

2023 - Seven Bends 8 Hour Adventure Race (ROT) Rules of Travel

Terrain Breakdown: 15% Pavement or Fire Roads, 85% 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.

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 lot, call the race director first.

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

LEG 01		Distance 10 Miles		Biking
	Emergency 911	Map # 1 	11 - Woodstock Tower - (No Punch - Group photo shot from the fire tower)	
	Race Director 540-325-5807	CP#s 1	 REV3ENDURANCE	
Additional Information				
			Limited cell service Filter all water.	
Check in at Race HQ for passport review and transition to trek. Photo text to 540-325-5807				

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. Correct location is where UTM's given to racers plot the CP or where CP is premarked on racers maps.
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 behind!!



LEG 02		Distance 20+ Miles	Seven Bends State Park		
	Emergency 911	Map # 1 	M - Island N - In water below bridge (Must access via water level) O - Trail - Gokotta P - Hillside Q - Pond R - Reentrant S - Reentrant U - Riverside V - Reentrant V - Reentrant W - Swinging Bridge X - River Bank 101 - River Bank 102 - Trail - Eagles Edge 103 - Trail - Gokotta 104 - Boat Launch 105 - Trail Bass Bright 106 - Trail Pawpaw Hollow 107 - Trail Reservoir 108 - Old Woodstock Reservoir 109 - Trial Reservoir 110 - Trail Talus CP 12 - Challenge (Mental/Physical) TA Area. Can be completed any time during the race - Finish before 5:30PM on Saturday May 13th, 2023		
	Race Director 202-438-9084	CP#'s 23			
Additional Information					
				Limited cell service Filter all water.	
<p>Racers can access all the checkpoints in this section in any order either by trek, paddle or bike. GearBox and car access any time during the race Team members must stay within 100 feet of each other during all legs of the race!!! (Always use bike locks to secure bikes when dropping your bike in an unmanned area) ROT Legs must be completed in order. Checkpoints within each leg can be acquired in any order. If you drop out of the race for any reason contact race officials. You must check in at the finish line. Red areas on the map are out of bounds and teams can be disqualified if they are caught in these areas.</p>					



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