

Legend of the Dogman - Gear List / Race Rules

Mandatory Gear, per person (18 HR and 8 HR):

- Hydration System
- Whistle
- Compass
- Maps (provided)
- Minimum 1 Sq Ft of Hunter Orange
- Race Bib on back (provided)

Mandatory Gear, per person (18 HR Only):

- Reflective Vest
- Headlamp/Flashlight with 12 hours of battery life, plus battery backup

Mandatory Gear, per team (18 HR and 8 HR):

- Properly signed waiver
- SI Card (e-punch stick, provided OR your own)
- Cell phone (for emergency calls or livelox tracking only)
- Emergency Blanket

Mandatory Gear, per team (18 HR Only):

- 12 gallon gear tote (or 45L duffel) with team number clearly labeled on it

Suggested Gear:

- Long sleeves, long pants, gaiters, trail running shoes
- Eye protection
- Backpack to carry everything
- Snacks, electrolytes
- Bug/tick repellent, sunscreen, etc.
- Map bag or contact paper
- Phone waterproofing
- Headlamp (8 HR recommended, mandatory for 18 HR)

Race Rules:

- Teammates must stay within 50 meters of each other at all times.
- GPS not allowed, except for route tracking.
- If someone is injured, you must stop and assist them.
- Racers are NOT permitted to cross private property.
- Racers must finish by 6pm, a late penalty of 20 points per minute will be charged.
- All racers must check in before leaving the race venue.