




2022 - 12 Hour Frozen Foot Challenge (ROT) Rules of Travel





Terrain Breakdown: 100 % Pavement or Fire Roads. 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. "Life 360" App for tracking

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






LEG 01		Distance 20 Miles	Biking	
	Emergency 911	Map # 1 	A - Intersection B - Park C - Boat Launch (Racers get to pick any route to get to CPA.)	
	Race Director 202-438-9084	CP#'s 3		
Additional Information				
Filter All Water	Limited cell phone service			
<p style="text-align: center;">Team members must stay within 100 feet of each other during all legs of the race!!!</p> <p style="text-align: center;">(Always use bike locks to secure bikes when dropping your bike in an unmanned area)</p> <p style="text-align: center;">ROT Legs must be completed in order. Checkpoints within each Leg can be acquired in any order.</p> <p style="text-align: center;">If you drop out of the race for any reason you must contact race officials, you must also check in at the finish line.</p>				

LEG 02		Distance 16 Miles	Paddling	
	Emergency 911	Map # 1 	D - River left boat launch E - River left boat launch F - River left boat launch exit to transition to bikes (All racers must transition to canoes. Racers must help load their bikes into the transport vehicle. Racer must keep their bike helmets and shoes with them during the canoe paddle. The only equipment transported in the trucks will be the bikes.)	
	Race Director (540) 325-5807	CP#'s 3		
Additional Information				
Filter All Water			Limited cell phone service	
Transition back to bikes				

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.
Race numbers must be worn on the outside of clothing at all times. Race numbers do not have to be worn over PFDs.
Teams must manually punch passports in the correct space at each CP.

LEG 03		Distance 16 Miles	Biking	
	<u>Emergency</u> 911	Map # 1 	G - Fire Road H - Mountain top I - Fire Tower TA (Start/Finish Line) You must check in after you bike and check out before your trek!!	
	Race Director 202-438-9084	CP#'s 3		
Additional Information				
Filter All Water		Limited cell phone service		

Bike to TA1 (Start\Finish Line)

LEG 04		Distance 5 Miles	Trek			
	<u>Emergency</u> 911	Map#2 	J - River Bank E 7 17 466 \ N 43 05 510			
	Race Director (540) 325-5807	CP#'s 12			Q - River Bank E 7 17 535 \ N 43 05 005	
Additional Information						
TA	Filter All Water				K - High Point E 7 17 982 \ N 43 04 860	R - Trail E 7 18 402 \ N 43 04 710
					L - Reentrant E 7 19 348 \ N 43 03 609	S - Wetlands E 7 18 902 \ N 43 04 537
					M - RiverSide E 7 18 492 \ N 43 04 108	T - VA LOVE Sign E 7 17 495 \ N 43 05 304
					N - Feeder stream E 7 18 220 \ N 43 03 711	V - Water Crossing E 7 17 245 \ N 43 05 447
					O - Reentrant E 7 18 827 \ N 43 03 384	<u>(Must access via Water)</u>
					P - Reentrant N38° 50.984' W78° 28.845' E 7 18 622 \ N 43 03 117	Finish Line N38° 52.178' W78° 29.524' E 7 17579 \ N 43 05299
					Crossing the finish line and turning in your passport. You must cross the finish line before 9:00 PM or you will lose 1 point for every 5 minutes you are late!!	

