

# 2024 - 6 Hour Knox-Xtreme (ROT) Rules of Travel





**Terrain Breakdown:** 40% Pavement, 10% fire roads or gravel and 50% 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. **W or Restroom** is a symbol for potable water on your maps.

**Logistics:** You must complete Leg 1 before you transition to Leg 2 the trekking section of the course.










**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 becoming lost on the course, call the race director first. **Mike Spiller @ 202-438-9084, Outside maps and cell phones are allowed to be used during the race!**

LEG 01		Distance 9 Miles	Tennessee River/Holston River Park - Paddle	
	Emergency 911	Map # 1 	Checkpoint W1: Riverbank - O Flag Checkpoint W2: Riverbank - O Flag Checkpoint W3: Riverbank - O Flag Checkpoint W4: Riverbank - O Flag Checkpoint W5: Riverbank (M) - O Flag Checkpoint W6: Riverbank (M) - O Flag Checkpoint W7: Riverbank (M) - O Flag Checkpoint W8: Riverbank (M) - O Flag B1 – Bike Drop Area - Signature Required, All racers must check in when they exit watercraft. <b>If all points are cleared in this section racer\ team receives 2 Bonus points</b>	
	Race Director 202-438-9084	CP#'s 8		
Additional Information				
Filter All Water				
<p><b>This section must be part of your first leg of the race starting before 10:00am. (M) Mandatory CP's</b>                      *** NO TREKKING CP'S ARE ALLOWED VIA BIKE!!! ****</p>				

LEG 02		Distance 6 Miles	Ijams - Trek	
	Emergency 911	Map # 1 	Bike Drop at TA1 - Check in with Race staff before starting Trek - Signature Checkpoint T1: Stream (M) - O Flag Checkpoint T2: Stream (M) - O Flag Checkpoint T3: Top of cliff, attack from wooden fence (M) - O Flag Checkpoint T4: Strem (M) - O Flag Checkpoint T5: Cemetery - O Flag Checkpoint T6: Hilltop - O Flag Checkpoint T7: Quarry Lower Overlook just over the water - O Flag Checkpoint T8: Removed From Course Checkpoint T9: Just off trail bend (Hickory) Depression Area - O Flag Checkpoint T10: Hayworth Hollow Danger! Do Not Bushwack!! - O Flag Checkpoint T11: Hilltop just off trail - O Flag TA1 - Bike Drop Area (Restrooms & Water) Bike Drop at TA1 - Check out with Race staff before next biking section <b>If all points are cleared in this section racer\ team receives 2 Bonus points</b>	
	Race Director 202-438-9084	CP#'s 11		
Additional Information				
Filter All Water				
<p><b>This section must be part of your first second of the race starting before 12:30pm. (M) Mandatory CP's</b>                      *** NO TREKKING CP'S ARE ALLOWED VIA BIKE!!! ****</p>				

## Adventure Race Rules

1. If you drop out of the race for any reason you must let a REV3Endurance Race official know. Check-in at HQ, or call Race Directors. Mike Spiller @ 202-438-9084

