

















2021 - 7 Hour @ Seven Bends (ROT) Rules of Travel

LEG 01		Distance 7.5 Miles		Trekking	
		<u>Emergency</u> 911		Map # 1 	
		Race Director 202-438-9084		CP#'s 8	
Additional Information					
TA 1	Filter All Water				
<p>Terrain Breakdown: 70% single track, 30% fire road or pavement. Off trail navigation permitted.</p> <p>Restrictions: Must obey all traffic rules while riding on state or county roads. "Leave No Trace Behind" rules are in place.</p> <p>Drinking Water: Treat all water.</p> <p>First Response: 911 or RD at 202-438-9084</p> <p>Communications: Cell phones are mandatory gear.</p> <p>Logistics: You must complete all of Leg 1 before you transition to bikes for Leg 2. All racers will finish the race during Leg 4. You may drop your bike at the beginning of Leg 3. Trekking is not allowed on the bike section of the course unless stated in the ROT. You may not get biking CP's while completing the Trekking section. You must arrive at TA with your bike. You can transition at your car.</p> <p>Team members must stay within 100 feet of each other during all legs of the race!!!</p>					

LEG 02		Distance 11 Miles		Biking	
		<u>Emergency</u> 911		Map # 1 	
		Race Director 202-438-9084		CP#'s 7	
Additional Information					
To	Filter All Water			Limited cell phone service	
<p>You can choose any route to get you and your team to the canoe launch for Leg 3.</p>					

- CP-M -
- CP-N -
- CP-O -
- CP-P -
- CP-Q -
- CP-R -
- CP-I -
- CP-S -

LEG 03		Distance 2 Miles	Paddling		
	Emergency <u>911</u>	Map # 1 	CP-1 - CP-2 - CP-3 - CP-4 -		
	Race Director 202-438-9084	CP#s 4			
Additional Information					
	Filter All Water			Limited cell phone service	
Finish Line, make sure you complete the challenge before crossing the finish line and turning in your passport. You must cross the finish line before 4:30 PM or you will lose 1 point for every 5 minutes you are late!!					

LEG 04		Distance 5 Miles	Trek\Bike			
	Emergency <u>911</u>	Map#1 	CP-F - CP-G - CP-L - CP-M - You can't acquire CP- F,G,L and M until Leg 3 has been completed. CP-Z Finish Line (Puzzle Challenge)			
	Race Director 202-438-9084	CP#s 5				
Additional Information						
TA 1	Filter All Water	