



## RULES/STRATEGY/TIME CUT-OFFS:

### Team Rules and Race Strategy (3-6 Runners on a Team)

**Rules:** At least 3 team members on every Expedition Run Team **MUST** complete each stage **AND** make designated time cut-offs on at least two stages in order to remain ranked as an Expedition Run team. These cutoffs will be listed in your Race Guide and are created primarily for safety and logistical reasons. These cutoffs are based on keeping a **CONSISTENT** pace of no less than 3.75 mph over a variety of terrain.

If the team becomes no longer ranked in the Expedition Run they may continue as a team in the Adventure Run category so long as at least 3 team members are still in good standing (have not been issued a DNF). Team members who remain in good standing will also continue to be ranked as individuals in the Expedition Run if they make all time cut-offs or Adventure Run if they miss a cut-off.

Those who fail to complete a stage (DNF) will be taken off the long course and no longer ranked in Expedition or Adventure but can continue on the short course (Adventure Run). (This will allow the stronger runners on a team to continue on the Expedition Course if they choose, even if the team itself is no longer ranked in the Expedition Category)

We have two courses at TCC. Expedition is the full course (200-225k) and Adventure is the shorter course (130-150k). We typically have 2-3 ultra days (longer than 26.5 miles) in the Expedition course.

Historically the longest stages have been on Days 2 and 5 but that can vary due to course design changes.

If you have more than 3 people on your team you may choose to keep a runner in reserve or allow part of the team to relax their pace but you then risk that if less than 3 members make the time cutoffs on any stage the **entire** team is then knocked out of the Expedition Run as a team

Important to note: There are only two official rankings: **Expedition Run** or **Adventure Run**. Any individual or team member in the Expedition Run category who fails to make a cutoff will fall back to the Adventure Run category. **Any failure to complete a stage either in Expedition or Adventure will result in a DNF. If you DNF on any stage you may continue to run subsequent stages but you will remain unranked.**

**If you are in the Expedition Category and reach the expedition cutoff in time but fail to complete the rest of the stage that will be considered a DNF and you will be unranked in either category.**

### **Cut-offs:**

#### **TIME CUT OFFS – (typically on 2 of the ultra stages)**

The following is **IMPORTANT** for both teams and individuals who start out in the Expedition Category: These cutoffs are based on keeping a CONSISTENT pace of no less than 3.75 mph over a variety of terrain.

If you fail to meet a time cut off, you can continue to race the following stages but you will be dropped back to the **Adventure Category** and your cumulative daily times are now counted toward your overall time in the **Adventure Category**.

**\*\*IN ADDITION YOU WILL ALSO BE GIVEN A 2-HOUR TIME PENALTY FOR FAILING TO MAKE A TIME CUT OFF.\*\***

**THIS PENALTY WILL MOST LIKELY MEAN NO PODIUM FINISH IN ADVENTURE BUT YOU WILL REMAIN RANKED AS LONG AS YOU COMPLETE THE SUBSEQUENT ADVENTURE STAGES.**

You may voluntarily choose to switch from Expedition to Adventure by stopping at a time cutoff or at **the end** of any stage but you will also be given a 2-hour time penalty. You must notify timing officials or race management of your decision to change category ASAP.

**IMPORTANT \*\* Being part of a team won't affect your individual ranking since individual times and rankings are calculated independently of team rankings.\*\***