between. Your objective is to get from the start to all of the way stations—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 way-station locations will be released *just before race day*. There is no way to avoid last minute course planning in the 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, remember that new rules are coming

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!

The Prize: 50% of the race profits are used for prizes¹. The rest of the profits go directly to the Orono Land Trust. Really nice winners in the past have donated all or some of their prize money to the OLT ... just saying.

¹ Cash prizes are capped at \$2,500, even if a million people register for the race. Mostly, ok entirely, so we don't have to get a permit with the State Gambling Control Unit. Also, high school and college athletes may be ineligible for prize money. Talk to your coaches.



2022 COURSE

“Chasing Shadows”

STARTING POINT: 44.909093°N, 68.666705°W²

FINISH POINT: 44.900755°N, 68.723630°W

THE GOLDEN (but TARNISHED) TICKET (WP#1): 44.94848°N, 68.66306°W

THE ORACLE (WP#15): 44.89643°N, 68.64319°W

CANDIDATE WAYPOINTS:

The TRUE WAYPOINTS can be found at three of the following potential locations:

WP#2	44°56'33.67"N	68°40'21.36"W
WP#3	44°56'20.19"N	68°39'58.61"W
WP#4	44°55'44.18"N	68°40'49.33"W
WP#5	44°55'22.76"N	68°39'55.50"W
WP#6	44°55'10.73"N	68°39'57.82"W
WP#7	44°55'2.86"N	68°40'25.73"W
WP#8	44°54'54.29"N	68°39'9.84"W
WP#9	44°55'14.66"N	68°42'36.24"W
WP#10	44°55'1.16"N	68°41'23.53"W
WP#11	44°54'55.86"N	68°41'14.36"W
WP#12	44°54'25.65"N	68°39'31.49"W
WP#13	44°54'21.02"N	68°40'55.24"W
WP#14	44°54'04.70"N	68°42'21.10"W

To view the start, finish, and all points (numbered 1-15) in a zoomable format with satellite views, visit:
https://www.google.com/maps/d/viewer?mid=1P0_xSTms3OxOvVsiwqOscWdx-1EW5SM6

² You can paste these directly in most mapping programs (e.g. google maps), and they will show you a point

Chasing Shadows

tucard2022

Each year, the legendary TUCARD SPARKLE PONY bends time and space to her will, sometimes to the racer's benefit, and sometimes, most assuredly not.

These annual assaults on the laws of physics and reality have, however, begun to bare the threads in the sweater-vest of the universe. What was once certain is now uncertain. Definition and prediction become harder and harder. Things have become so tenuous, that this year,

we cannot predict precisely where the waypoints are.

The center of the course, where TUCARD has ravaged space and time over multiple years, appears the worst for prediction, but we have found two firmer facts at the course edges. We can confirm that the two most

outer candidate locations (#1 and #15) are NOT these traditional waypoints, and that there are, again, **three true waypoints** to be found among the remaining candidate locations. Our initial exploration of the two outer

waypoints also shows that visiting them may offer you a path forward. Our navigators have done their best, plotting three potential courses through the uncertainty, but this year the

location of the three true waypoints remain *shrouded in Heisenbergian shadow.*

The quantum fluctuations have also tarnished the Golden Ticket.

We know it is located at candidate point #1, but it sits in a gravity well so deep that using it comes with a cost. Of course, you may decide that a sure thing is worth the price.



Path Numero Uno
THE INFORMED CHOICE

Visit the ORACLE at
Candidate Waypoint #15,
See the Path Through the Shadows,
Collect between one and three
True Waypoints, and
Go to the Finish



If you finish with:
1 marker Add 60 min
2 markers Add 30 min
or
Finish with three markers,
And suffer no time penalty

Path Nummer Zwei
THE SURE THING

Go to the **Tarnished Ticket** at
Candidate Waypoint #1,
Then Head Straight to the Finish



Add 30 minutes to your race time

Path Numéro Trois
THE LUCKY DUCK

Chase the Shadows,
Take your Best Guesses,
Collect between one and three
True Waypoints, and
Go to the Finish



If you finish with:
1 marker Add 60 min
2 markers Add 30 min
or
Finish with three markers,
no harm, no fowl
(that was a duck joke)

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, and you'll get the gist. Mostly.*

TUCARD is easy!⁴ *Just:*

1. Start at the start.
2. Pick one of the three race strategies outlined by the Sparkle Pony rule and collect your waypoint marker(s).
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 versaNote 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).
4. Teams can choose one person to time and record their mode of locomotion during any segment. The rest of the team members can do whatever they want so long as *all* team members meet up at each waypoint before moving on. The team does not finish until all members cross the finish circle.
5. Know that the scorekeepers will take the time you spend on each "segment" described by #3 and multiply it by an "time adjustment factor" to calculate your final race time. Here are the multipliers that apply to each combination of locomotion style and surface type:

