



# HHC Race FAQs

(Frequently asked questions)

The information provided below applies to the Knobstone Trail Run and the Run with the Foxes.

**1. I have pre-registered but cannot participate in the race. Can I transfer my registration to someone else?**

Yes, you can transfer your registration to another person as long as (1) the on-line registration has not closed; (2) the amount paid is the correct amount for the transferee; and (3) no amount is owed to HHC, you, or the transferee because of the change. As an example, you cannot exchange a youth registration for an adult. Please note also that if a shirt was ordered, the size cannot be changed before the race. You may check after the race to see if it is possible to change the size.

***How to transfer:*** You will need to email [HHCraces@gmail.com](mailto:HHCraces@gmail.com) for approval of the transfer and provide the following information of the person who will take your place:

- First and last name
- Address (street, city, state, zip code)
- Phone number
- Email address
- Birthdate
- Gender
- Emergency contact name
- Emergency contact phone number
- Course distance

HHC will then send an email confirming the successful transfer. If you do not receive that confirmation email, then the transfer was not made.

Note that we unfortunately are not able to make any transfers once the on-line registration is closed.

**2. I have pre-registered but cannot participate in the race. Can someone else pick up my shirt on the race day?**

Yes, you can have someone else pick up the shirt size you have ordered, but they must pick it up at the registration line on the day of the race before the pre-race check-in closes. The person picking up your shirt will need to provide a printed email or signed letter with your approval.

**3. Can I get a refund of the entry fee and/or the race shirt?**

We are very sorry but the HHC provides no refunds for any reason, including cancellation on your part, or necessary cancellation of the race due to a force majeure. Because of the time it consumes of our all-volunteer staff, and to ensure fairness to all, we had to implement a policy of not providing any refunds for either the entry fee or shirts. Please carefully consider this policy before deciding to provide payment for either of these.



To provide some flexibility, if the race has not been cancelled, we may be able to transfer your registration to another person if the on-line registration is not yet closed and the payment amount is consistent between you and the transferee (see 1. above). We also offer options on the race shirt if you ordered one (see 2. above).

**4. Can I change my course?**

Yes, no problem! Just email [HHCraces@gmail.com](mailto:HHCraces@gmail.com) with your current and desired courses, and we will update the records. We ask that you make this request before the on-line registration closes.

It's possible to change courses on race day by notifying us in the race check-in line, but this is highly discouraged because it adds extra work to the volunteers and slows down the check-in process.

We discourage changing courses after the race starts. However, if you must change your course during the run, please notify the timers at the finish line so that your time will be reported correctly.

**5. Can I change the size of the shirt I have ordered?**

Yes, if you notify us of your request at least 3 weeks before the race date.

**6. I do not have a PayPal account and do not want one. How can I pay my registration fees?**

HHC uses PayPal to process race payments, but it is not necessary to have a PayPal account! Use the debit/credit card option on PayPal if you don't have an account. If you are using a mobile device, you may have to search around a bit on the PayPal screen to locate the option to pay by credit or debit card.

**7. Can I run/walk with my dog?**

For safety and insurance reasons, dogs **will not be allowed** on the courses during the HHC races.

**8. Can I wear ear buds and listen to radio/music while I run?**

HHC strongly discourages ear buds because of safety issues, and also out of courtesy to the other participants who made need to notify you verbally of their desire to pass.

The use of ear buds is prohibited within 100 feet of all road crossings or during sections of courses which are on a road. The race is through thick, mature woods, which can potentially make it difficult for cars to see a runner emerging from the forest. It also makes it difficult for the runner to see traffic on the roads. While all runners must stop and look both ways at every road intersection, being able to hear increases the chances of safe road crossings.

**9. Can I push my child in a stroller in the race?**

While we do very much welcome family participation, our courses unfortunately are not designed for strollers. Most of the courses are single-track, unpaved, dirt trail that can be very narrow in places. The courses cross creeks that may have high steep banks, and there can be fallen trees, rocks, roots and other obstacles across the trail that would



cause a stroller to lean sharply to one side and possibly tip over.

#### 10. Can I carry my child in a backpack?

It is possible. There are some important requirements which must be met in order for you to carry your child in a backpack on our courses:

- Start the race at the end, behind all other participants.
- *Bearing weight on the large ascents and descents of our courses is very difficult, strenuous, and hard on muscles and joints.* Only very well trained and experienced athletes who are accustomed to bearing large loads in hilly terrain for long periods should attempt carrying a child in a backpack.

Be sure you have trained on hilly terrain using the amount of weight you will be carrying on the day of race. If you have only trained on flat terrain, you should not attempt this. Our courses have several large, steep ascents and descents, and almost constantly go uphill and downhill. It is common for those inexperienced in bearing weight on hilly terrain to underestimate the strength needed for this activity.

- In addition to training on terrain with large ascents and descents, be sure to train the same distance and pace that you plan to do on the day of race.

#### 11. How hilly is the course?

It's very hilly by Indiana standards. On courses 10 miles or more you should expect 3 to 4 large ascents and descents that are 200 to 300 feet. You should expect 1 to 3 of these large hills on shorter courses. While these inclines are graded to prevent erosion, by many runners' opinion they are still considered steep. In addition to these large climbs and descents, all courses have nearly constant up and downs, from hills which vary from 20 to 200 feet. Many consider all courses to be very difficult because of the large and constant ascents and descents.

#### 12. Do you give out race medals or awards?

We're sorry but, no, the HHC does not offer awards or medals for our two annual races.

#### 13. Is the course length validated?

No, the distances are approximate.

#### 14. Is there a minimum age to run or walk the courses?

HHC's races are casual and family-friendly! HHC does not directly set a minimum age for any of the courses, but relies on the parent or guardian to ensure that children are well-prepared, conditioned, and are supervised and safe throughout the selected course. A parent or guardian must run with anyone under age 18.

#### 15. What kind of shoes should I wear for the race?

It is important to train not only on a natural surface terrain (a dirt trail), but also one with many steep hills, curves, roots, and obstacles. The shoes are only one aspect of the training, and that is a preference or need that is highly dependent on the individual. Some runners/walkers wear street shoes, some trail shoes, some wear sandals, and some are



barefoot. The only way to know your particular need is to train on similar surfaces. But keep in mind that there are many other training aspects to consider than the shoes. For example, it takes different muscles and mental focus to be able to safely run the frequent curves, inclines, and declines, all with normal trail obstacles like downed trees, branches, rocks, roots, streams, etc.

**16. Does HHC accept any walk-up registrations on the day of the race?**

Unfortunately, HHC does not accept walk-up registrations on the day of the race. Due to race logistics (limited parking, narrow course trails), there is a practical limit to the number of participants for each race. This number is usually reached before the race date. If you have not successfully registered and paid on-line, please do not make a long drive to our courses with the expectation that you will be able to participate. Exceptions to this policy will be posted on the race website in the event that the participant limit has not been reached at the close of on-line registration.

**17. USA Track & Field wavier**

A USATF wavier must be signed the day of race before a race bib will be issued. If the participant is under the age of 18, a parent or guardian must co-sign the waiver.

**18. Half-marathon cutoff time**

Participants in the half-marathon will be re-routed to the 10-mile course if they do not make it to Aid Station #4 by 11:30 a.m. (approximately 10 miles into the course).

