



2023 - 4 HOUR FROZEN FOOT CHALLENGE (ROT) RULES OF TRAVEL



- We are excited to have you race in the REV3 Endurance Frozen Foot Challenge for 2023. Sky Meadows State Park is hosting the first adventure race for the 2023 Virginia State Parks adventure series. Thanks to all our Sponsors and Volunteers.
- Packet Inventory: This Rules of Travel, one passport, Sky Meadows State Park map, and **Maps 1 and 2 the Overview**
- The course consists of 3 sections: Sky Meadows State Park proper, the Lost Mountain section of Sky Meadows, and paved and gravel roads of Fauquier County. The goal of the race is to have fun while safely navigating to punch as many CPs as possible within your allotted time. Late finishers will be deducted 1 CP for each minute block of lateness. This course is designed to be cleared by experienced adventure racers well within the allotted time. Strategy and time management are key.
- Racers must check in at the TA/Start Finish (CP A) between each leg. CPs within each leg can be punched in any order.**
- Leg 1 must be accomplished first. Racers can then accomplish leg 2 or leg 3 second or third, but once one leg is complete, racers must check in at the CP A and may not go back to the previously completed leg.**
- Terrain Breakdown: 100 % Pavement, Gravel, Fire Roads, or Trails.
- Off trail navigation is NOT permitted. Navigation on the AT is not permitted.
- Racers must abide by Sky Meadows trail Rules – i.e., bike and non-bike trails. Rules are on the SMSP provided map.
- All biking CPs are found on VDOT right of ways or federal property, with the only exception being CP 1 at the winery. Do not trespass on private property.
- Travel on US 17 should be minimized – it is a highly trafficked US highway.
- Racers must obey all traffic rules while riding on state or county roads. Ride Friendly.
- “Leave No Trace” rules are in place.
- Mandatory Gear: Cell phone, and while biking: helmet, front, and rear bike lights in operation
- All racers are expected to be examples of good sportsmanship.
- Cell Phone and GPS navigation are highly discouraged.
- Racers must treat fellow racers & race staff with courtesy and respect.
- Teams must assist fellow teams in need of medical attention.
- Race numbers must be worn on the outside of clothing at all times.
- CPs are 1.5’ white PVC pipe with reflective tape, ID number, and stamp or traditional orienteering triangle with stamp.
- Teams must manually punch passports in the correct space at each CP.
- Always use bike locks to secure bikes when dropping your bike in an unmanned area.
- Team members must stay within 100 feet of each other during all legs of the race!!!**
- If you drop out of the race for any reason you must contact race officials and also check in at the finish line/TA.**

Leg 1 (CPs B-P): Sky Meadows State Park. There are **15 CPs** on leg 1.

CP Name	zone easting northing
A Start Finish	18 S 244398.16 4320200.51
B Parking	18 S 243085.98 4320038.57
C Upper Piedmont Overlook	18 S 242538.74 4320643.09
D South Ridge Overlook	18 S 242792.05 4320366.11
L Trail Int	18 S 242238.17 4319304.22
E Snowden Ruins	18 S 242478.48 4319425.62
F Woodpecker Viewing Area	18 S 243532.99 4319806.38
G Trail Bend	18 S 241558.51 4320185.45
H Trail Int	18 S 241479.60 4320529.18
I Trail Bend	18 S 242054.46 4320421.45
J Trail Bend	18 S 242449.08 4320078.51
K Bridge	18 S 243320.39 4319353.35
L Trail Bend	18 S 242630.38 4319071.39
M Trail Int	18 S 243809.33 4319667.47
N Fence line	18 S 243492.43 4320348.94
P Trail End	18 S 242180.78 4319113.86



Leg 2 (CPs 1-20): Gravel Riding through paved and gravel roads of Fauquier County. CPs are on or very near roads, bridges, and post offices. There are **9 CPs** on leg 2.

CP Name	zone easting northing
1 Winery Tent	18 S 246462.20 4311570.26
5 Bridge	18 S 248305.86 4315397.26
12 USPS	18 S 246776.47 4311422.05
13 Road Bend	18 S 247763.92 4312483.05
14 Bridge	18 S 248975.54 4314519.42
15 Intersection	18 S 248606.91 4316195.12
16 bridge	18 S 246202.91 4318125.60
18 Intersection	18 S 247580.07 4314659.90
20 Intersection Winery	18 S 247174.36 4313641.93



Leg 3 (CPs AA-JJ): Lost Mountain section of Sky Meadows. *With the exception of CPs DD, II, and JJ, all CPs are bikeable. Biking might not be the most efficient method of travel. There are **10 CPs** on leg 3.

CP Name	zone easting northing
AA Bridle Overlook	18 S 245941.42 4319881.46
BB Old Dumfries Mill	18 S 244708.63 4319765.66
CC Duck Ponds	18 S 245686.72 4319664.44
DD Spur *	18 S 246137.43 4320464.39
EE Creek Trail	18 S 244963.06 4319571.15
FF Trail Bend	18 S 245367.25 4319278.07
GG Creek Crossing	18 S 245716.31 4319264.58
HH Creek Crossing	18 S 245368.80 4320372.53
II Trail Bend *	18 S 246160.88 4319846.94
JJ Trail Bend *	18 S 246474.70 4319385.71



Emergency – Dial 911

Race Directors:

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