

2022 - 6 Hour Frozen Foot Challenge (ROT) Rules of Travel

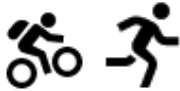


All CP's except **CP7 & CP10** must be acquired by foot. You must check in at CP9 for a bike drop to acquire all Trekking CP's. CP's 7 & 9 must be acquired after your Trekking CP's. (**Trekking CP's are Green and Black** and **Biking CP's are Red**)





Terrain Breakdown: 100 % Pavement or Fire Roads. Off trail navigation permitted.

Restrictions: Must obey all traffic laws 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 10 Miles	Biking\Trekking		
	<u>Emergency</u> 911	Map # 2 	<p>CP 1 - 123 E Court St (Woodstock Brewhouse) Beer or Root Beer Pong CP 2 - 109 West Court St @ Courthouse Lawn (Sack Race) CP 3 - 123 S Main St (7 East Gallery) Etch a Sketch CP 4 - 336 S Main St. Woodstock (Johnston and Rhodes) Coin Toss CP 5 - 137A W Court St (Edward Jones) Math Challenge CP 6 - 629 S Main St Woodstock (Smokin' Jarhead BBQ) Wood Stacking CP 7 - 716 W North St Woodstock (Fairview Park/Dog Park) Toilet Seat Toss CP 8 - 772 S Main St (Mary's Botanitas @ Woodstar Events) Tortilla Toss CP 9 - 540 Park Ave (WO Riley Park) AA. One team member climbs to top of geodome (Take a Pic) BB. Locate the arboretum Frog statue (Hint: Boardwalk to access) CC. Tennis ball toss on concert lawn DD. Tire Challenge on soccer field CP 10 - 300 Fairground Rd (Shenandoah County Fairgrounds) Horse trough challenge</p>		
	Race Director (540) 325-5807	CP#'s 14			
Additional Information					
Filter All Water	Limited cell phone service				
<p>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 you must contact race officials, you must also check in at the finish line.</p>					

LEG 02		Distance 1.5 Miles	Biking\Padding		
	<u>Emergency</u> 911	Map # 3 	<p>U - Swinging bridge X - River boat launch Y - Kayak Challenge Z - Kayak Challenge</p> <p>(Transition to kayaks for water challenge.)</p> <p>Transition back to bikes and return to Starting Line\TA for a bike drop to begin the final trekking leg of the race.</p> <p>Logistics: You must complete all of Leg 2 before you transition to Leg 3. Blue CP's are acquired via kayak</p>		
	Race Director (540) 325-5807	CP#'s 4			
Additional Information					
Filter All Water	 	Limited cell phone service			

LEG 03**Distance
5 Miles****Trek**

	Emergency 911		Map # 3 		J - River Bank	Q - River Bank
	Race Director (540) 325-5807		CP#'s 12		K - High Point	R - Trail
Additional Information					L - Reentrant	S - Wetland Stream
					M - RiverSide	T - VA LOVE Sign
					N - Feeder stream	V - Water Crossing (U will get Wet)
					O - Reentrant	<u>CP-V cannot be acquired via bridge</u>
					P - Reentrant	Finish Line
					Logistics: You must complete all of Leg 1 & 2 before you transition to Leg 3 . Crossing the finish line and turning in your passport. You must cross the finish line before 3:00 PM or you will lose 1 point for every 5 minutes you are late!!	

Filter
All
Water

Adventure Racing 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!