


# Lucky 13

## IRON PAWS STAGE RACE XII

### What's new for 2024?

- We will be racing for 7 weeks this year, so eat your Wheaties! 12/31/2023 - 02/18/2024
- Media points are back. Share your best photos or short video (no longer than 30 seconds) to the IP google drive (Link provided after sign up). Share up to 3 total and collect 2 points each.
- Fly your club flag! Rosters will include your local dog sledding club, if you have one, so you can keep track of your fellow club members and cheer them on, or meet up to run.
- Join a team. Everyone thinks their chosen dog breed is the best (and you're not wrong). Join with other racers who run your type of dog and complete fun challenges to win points for your team. The winning team gets bragging rights. See rules for team parameters.
- Do you know this guy?  That's Taneum, our speedy mascot. This year you can ride the Taneum train. Each where fun or exotic, real, or imagined. Share a picture of him on location with your team and earn 1 point. You can repeat this all 7 stages and complete your train.
- Join the Community points will be awarded for racing or volunteering at a race. It takes a lot of time and energy to travel to races, and training miles are way less during a race week, so don't be afraid to join in at your regional race without losing mileage points. Although we encourage you to run with a friend, this year, spending time with your friend will be its own reward.
- Be a trail blazer. Share a map of a trail from your run and collect 2 points. See rules for details
- Begin all Facebook Group posts you make for points with your bib number.
- All classes, with the exception of recreation, canihike, and pentathlon, will have weekly mileage caps. We put a lot of thought into this, and the reasons for the cap are complicated at best. The bottom line, we want to encourage you to participate in the online community (you'll have to if you want to stand on the podium), and we want all racers, canine and human, to finish the race healthy and strong. You can run the training program that is right for you and your team, but you can only count mileage up to the cap.
- Reminder, you will need to join the Facebook IP 2024 race page to play along. When you register, you will receive a link to click to join. You will need the invoice number from your paid registration in order to get in. You will also receive a link to enter your team info for the scoring database. Make sure to do both!

# The 13th Annual Iron Paws Stage Race Begins Sunday, December 31, 2023

## General Rules

- 1 Iron Paws is a mushing sport. All dogs must participate in a properly fitting pulling harness. Dogs must be attached to the musher or rig with a proper gangline. Dogs should be in front of the musher and pulling.
- 2 Each team consists of one individual musher plus dogs. Mushers are not interchangeable on a team, and family members must enter individually and be assigned unique bib numbers
- 3 Each musher may enter up to 2 classes plus unlimited ODR/Handicapp. Each musher receives one bib number even if two teams are entered.
- 3 All classes must submit at least *two* miles per stage to earn points for that stage and score the stage as complete, with the exception of ODR, which is one mile.
- 4 2024 is a 7 stage race. You must complete 6 stages to cross the finish line and receive this year's finisher's medal. Each team will have one bye week, or zero score. Your bye week will be your lowest scoring week (dropped to zero), a week you choose to skip (submit a zero score on the web form), or a week you forgot to enter your score. If you take a bye week and don't submit your zero score, your *Skip Penalty Box* credit will be used (see below). Please note that pentathlon contestants will score miles for all stages recorded (see class description).
- 5 Each stage runs Monday through Sunday with New Year's Eve as a bonus day. 3 points for running NYE and sharing a photo to the Facebook IP XIII race page.
- 6 Scores are to be submitted through our website entry form no later than Wednesday, noon PST.
- 7 Each team receives two *Skip Penalty Box* credits. If you forget to submit points by the Wednesday deadline or under report points, you have one opportunity to request a correction. If you over report there is no limit to corrections and your honesty is greatly appreciated. After your credits have been used, your stage score will stand as reported, zeroed out if not reported, and will not be adjusted. No exceptions.
- 8 Iron Paw Factory manages points only, not individual behavior. Play nice.
- 9 Run your teams at your own risk. Mush responsibly with the best interest of your dogs in mind. Consult your veterinarian before harnessing any dog under 18 months of age.
- 10 Helmets are recommended for all non-foot classes.
- 11 All posts for points made to the FB IP 2024 race page must begin with your bib number
- 12 Iron Paw Factory relies on the honor system. Play fair. Be honest
- 13 Teams can mix and match dogs. You can run any combination of dogs you like up to the maximum number allowable for your class. You may drop dogs mid run, but you may not add fresh dogs once you have started recording mileage.
- 14 Only one run per team, per day, can be counted for points, and up to 4 runs per stage.
- 15 Individual dogs may participate on more than one team, but each dog can only score one run per day for any team for a max of 4 runs per week.
- 16 Please follow all local rules for any trail your team uses.
- 17 Complaints about fellow competitors must be reported to the Race Marshal in a timely manner. When planning your winning strategy, and before submitting a complaint, please consider that the biggest tangible prize we offer is a finisher's medal. Focus on your own performance and trust others to do the same.

