

# 2023 - 4/8 Hour Cowboy Tough (ROT) Rules of Travel

**Terrain Breakdown:** 50% Pavement or Fire Roads, 50% 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. (All racer should shoot to finish their race in the allotted time or penalties will be acquired)

**Logistics:** You must complete all of Leg 1 before you transition to Leg 2. (Typical order of a race)







**Checkpoints:** All checkpoints are optional, you can skip leg 1 and go to leg 2, however you can't acquire checkpoints from a previous leg!






**Missing Checkpoint:** If you feel a checkpoint is missing don't spend more than 20 minutes looking for it. **Take a picture and move on!!**

**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 lost, call the race director.

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






LEG 1		Distance 8+ Miles	Curt Gowdy State Park - Crystal Lake Reservoir		
  	<u>Emergency</u> 911	Map # 1 	<b>TA1 - Bike Drop for Canoe Section (Everyone must drop their bike for the trek)</b> <b>CBT-102 Below the Dam</b> <b>CBT-D Middle Kingdom Trail (MTB)</b> <b>CBT-C Middle Kingdom\Canyons Trail Intersection (MTB)</b> <b>CBT-B Crystal Ridge Trail (MTB)</b> <b>CBT-A Canyons Trail (MTB)</b> <b>CBT-AA Canoe</b> <b>CBT-BB Canoe</b> <b>CBT-CC Canoe</b> <b>CBT-101 High Point (Trek - May not be acquired via canoe)</b> Solist have the option to trek to Checkpoints or join another soloist in this section.		
	Race Director 202-438-9084	CP#'s 9			
<b>Additional Information</b>					
TA 1	Filter All Water				
<u>After clearing all points move to leg 2 of the race via bike</u>					

LEG 2		Distance 7+ Miles	Curt Gowdy State Park		
	<u>Emergency</u> 911	Map# 1 	<b>CBT-107 Off Kate's Trail High Point</b> <b>CBT-106 Off Lariat Trail High Point</b> <b>CBT-105 Off El Alto Trail Overlook</b> <b>CBT-104 Off Crow Creek Trail Hidden Falls</b> <b>CBT-103 Off Siabz! Trail High Point</b> Return to S/F TA area to get your bikes and a new Passport		
	Race Director 202-438-9084	CP#'s 5			
<b>Additional Information</b>					
TA				Limited cell phone service	
<b>Restrictions: No travel in the Archery Field Course is permitted, Acquire a new passport for Leg (3)</b>					

LEG 3	Distance 10+ Miles	Curt Gowdy State Park		
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	<b>Emergency 911</b>		Map# 1 	<b>CBT-E Shoreline Trail</b> <b>CBT-F Ferguson Trail</b> <b>CBT-N Amphitheater near Hynds Lodge Rd</b> <b>CBT-M Stone Temple Circuit Trail</b> <b>CBT-L Lariat Trail</b> <b>CBT-K Lariat Trail Horse Corral</b> <b>CBT-J Abert's Alley Trail</b> <b>CBT-G Crow Creek Trail</b> <b>CBT-H Skin &amp; Bones Trail</b> <b>CBT-I Crow Creek Trail</b>
	Race Director 202-438-9084		CP#'s 10	
<b>Additional Information</b>				
TA				Limited cell phone service

**Restrictions: No travel in the Archery Field Course is permitted. Return to S/F TA for bike drop and final Canoe section.**

<b>LEG 4</b>		<b>Distance 3+ Miles</b>	<b>Curt Gowdy State Park</b>		
These are optional Checkpoints and can be acquired anytime during the race	<b>Emergency 911</b>		Map# 1 	<b>CBT-DD</b> <b>CBT-EE</b> <b>CBT-FF</b>  <b>These checkpoints can be acquired by foot or bike.</b>	
	Race Director 202-438-9084		CP#'s 3		
<b>Additional Information</b>					
TA					

### 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.
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!