

2023 - 24 Hour Cowboy Tough (ROT) Rules of Travel

Terrain Breakdown: 50% Pavement or Fire Roads, 50% MTB Trails. Off trail navigation permitted.

Restrictions: Must obey all traffic rules while riding on state or county roads. "Leave No Trace Behind" rules are in place.

Communications: Cell phones are mandatory gear.






Logistics: You must complete all of Leg 1 before you transition to Leg 2.






Missing Checkpoint: If you feel a checkpoint is missing don't spend more than 20 minutes looking for it. **Take a picture and move on!!**






Dropping out of the Race: You must check in with the race director if you drop out of the race!! **If not, search and rescue will be called.**






If you are injured: Life threatening? Call 911, then race director for location logistics. Minor injury or lost, call the race director.







Mike Spiller @ 202-438-9084 or Christi Manning @ 540-325-5807

LEG 1		Distance 8+ Miles		Curt Gowdy State Park - Crystal Lake Reservoir	
 	<u>Emergency</u> 911	Map # 1 	TA1 - Bike Drop for Canoe Section (Everyone must drop their bike for the trek) CBT-D Middle Kingdom Trail (MTB) CBT-C Middle Kingdom\Canyons Trail Intersection (MTB) CBT-B Crystal Ridge Trail (MTB) CBT-A Canyons Trail (MTB) CBT-AA Canoe CBT-BB Canoe CBT-CC Canoe CBT-101 High Point (Trek - May not be acquired via canoe) Solist have the option to trek to Checkpoints or join another soloist.		
	Race Director 202-438-9084	CP#'s 8			
Additional Information					
TA 1	Filter All Water				
<p><u>After clearing all points move to leg 2 of the race via bike</u></p>					

LEG 2		Distance 35+ Miles		Medicine Bow National Forest	
 	<u>Emergency</u> 911	Map # 2 	CBT-111 Vedauwoo Glen Rd\Trail Intersection CBT-112 Headquarters Rd\Trail Intersection CBT-113 Hill Top CBT-115 Upper Loop\Summit Trail Intersection CBT-116 Pole Creek Rd\Old Happy Jack Intersection CBT-117 Near Forest Rd 712 - MTB Trail Stream Crossing CBT-118 MTB Trail Stream Crossing CBT-119 Campsite CBT-120 Stream Intersection		
	Race Director 202-438-9084	CP#'s 9			
Additional Information					
Filter All Water			Limited cell phone service		
<p><u>All CP's in the area can be acquired via bike or trekking. After clearing all points move to leg 3 of the race back to Curt Gowdy State Park S/F Area for TA to Trekking section. Check in at Race HQ before heading out on the trekking section.</u></p>					

LEG 3		Distance 7+ Miles		Curt Gowdy State Park
	<u>Emergency</u> 911	Map# 1 	CBT-107 Off Kate's Trail High Point CBT-106 Off Lariat Trail High Point CBT-105 Off El Alto Trail Overlook CBT-104 Off Crow Creek Trail Hidden Falls CBT-103 Off Siabz! Trail High Point CBT-102 Bottom of the dam Return to S/F TA area to get your bikes and a new Passport	
	Race Director 202-438-9084	CP#s 6		
Additional Information				
TA				Limited cell phone service
Restrictions: No travel in the Archery Field Course is permitted, Acquire a new passport for Leg (4 & 5)				

LEG 4		Distance 10+ Miles		Curt Gowdy State Park
	<u>Emergency</u> 911	Map# 1 	CBT-E Shoreline Trail CBT-F Ferguson Trail CBT-N Amphitheater near Hynds Lodge Rd CBT-M Stone Temple Circuit Trail CBT-L Lariat Trail CBT-K Lariat Trail Horse Corral CBT-J Abert's Alley Trail CBT-G Crow Creek Trail CBT-H Skin & Bones Trail CBT-I Crow Creek Trail	
	Race Director 202-438-9084	CP#s 10		
Additional Information				
TA				Limited cell phone service
Restrictions: No travel in the Archery Field Course is permitted. Return to S/F TA for bike drop and final Canoe section.				

LEG 5		Distance 3+ Miles		Curt Gowdy State Park
	<u>Emergency</u> 911	Map# 1 	CBT-DD Canoe CBT-EE Canoe CBT-FF Canoe	
	Race Director 202-438-9084	CP#s 3		
Additional Information				
TA				
Restrictions: PFD's must be worn at all times on the water. Return to the finish line!!				

Adventure Race Rules

1. All racers are expected to be examples of good sportsmanship. Racers must treat fellow racers & race staff with courtesy and respect.
2. Teams must assist fellow teams in need of medical attention.
3. Teams must always remain within ten meters while on foot and thirty meters while on bike of all teammates and within visual contact at all times (unless otherwise specified).
4. Maps, Passports, Rules and Instructions must be carried the entire race.
5. Race numbers must be worn on the outside of clothing at all times. Race numbers do not have to be worn over PFDs.
6. Teams must manually punch passports in the correct space at each CP.
7. Teams that miss a CP will be ranked after teams that obtain all CPs provided that all CPs are in the correct spot. Teams will not be penalized for missing a CP if the missed CP is over 30 meters from the correct location of the CP. Correct location is where UTM's given to racers plot the CP or where CP is premarked on racers maps.
8. Final rankings will be as follows:
 - A. Teams will be ranked by number of CPs acquired.
 - B. Teams will be ranked by fastest time.
 - C. NO LITTERING! Leave no trace!