## Classes

### Recreation Class

This class is for non-competitive mushers who just want to have fun with their pup and share the experience with the rest of the IP community, or for those who want simplified score entry. You can use any mode of travel you desire. There will be no placements or scoring, but finishers still receive a finisher's medal. Weekly point submission will be a simple completed or did not complete submission. As in other classes, you can take one bye week.

- Complete at least 2 miles per stage
- Complete each stage Howladay (see Howladays)

### Pentathlon Classes

#### Pentathlon(Dryland)

For those of you that can't decide how to travel your dryland miles. You have 5 "events" in which to earn points.

- 1 ¼ of your total miles must be on foot (canicross, canihike or snowshoe)
- 2 ¼ of your total miles must be on bike
- 3 ¼ of your total miles must be on scooter or cart
- 4 The remaining ¼ of your miles are musher's choice, and can be any vehicle - dryland or snow
- 5 Howladays Challenges, special games, and bonus points

#### Pentathlon Class (Snow)

For those of you that can't decide how to travel your snow miles. You have 5 "events" in which to earn points.

- 1 ¼ of your total miles must be on foot (snowshoe, canicross, or canihike)
- 2 ¼ of your total miles must be on skis (*or fat bike, see note below*)
- 3 ¼ of your total miles must be on sled (*or fat bike, see note below*)
- 4 The remaining ¼ of your miles are musher's choice, and can be any vehicle - dryland or snow
- 5 Howladays Challenges, special games, and bonus points

\* You may substitute fat bike for either skis or sled, but not combine or substitute for both

### FOR BOTH PENTATHLON CLASSES

\*All mileage is scored at the rate of one point per mile

\*\*Percentages are calculated for the whole race, not week by week

\*\* You may take one bye week (zero miles) and still finish, but to simplify mileage planning, mileage from all 7 weeks will be scored so that you can more easily calculate your percentages. So if you have a week of only foot miles, you don't need to worry that those miles will be dropped as a bye week.

\*\*\*If you fail to balance your mileage, excess miles from other categories will be dropped so that your percentages qualify. For example, in the dryland pentathlon if you got 25 miles on foot, 40 miles on bike, 55 miles on scooter, and 5 miles on skis, you would earn 25 foot mile points, 25 bike mile points, 25 scooter mile points, and 25 musher's choice mile points. You would have needed another 5 foot miles to balance to 30 foot/30 bike/30 scooter/30 musher's choice(10bike+15scooter+5ski)

\*\*\*\*A math degree is not required for this class, but may be helpful. If you don't want to worry about percentages and aren't super competitive, you can just play as the spirit moves you, record your miles, and let the chips fall where they may. As long as you record at least 2 miles for 6/7 stages, you will be a pentathlon finisher.

### Canicross (for runners)

The Canicross class is for runners, and those who race in traditional canicross races. The majority of miles are to be completed running with your dog out front. The dog(s) are pulling out in front of the musher.

### Canihike (for walkers and hikers)

Our Canihike class is for walkers and hikers. Dogs are properly harnessed and attached to the musher's belt with a proper gangline. The dog(s) are pulling out in front of the musher.

### Bikejor (1-3 dogs)

### Scooter or Cart (1-4 dogs)

### Fatbikejor (1-2 dogs)

### Small Team Skijor (1-3 dogs)

### **Small Team Sled (1-4 dogs)**

### **Midsized Team Sled (5-6 dogs)**

### **Big Team Sled (7 or more dogs)**

### **ODR/Handicapped (1 dog)**

This class is for dogs who can't run on the team because they are too old, injured or handicapped - no dog left behind! **Mushers must have a team in a regular class in order to participate.** Dogs entered in ODR can not participate in any other class. There is no cost to participate - finishers earn a special e-certificate instead of a medal. Dogs must complete at least one mile per week, and may participate in any holiday or other special event that they find enjoyable. Late score submissions can be corrected at any time with no penalty because Old Dogs Rule! There are no points or placements, just happy dogs.

### **Awards**

- All finishers will receive a medal. You must complete 6 stages to be a finisher
- The top 3 finishers in each class will be recognized, except as noted in class descriptions
- Best Sportsmanship and Rookie of the Year will be recognized
- Dogs completing their third Iron Paws will receive an electronic Silver Bootie certificate.
- Dogs completing their fifth Iron Paws will receive an electronic Golden Harness certificate.
- The lowest scoring finisher will be recognized as the Red Lantern Winner.
- Junior Mushers (under 18) and Master Mushers (60+) will be recognized
- Dogs ages 8-9 competing in the Stage Race will be recognized as Trail Masters
- Dogs 10 and over competing in the Stage Race will be recognized as Trail Legends
- Finishers Medals will be mailed directly to U.S. competitors, and Canadian medals will be shipped to a single Canadian address and then redistributed to competitors via Canadian Post. As always, we are depending on the Canadian capacity for kindness and patience to help keep costs down. Titles and certificates will be emailed in digital format.