Locomotion	Surface	
	Not Pavement	On Pavement
Running	x 1.0	x 2.0
Bike	x 1.5	x 3.0
Boat	x 0.50	n/a
Swimming	x 0.25	n/a
Hot Air Balloon	x 0.10	n/a
Roller Skis	x 1.5	x 3.0
Roller Skates / Skateboard	x 1.25	x 2.5
Portaging a Boat	x 0.50	x 1.0
Helicopter	DQ	DQ

6. Don't get eaten by the Pony.
7. Finish at the finish. Even if you're Norwegian and/or Haitian and not Finnish.
8. Turn in your waypoint markers.
9. Crack a beverage. Make fun of your adventure. Laugh a bunch.

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

⁴ Like differential equations

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

The Complete T U C A R D 2 0 2 2 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 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 binding⁶:

- A. **The Shadow of the Pony (5 July 2022).** The legendary ***Sparkle Pony*** of TUCARD casts a long shadow. But be assured, the race waypoints are within it. In fact, this year, the waypoints will be selected from among the 15 potential points shown in the map on page two. Knowing your way around the shadow is a good first step to being race ready. Find the points, get to the finish. Easy.
- B. **The Golden Ticket (2 Aug 2022).** There is a one waypoint in the Shadow of the Pony whose value soars above its peers, although you do not need to visit it to finish the race. But if you happen upon it, it's your ticket to the finish line, and you do not need to gather any other way station markers. Go directly to the finish, do not pass go. How will you find it? Luck? Guile? Enhanced interrogation techniques? We're not sure, but it *is* one of the candidate waypoints indicated on the map, so maybe that will help⁷?
- C. **CHASING SHADOWS – The Sparkle Pony Rule (9 Sep 2022).** Outlined in unnecessary detail 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 way station you will find a marker with your bib number on it. Hand them all in at the finish to prove you made it to all of the way stations.
4. **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. Ouch. Because we check your route for official scorekeeping via your GPS track, “pavement” is defined as anywhere within 10 feet of

⁶ Except for the fact that they are in no way legally binding

⁷ In fact, let's be clear for once, it's candidate waypoint #1 at 44.94818°N, 68.66292°W.

pavement as shown in the Google Maps Satellite View on race day. That means no planter hopping across parking lots to avoid the penalty.

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) 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.k.a. locomotion adjustments).**

- 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 0.10
(mostly I just want to see someone try this)
- f. On skis/roller skis = time x 1.5
- g. On roller skates / blades / skateboard = x 1.25
- h. ★ Portaging = time x 0.5*
- i. In a helicopter = disqualified (see rule # 1)

**Boat must be seaworthy enough to carry you across the Stillwater River at the UMaine Steam Plant; you must either carry or drag it (no trollies/carts/wheels); Team carries are allowed; and the portage must be over land—no carrying boats on boats to get a compound bonus, you tricky tricksters!*

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!

★ Locomotion adjustments do not, however, compound with *other* locomotion adjustments (roller skating on your paddle board while your teammate carries the board 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.

8. **★ 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. Once at a way station, teams may not leave until all of their members have arrived, and teams only complete the race once all of their members have crossed the finish line. This means that dividing and conquering the way stations is a no-no. That being said, it's easier to paddle your canoe down Main Street with a friend.
9. **★ Designated Driver.** Teams may designate one member as the active racer during any 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 active racer, but the non-active racers are off the hook for that segment. All team members must still reach all waypoints together (Rule #8), but, for example, if the active racer is running, and their teammates are all on bikes (even a bike pulled by dogs or robo-dogs with engines!), there is no bike penalty for that segment. Also, one team member may be racing while the others are engaged with arranging future logistical hurdles (i.e., napping), so long as everyone meets up again at the next waystation before proceeding on with the race.
10. **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:
- Switch your conveyance (e.g., going from biking to running or sailing to paragliding)
 - Move onto or off of pavement.
- For each segment, a line on the worksheet will record the time taken (real 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 just start a new activity, **★ or note the time**, whenever you either switch modes of locomotion or switch to or from pavement. Then you can just fill out the worksheet once you finish. For instructions on how to use Strava to record an official time (which is highly encouraged), see APPENDIX B.
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 and **★** the starting times 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 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. Note that

starting and stopping digital tracks takes time, and **any difference between the total elapsed time of your combined digital tracks and your total official race time (between the start and finish times recorded by race officials) will be assigned the penalty value of your most heavily penalized segment.**

12. **Race like a confused squirrel.** The route is approximately 3 miles as the crow flies from start to finish, but who wants to race like a crow? That's boring.⁸ It will vary considerably year to year, but the *winning* routes are generally two to three times the length of the straight-line distance. 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 almost five times the distance of the crow route. Can you beat that? Bring snacks, if you're going for it.
13. **Winner-winner-chicken-dinner.** The winners (fastest official time in each race class to complete the course after all penalties and adjustments) split 50% of the registration fees after we cover our costs. The rest goes to the Orono Land Trust to support public land access and to help them provide us all with an adventure course all year. Monetary prizes will be awarded to winners of the following race categories that have at least three participants: ★ Open Gender, Female, Male, and Team.
14. **Afterglow.** There is a party at the end if such things are allowed by the Great State of Maine. There will be beverages. And stories and laughter. And no race results, because it's going to take us a million years to figure out who won.