LEG 03		Distance 30+ Miles	Knox Xtreme Biking Section		
		Emergency 911	Map # 1/2 	<b>Start:</b> All racers must attempt the water challenges before 3:00 pm (optional checkpoints). You can get the checkpoints in this section of the race in any order. <b>Checkpoint B1:</b> Holston River Park boat launch - Bike Drop (Staff Sign Off) (M) <b>Checkpoint B2:</b> <u>Picture</u> - Governor McWherter Riverside Park (Boat launch) (M) <b>Checkpoint B3:</b> <u>Picture</u> - Art Alley (Picture with Dolly) (M) <b>Checkpoint B4:</b> Krutch Park (On tree between waterfall & bridge) - <b>Small O Flag</b> <b>Checkpoint B5:</b> World's Fair Park (On tree below bridge crossing water) - O Flag <b>Checkpoint B6:</b> <u>Picture</u> in front of Neyland Stadium on (UT Football) <b>Checkpoint B7:</b> <u>Picture</u> Bike Arch behind Adventure Collective - Bridge (M) <b>Checkpoint B8:</b> <u>Picture</u> in front of Lindsey Nelson Stadium (UT Baseball) <b>Checkpoint B9:</b> Greenway Bridge Railing - <b>Orange Punch Marker</b> <b>Checkpoint B10:</b> Below Overpass on Greenway - <b>Orange Punch Marker</b> <b>Checkpoint B11:</b> End of Greenway Bridge - <b>Orange Punch Marker</b> <b>Checkpoint B12:</b> IC King Park (Bulletin Board) - O Flag with lock <b>Checkpoint B13:</b> IC King Park (Trail Intersection) - <b>Orange Punch Marker</b> <b>Checkpoint B14:</b> IC King Park (Bulletin Board) - O Flag with lock <b>Checkpoint B15:</b> <u>Picture of JetSki Sign - 707 Maryville Pike (REV3 Warehouse)</u> <b>Checkpoint B16:</b> <u>Fort Dickerson (Public Beach) - Removed from the Course</u> <b>Checkpoint B17:</b> Fort Dickerson (Pit Viper) - <b>Orange Punch Marker</b> <b>Checkpoint B18:</b> William Hastie (Margaret Rd) - <b>Orange Punch Marker</b> <b>Checkpoint B19:</b> William Hastie (Trail Intersection) - <b>Orange Punch Marker</b> <b>Checkpoint B20:</b> William Hastie (Yellow Jacket) - <b>Orange Punch Marker</b> <b>Checkpoint B21:</b> Baker Creek (Floy Fox) - <b>Orange Punch Marker</b> <b>Checkpoint B22:</b> Baker Creek (Sycamore Loop) - <b>Orange Punch Marker</b> <b>Checkpoint B23:</b> Baker Creek (Floy Fox) - <b>Orange Punch Marker</b> <b>Checkpoint B24:</b> Fort Dickerson (Best Medicine) - <b>Orange Punch Marker</b> <b>TA1 - Bike Drop Area (Restrooms &amp; Water)</b>	
		Race Director 202-438-9084	CP#'s 24		
Additional Information					
TA 1	Filter All Water	 	 	 	
 <p><b>CP (B7) Sample Photo - Bike Arch Selfie</b></p> <p><b>If all points are cleared in this section racer\ team receives 2 Bonus points</b></p>					
<p>TA1 - Bike Drop for trekking and water challenges. The dotted lines on the map are just GPS trail overlays. You do not have to take those routes. All points on the map are not required to complete the course. <b>W</b> is access to potable water and restrooms. <b>Racers lose 1 Checkpoint every 5 minutes they are late crossing the finish line!!!</b> Racers must be off the course by <b>(8:30PM)</b> (M) Mandatory CP's - <b>Route 129 is out of bounds (Racers cannot cross or ride on this road) if caught or reported you will be disqualified from the race.</b> Biking is the final leg of your race. Return to the finish line at Baker Creek before your race clock expires to finish the race.</p>					

## Adventure Race Rules

2. **If you drop out of the race for any reason you must let a REV3Endurance Race official know. Check-in at HQ, or call Race Directors. Mike Spiller @ 202-438-9084**
3. All racers are expected to be examples of good sportsmanship. Racers must treat fellow racers & race staff with courtesy and respect.
4. Teams must assist fellow teams in need of medical attention.
5. 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).
6. Maps, Passports, Rules and Instructions must be carried the entire race.
7. Race numbers must be worn on the outside of clothing or pack at all times. Race numbers do not have to be worn over PFDs.
8. Teams must manually punch passports in the correct space at each CP.
9. Do not spend more than 20 minutes looking for a CP. Credits will be given if the CP is stolen or misplaced.
10. Teams that miss a CP will be ranked after teams that obtain all CP's 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. Clues will help guide you to CP's.
11. Final rankings will be as follows:
  - A. Teams will be ranked by number of CP's acquired.
  - B. Teams will be ranked by fastest time.
  - C. NO LITTERING! Leave no trace!