### **Points Explanations**

#### **Mileage points (excludes Recreation and ODR classes)**

#### **Pentathlon (summer and winter)**

1 point per mile all modes of travel - no mileage cap

#### **Canicross (for runners)**

1 point per mile traditional canicross - capped at 60 miles per week

#### **Canihike (for walkers and hikers)**

1 point per mile walking, hiking, or snowshoe - no mileage cap

#### **Bikejor (1-3 dogs)**

1 point per mile bikejor, ½ point per mile for any other mode of travel - capped at 40 miles per week

#### **Scooter or Cart (1-4 dogs)**

1 point per mile scooter or cart, ½ point per mile for any other mode of travel - capped at 40 miles per week

#### **Fatbikejor (1-2 dogs)**

1½ points per mile true fatbikejor (on snow, sand, or mud - any condition that requires lower psi), 1 point per mile regular condition trail, or ½ point per mile for any other mode of travel - capped at 40 miles per week

#### **Small Team Skijor (1-3 dogs)**

1 point per mile for ski, ½ point per mile for any other mode of travel - capped at 22 miles per week

#### **Small Team Sled (1-4 dogs)**

1 point per mile for sled, ½ point per mile for any other mode of travel - capped at 30 miles per week

### **Midsized Sled (5-6 dogs)**

1 point per mile for sled or rig, ½ point per mile for any other mode of travel - capped at 40 miles per week

### **Big Team Sled (7 or more dogs)**

1 point per mile for sled or rig, ½ point per mile for any other mode of travel - capped at 50 miles per week

\*For larger teams, mileage on an ATV is counted as "rig" and is an acceptable form of travel. Team safety is our #1 concern.

### **Howladays - 5 points**

Post Howladays to the IP 2024 Stage Race page, one post per team for 5 points each stage. You can interpret the howl-day as creatively as you like, and as suits your team as long as you stick to the theme, except where specific rules are mentioned. You must share a photo or video of your Howloday entry. Bonus points may be offered each week at the discretion of your race organizers. The organizers reserve the right to change any stage's Howladays on a whim if we are inspired by a fun idea. Musher's competing in live in person races may substitute sled dog races for their Howloday.

Stage 1 - January 1-7 - Opening Ceremony - Post a photo and introduce your team and the community you represent - where you live, your dog sled club, or whatever makes you and your team smile down the trail.

Stage 2 - January 8-14 - Be a Good Pirate - Bootie challenge. Arrrrr, how fast can you bootie your dog, matey? Time and prove it with a short video.

Stage 3 - January 15-21 - Best in Snow - Every dog is a show (pronounced snow) dog. Post a stack photo of your dog with his or her blue ribbon, because every dog wins! Don't know how to stack your dog, me either but get your strut on and give it a go.

Stage 4 - January 22-28 - Have a Howling Good time - K9 Karoke. Yep, sing along to your favorite song with your BFF. All Iron Pawsters are closet rock stars, don't prove us wrong.

Stage 5 - January 29-February 4 - Best Kept Team - We know you spoil your dog(s). Let's see those spa day photos.

Stage 6 - February 5-11 - Popcorn Challenge - how many can your dog catch, how many can you catch? Movie night with popcorn? However you choose to accept this challenge is up to you.

Stage 7 - February 12-18 - Closing Ceremony - if you made it this far, you are a winner! Post a photo of you with your team and tell us your 2024 IP highlights. Don't try and hide, get yourself in the picture with your team. You all deserve to stand on the podium!

### **Join the Community 7 points per day**

Volunteer or Compete at a sled dog club sponsored race to earn points each stage. Share the fun by posting a photo to the IP race page. In order to collect volunteer points, you must be an official race volunteer. Although helping a team to the start line is appreciated, it does not count for points. Max 14 point per stage

### **Media - 2 points each**

Help us collect images for the end of year video. Upload up to 3 photos or videos of 30 seconds or less to our google drive (link provided on the race FB page). Share your best stage race photos or short videos. You may share up to 3 total for 2 points each. You can do this in any stage or stages along the way, but you only get 6 points max. At least one photo must be of you with your team. No hiding or getting tricky, let us see your face.