⁸ 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.

APPENDIX A

TUCARD 2017

The Terrifically (and Unnecessarily) Complicated Scoring Sheet EXAMPLE

Name: Brumbaugh Fergusson the Faint-hearted

Starting Time: 08:15.00

Finish Time (unofficial): 10:22.31

Digital platform: Strava

Username (if applicable): "@F8-Hearted"

RACE SEGMENTS

Starting time (hh:mm:ss)	Pavement? (Y/N)	Conveyance Type?	Digital Track? (Y/N)
08:15:00	N	Running	Y
08:55:01	Y	Biking	Y
09:13:21	N	Swimming	Y
09:27:12	N	Running	Y
10:02:07	Y	Dancing w/the Pony	Y
10:10:56	N	Running	Y
10:15:56	N	Three-legged Race	Y
In this example, Sir Fergusson took off running on a dirt track, then jumped on a road bike to dash to the river, which he swam across to another trail. He then ran a series of different dirt trails for 34 min 55 sec, ran down a paved road for 8 min 49 secs following the insane Sparkle Pony Rule for that year, and then ran another five minutes on one last trail before meeting up with his logistics partner to conduct a 3-legged race (a special conveyance for that year) over the finish line.			

You can either 1) hand in this scoresheet at the finish line or 2) email it to MarshIslandTrailRunners@gmail.com before 11:59 pm on Saturday, September 25th, 2017. Official digital tracks must also be received by that deadline to qualify for a race prize. If you use Strava and follow the instructions provided, you just have to upload your data to Strava by then.

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 an electric can-opener? One that has Bluetooth and is internet enabled? We get it. Well, no, no we 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/marshisland)
<https://www.strava.com/clubs/marshisland>
3. [RSVP to the TUCARD](https://www.strava.com/clubs/232370/group_events/1109399) by clicking on "I'm in" - https://www.strava.com/clubs/232370/group_events/1109399
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. Start an activity when you start your race. You can do this on your phone in your Strava app, or you can do it on your gps watch and upload the data to Strava later.
3. Then you have two options. You may either:

★ Use a Paper Scoresheet and use Strava as Official Proof of your Route and Timing:

- 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. Record on your *paper scoresheet* the times when you either (i) switched conveyances— from running to biking or what have you, or (ii) switched onto or off of pavement— whenever it's more than just running across a paved road or path.
- c. Fill out a paper scoresheet as your official scoresheet.

Use Strava as your only Official Scoresheet:

- a. Stop your gps and restart it every time you (i) switch conveyances—from running to biking or what have you, or (ii) switch onto or off of pavement—whenever it’s more than just running across a paved road or path. Don’t forget to start your gps after each of these instances, or you will mess everything up and not get an official race time!
- b. After you are finished with the race, upload your data (if you used a watch), go back to your different activities, and edit your sport to match your conveyance. Strava has a lot of options. You can set it to running, biking, swimming, canoe, handcycle, inline skate, kayak, kitesurf ... a bunch. If any of you were planning on using a velomobile, please let us know so we can come film it. Those things look cool! Also, they are human powered, so they are 100% legal in the race.
- c. Please name each segment with the following naming convention to help us find all of them and pull them in order: “TUCARD Leg #X – CONVEYANCE on PAVEMENT/TRAILS”. So for example: “TUCARD Leg #1 – Running on trails” or “TUCARD Leg #8 – Boating on pavement”.
- d. Don’t worry about submitting a paper scoresheet. Unless you want to, Because: Department of Redundancy Department.
- e. Please note the warning in rule #11 of the full rule book, if you choose this method.

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)⁹. But! If you are worried about these weird Strava quirks, which for the record *will definitely invalidate your official scoring*, then



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.

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). 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.¹⁰ Because of this scoring

⁹ 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.

¹⁰ You will not receive style points for having a flip phone.

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 are scorekeeping rules are over Strava's algorithm).

We recommend using Strava because we think it will be easier¹¹, 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, than just give us the paper. We'll still tell you where you placed. Works for us. You just can't win any money. You'll know you're the real winner.

¹¹ And because we are angling for corporate sponsorship and the scorekeeper has tied his self-esteem to his Strava follower number.