

# 2022 4 Hour Bryce Conquer The Mountain (ROT) Rules of Travel

**Terrain Breakdown:** 50 % Pavement, 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.

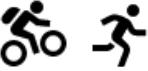



**Communications:** Cell phones are mandatory gear. **W** is a symbol for potable water on your maps.

**Logistics:** You must complete all of Leg 1 before you transition to Leg 2.

**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 race director first.

LEG 01		Distance 7.5 Miles	Biking & Paddling		
	<u>Emergency</u> 911	Map # 1 	<b>A - Biking</b> <b>B - Biking (Clockwise only on lake trail)</b> <b>C - Biking (Clockwise only on lake trail)</b> <b>TA1 Boat Ramp (Manned Bike Drop)</b> <b>D - Water Challenge 1: Swim with PFD or Run to CP</b> <b>E - Water Challenge 2: innertube with a canoe paddle or (SUP/ Kickboard with hands and feet only)</b> <b>F - Water Challenge 3: Paddle kayak or canoe to CP</b>		
	Race Director 202-438-9084	CP#'s 6			
<b>Additional Information</b>					
Lake Laura				Limited cell phone service	Move to Leg 2 Shrine Mont
(Always use bike locks to secure bikes when dropping your bike in an unmanned area) <b>ROT Legs must be completed in order. Checkpoints within each Leg can be acquired in any order.</b> <b>If you drop out of the race for any reason you must contact race officials, you must also check in at the finish line.</b>					

LEG 02		Distance 3.5 Miles	Biking/Trekking - Shrine Mont		
	<u>Emergency</u> 911	Map # 1 	<b>Q - Road Intersection</b> <b>G - Pavillion (Manned Bike Drop) Puzzle Challenge solve for CP-G</b> <b>1 - High Point (Tower)</b> <b>2 - Feeder Stream</b> <b>3 - Pond</b> <b>4 - Pond</b> <b>5 - Hillside</b> <b>R - Wall Challenge Area</b> <b>S - Stream</b>		
	Race Director 540-325-5807	CP#'s 9			
<b>Additional Information</b>					
Shrine Mont	Filter All Water			Head to Leg Finish Line	
Bike Drop at the Pavillion by the swimming pool CP (G) Puzzle Challenge at any time during this leg. (Always use bike locks to secure bikes when dropping your bike in an unmanned area) <b>ROT Legs must be completed in order. Checkpoints within each Leg can be acquired in any order.</b> <b>If you drop out of the race for any reason you must contact race officials, you must also check in at the finish line.</b>					

- All racers are expected to be examples of good sportsmanship. Racers must treat fellow racers & race staff with courtesy and respect. NO LITTERING! Leave no trace! Teams must assist fellow teams in need of medical attention.
- 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). Maps, Passports, Rules and Instructions must be carried the entire race.
- Race numbers must be worn on the outside of clothing at all times. Race numbers do not have to be worn over PFDs.
- Teams must manually punch passports in the correct space at each CP. 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.
- Final rankings will be as follows: A. Teams will be ranked by number of CPs acquired. B. Teams will be ranked by fastest time.