### **Join the Taneum Train - 1 point per stage**

This year you can ride the Taneum train. Each stage, you can take a print out of Tag-Along-Taneum somewhere fun or exotic, real, or imagined. Share a picture of him on location with your team and earn 1 point. You can repeat this all 7 stages and complete your train.

### **Be a Trailblazer - 2 points per map**

Share GPS map of your run with a description that includes trailhead parking address or directions, trail mileage, trail description, and restrictions, if any. Must be in the form of a pdf uploaded to the files section of the FB IP race page. File name should be in the form of Trails-Season-Country-State-Name of Trail System-Trail Name for example, Trails-Winter-USA-WA-Crystal Springs - DP100. 2 points per map, one per week max.

### **Fun and Games - points as awarded**

Part of the fun of Iron Paws is the unexpected. We love bonus challenges and games. Pay attention to announcements to the Facebook 2023 race page for opportunities to earn more points.

## Join a Breed Team

Everyone thinks their chosen dog breed is the best, and you're not wrong. Join with other racers with dogs like yours and complete fun challenges to win points for your team. The winning team gets bragging rights. The teams are: Siberians, Northern Breeds (Other northern breeds and northern breed mixes), Modern Sled dogs (Alaskans, Eurohounds, and other purpose bred sled dogs), Sporting dogs (Retrievers, pointers, setters, and spaniels), Terriers, Lap dogs (dogs under 20 lbs), Border Collies (and BC mixes), Herding dogs (everyone who isn't a border collie), Mutts (and other dogs who are too cool to fit in any other listed group). Pick the group which best describes your dog or team. Points are scored by stage and averaged according to size of your team.

Stage 1 - Get out on at least 2 runs with your team. Pick one run on your favorite trail and time it

Stage 2 - It's pirate week, lets see photos of your pirate pups!

Stage 3 - Best in snow, share your pup's biggest accomplishment that you are most proud of

Stage 4 - Show us your dog's best trick or skill

Stage 5 - Most Active - report how many runs you completed this stage and share a photo

Stage 6 - Run the same trail as in Stage 1 and share your time and if you improved, either in time or performance.

Stage 7 - If you made it this far, breed teams with the highest percentage of finishers will earn points. So keep going!

## Social Media Guidelines (it's 2024 on the internet, so here we are)

Iron Paws has grown and hosts a diverse roster. We have competitors of all ages, wildly variable experience levels, and from all walks of life. Please keep the following in mind when interacting on our Facebook forum:

- Do not offer advice if none was requested. Nothing dampens the enthusiasm of someone growing in the sport more. Instead, celebrate and encourage success.
- Please do not assume facts not in evidence when viewing posts from other competitors. We want Iron Paws to be a fun and safe space for all. That photo of a puppy running in harness that maybe is too young was probably a fun photo op, not a 6 mile uphill run, or maybe the puppy is only learning gee haw commands, or... Point is, you don't know all the facts so don't assume you do. This is just one example.
- We trust our competitors to do what is safe and right for their team without judgment. Recreational mushing is not a one-size-fits-all sport. DO NOT CRITICIZE or pass judgment in the comments of someone's post. If you think you have all the facts and someone is truly doing something unsafe, please contact the race marshal.
- **Please use family friendly language.** Don't use any language that you wouldn't use when talking to a child or in front of grandma. We do have junior mushers, but the fact is that many adults do not enjoy colorful language either, so please don't use it here. If a moderator contacts you to edit a post, don't take it personally and make the change asap. If your post is removed, you may be contacted as to why. If you need to be warned repeatedly you will be removed from the Facebook group and unable to collect media points or get the latest information.
- Do not argue with other competitors on our forum. If you disagree, move along or hide them.
- If someone asks for advice and you have specific experience in that area, please reply thoughtfully. If you do not have specific experience, someone else here will and their advice will be more meaningful. Don't bother to speculate.
- Disrespectful behavior towards moderators or other competitors will not be tolerated and anyone doing so will be removed from the race and will forfeit entry fees.

### A Final Note on Sportsmanship

sports-man-ship /'spôrts-mən-Ship/

noun: sportsmanship

: fair and generous behavior or treatment of others, especially in a sports contest.

: conduct becoming to one participating in a sport such as fairness, respect for one's opponent, and graciousness in winning or losing

- Iron Paws relies on the honor system. Play fair. Be honest.
- The biggest tangible award we offer is the finisher's medal. Compete accordingly. The organizers can and will eject any participant not conducting themselves in a manner meeting the above definition of sportsmanship.
- The organizers are responsible for managing points only. Due to the remote nature of the participants, we are unable to control clashes in personalities or other interpersonal issues that ruin the fun for everyone involved. Please choose to play the game in a manner that is fun for you and your dog and others to do the same.



Be a Good Pirate



Hi, I'm Taneum and I'd like to join your team!