



Adventure Race Rules

1. All racers are expected to be examples of good sportsmanship. Racers must treat fellow racers & race staff with courtesy and respect.
PENALTY: Strict penalties will be assessed for unsportsmanlike behavior based on the infraction.
2. Teams must assist fellow teams in need of medical attention.
PENALTY: Strict penalties will be assessed for non-assistance based on the infraction.
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).
PENALTY: First offense -- four hours. Second offense -- DQ.
4. All team members must check in together at each checkpoint and TA. If one member must leave the course, they must do so at a manned CP or TA and notify race management. If a team leaves a teammate out on the course that team will be immediately disqualified and not allowed to continue unofficially. Incomplete teams may continue unranked. A single person must join with another team who commits to staying with that new racer.
Incomplete or single racers must carry the mandatory team gear.
5. Maps, Passports, Rules and Instructions must be carried the entire race.
PENALTY: For lost map, rules or course instructions -- none. Lost passport – only credit for CP's which are punched on passport.
6. Race numbers must be worn on the outside of clothing at all times. Race numbers do not have to be worn over PFD's.
7. Teams must manually punch passport in correct space at each CP.
PENALTY: If a team punches in the incorrect space (punches CP 6 in the CP 7 box) that team should punch CP 7 in the CP 6 box. The team should self-report at the finish line and they will receive a 20 minute penalty for each occurrence (CP 6 & CP 7 are one occurrence).
If a team fails to punch the passport, team will not receive credit for that CP or OP.
8. 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.
9. Final rankings will be as follows:
 - A. Teams will be ranked by number of CPs acquired.
 - B. Teams will be ranked by fastest time.
10. Race officials reserve the right to alter time cut-offs or the course itself to accommodate changing conditions and to ensure that teams finish on time. If your team is re-routed or there are other course changes, teams must sign the check-in sheet to acknowledge they understand the course change.
11. Mandatory gear must be carried at all times and will be checked on the course. PENALTY: Two hours for each piece of missing gear.
12. No GPS of any kind including GPS pace counters are allowed.
PENALTY: DQ
13. Race officials will provide watercraft, PFD's & Paddles. No personal watercraft will be allowed.
PFD's must be worn at all times while paddling. PENALTY:
For not wearing PFD -- DQ.
14. No modifications may be made to the boats during the event. This includes but is not limited to skegs, wooden bottoms, sails, or kites attached to the boats. PENALTY: For modifications -
- DQ.
15. CPSC certified bicycle helmets are required at all times during the bicycle and when specifically directed by race officials.
PENALTY: For not wearing helmet -- DQ.

16. Racers must follow Rules of Travel as outlined in Course Instructions. Where no specific path is designated, teams select their path between CPs. When instructions designate a specific route, teams must follow that path.
PENALTY: For travel on forbidden roads or violating Rules of Travel: First offense -- four hours. Second offense -- DQ. (UNLESS SPECIFIED OTHERWISE).
17. Rear bike lights must be on at all times after dark. Glow sticks may be used to replace a malfunctioning rear light. Front lights must be on when entering and departing TAs. Front lights must be mounted on the bike. Helmet lights are permitted but if a racer is using a helmet light, they must also have a front light mounted to the bike. You will not be allowed to leave a staffed CP/TA if your bike lights are not functioning properly. PENALTY: No rear light -- one hour per infraction.
18. Teams may receive assistance from any registered team in the national championship. Teams may receive assistance from any unplanned source that would be available to any other team in the competition (for example stores, bike shops, faucets on the side of a building). Teams may receive assistance from the general public, defined as unplanned assistance from people who have no connection or affiliation with the race or a competitor in the race (for example assistance in the form of mechanical help, food, water, bike parts, directions would all be acceptable). Teams MAY NOT receive assistance from spectators or friends who are viewing the event, event staff or from support persons on the course who have planned to assist teams.
PENALTY: DQ.
19. NO LITTERING! Leave no trace! PENALTY: four hours per infraction.
20. Use of cellular phone is for contacting race directors to report a problem or injury or for emergencies only. No other use is allowed.
PENALTY: DQ.
21. Any device (Example: phone, computer, watch, pace counter, GPS, etc) that communicates with a satellite are not allowed for use by a team during the race. These devices may be carried during the event if the team registers them with the race management and race management places the device in a sealed, non-viewable bag during the event. If the device does not have a viewable screen or method of providing data, it should still be registered with race management, however the device would not require bagging. PENALTY: DQ.
22. Any time penalties will be added to the team's finishing time, except for the top ten placing teams, which will be served on the course, if possible.
23. All Bonus Prizes are awarded at the post-race ceremony. Only teams that officially finish the race (either full or alternate course) are eligible to win bonus prizes.
24. Race officials reserve the right to remove a team from the course for health, safety or other reasons, at the discretion of race officials and medical personnel.
25. Any team withdrawing from the race must notify a "live" person by checking in with a CP or TA volunteer or by calling the race director. Failing to notify race officials will result in that team being responsible for all search and rescue expenses.
26. All teams must be checked in at the finish line within thirty hours. Race clock is stopped when teams place passport on check in table. Teams will lose one CP for each full minute after thirty hours. Teams may take any route to the finish line as long as their route does not travel on forbidden roads or through forbidden areas.
Example:
Team USA gets to the finish line at 30:00:59 - no loss of CP's
Team ABC gets to the finish line at 30:02:48 - loss of two CP's
* If a team arrives at the finish line before the thirty hour cutoff and receives a time penalty which puts their team over thirty hours, in addition to the time penalty the team will lose one CP. Example: Team USA arrives at the finish line with twenty CPs at 29:50:10 and receives a penalty of two hours. Team USA's final ranking would be nineteen CP's with a time of 31:50:10.

Race Director Emergency Contact Phone Number: Mike Spiller (202) 438-9084 or Christi Manning (540) 325-5807

Emergency Phone Number: 911 or direct line to EMS or Sheriff's Department