





2023 - 12/8 Hour Shenandoah River (ROT) Rules of Travel






Terrain Breakdown: 20% Pavement or Fire Roads, 80% MTB Trails. Off trail navigation permitted.

Communications: Cell phones are mandatory gear. **W or Restroom** is a symbol for potable water on your maps.

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, Christi Manning @ 540-325-5807 or Nick Hurff 856-430-9538

LEG 01		Distance 14 Miles	Shenandoah River		
	Emergency 911	Map # 1 	AA - River Right - Massanutten Canoe Campground near mile 23 BB - River Right Boat Launch A - Island CC - River Right DD - River Left Pull Out EE - River Right Checkpoint EE can be acquired via boat, foot or bike at any time during the race.		
	Race Director 202-438-9084	CP#s 6			
Additional Information			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. "Leave No Trace Behind" rules are in place.		
	Filter All Water				

LEG 02		Distance 12+ Miles	Trekking		
	Emergency 911	Map # 2 	B - Reentrant C - Reentrant D - Hillside E - Reentrant F - Reentrant Fork G - Reentrant H - Hillside I - Dry Stream Bed J - Top of Reentrant K - Saddle L - Side of Cliff M - Hill Top N - Reentrant O - Top of Reentrant P - Hillside Q - Island (Park Canoe Pull Out) R - Hilltop S - Hilltop T - Hilltop U - River Trail Cross Trough V - Under Bridge W - Reentrant X - Mental Challenge (Located at Race HQ) Anytime during the trekking leg		
	Race Director 202-438-9084	CP#s 23			
Additional Information			Limited cell service Filter all water.		
					

Team members must stay within 100 feet of each other during all legs of the race!!! 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.

Turn in your passport and receive a different passport for the final leg of the biking race

LEG 03		Distance 20+ Miles	Biking				
	Emergency 911	Map # 2 	1 - River Trail 2 - River Trail 3 - Cottonwood Trail 4 - Cottonwood Trail 5 - Point Trail 6 - Big Oak Trail 7 - Big Oak Trail 8 - Bear Bottom Loop Trail 9 - Cullers Trail 10 - Daughters Of Stars Drive 11 - Big Oak Trail 12 - Allens Mountain Trail 13 - Allens Mountain Trail 14 - Overlook Trail - Observation Deck Selfie, show at the Finish Line 15 - River Trail 16 - Bear Bottom Loop 17 - Bear Bottom Loop 18 - Cullers Trail				
	Race Director 540-325-5807	CP#'s 18					
Additional Information							
							Limited cell service Filter all water.
<p>Check in at Race HQ to Finish The Race!!</p> <p>Dropping out of the Race: You must check in with the race director if you drop out of the race!!</p>							

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!!**