









# 2018 Shenandoah Tough– Rules of Travel






## UPDATED RULES OF TRAVEL






### DO NOT USE OTHER RULES OF TRAVEL




LEG 01a		13 Mi. (21 Km)		Gain approx.:3100' (945m) Loss approx.:2600' (790m)		Great North Mountain Trek					
<div></div> <div>Travel by foot</div>		Fast estimate = 3 Hr Slow estimate = 6 Hr		<div></div>	Map# 1 - 2		<div>Terrain Breakdown: 100% trail</div> <div>Drinking Water: Potable water is limited for this leg. No resupply at TA.</div> <div>First Response: 911 or RD at 540-305-1733</div> <div>Communications: Good cell service.</div> <div>Logistics: Start at arch near upper pavilion at Shrine Mont on 09/1 at 20:00.</div> <div>Restrictions: No travel on Rt 610 is permitted. Off-trail navigation permitted unless noted on maps.</div>				
		Collect CPs in order		Mandatory	CP# 1-01 to  1-03						
Start of Leg Transition Area Facilities, Team Logistics & Equipment											
Start/TA	<div></div>	<div></div>	<div></div>								
1-01 – Cross			1-02 – High point east side of trail			1-03 - Transition/Fire road gate					






LEG 02a		59 Mi. (95 Km)		Gain approx.: 10100' (3078m) Loss approx.: 10000' (3048m)		Bucklick Mountain & Reddish Knob			
 Travel by bike	Fast estimate = 9Hr Slow estimate = 18Hr			Map# 2 - 8		<b>Terrain Breakdown:</b> 30% gravel road. 30% paved, 40% single track. (Up to 20% hike a bike) <b>Drinking Water:</b> Treat all water. <b>First Response:</b> 911 or RD at 540-305-1733. <b>Communications:</b> Good cell service for most of the route. In areas with no service, climb to ridgeline and use cellular service. <b>Logistics:</b> Pick up bikes at 1-03. Access to gear bin A at 1-03. <b>Restrictions:</b> Follow all highway rules. Use caution on Rt 259. High traffic area. Ride in single file. Off-trail navigation permitted unless noted on maps.			
	Collect CPs in order			Mandatory CP# 2-01 to 2-08					
Start Of Leg Transition Area Facilities, Team Logistics & Equipment									
1-03/TA	 A	Bike	Treat water						
2-01 – Church. No Flag or Punch: What are the two dates on the church? _____						2-05 - 30m W of trail, Near pond.			
2-02 – Stream intersection, south side of fire road						2-06 – Reddish Knob Lookout			
2-02a - Virtual CP - Old fire road - No Flag, no punch						2-06a - Virtual CP- Ridgeline. No flag, no punch.			
2-03 – High point						2-07 – Wolf Ridge trail head parking lot.			
2-04 – Spur between two streams						2-08 – Pavilion at Stokesville Campground			
2-04a - Virtual CP - Ridgeline - No Flag, no punch.									



LEG 03		13 Mi. (21 Km)		Gain approx.:3700' (1128m) Loss approx.:3700' (1128m)		Stokesville Rogaine			
 Travel by foot		Fast estimate = 6 Hr Slow estimate = 10 Hr			Map# Rogaine Map	<b>Terrain Breakdown:</b> 20% trail, 80% off trail. <b>Drinking Water:</b> Potable water is limited for this leg. No resupply until TA. <b>First Response:</b> 911 or RD at 540-305-1733 <b>Communications:</b> Spotty cell service. Move to high point or ridgeline for communications. <b>Logistics:</b> Access to gear bin B at 2-08/3-13. <b>Restrictions:</b> Off-trail navigation permitted unless noted on maps. Please read additional notes on map. <b>Cut-Off:</b> You must punch out of TA/3-13 by 09/14 06:00. <b>Challenge:</b> Take a shot of whiskey (or iced tea) before you set out on the Rogaine. It will help calm your nerves, clear your mind, and make your teammates cuter.			
		Collect CPs in any order			Mandatory (see rules on rogaine map)				
Start of Leg Transition Area Facilities, Team Logistics & Equipment									
2-08/TA		 B							
3-01 - Summit, 9 feet up a tree 3-02 - Funky knob 3-03 - Middle of flat, open area 3-04 - Middle of re-entrant, top of large boulder 3-05 - Boulder, punch offset from flag 3-06 - Top of reentrant, mountain laurel thicket 3-07 - Riverbank, punch offset from flag 3-08 – Lookout									
3-09 - Spur, mountain laurel thicket 3-10 - Top of reentrant, 10 feet up in tree 3-11 - Summit, 8 feet up tree 3-12 - North end of river island 3-a - Summit (Mandatory- no drop) 3-b - Stream Int. (Mandatory - no drop) 3-c - Ridge (Mandatory - no drop) 3-13 - Pavilion at Stokesville Campground									

LEG 02b		59 Mi. (95 Km)		Gain approx.: 10100' (3078m) Loss approx.: 10000' (3048m)		Bucklick Mountain & Reddish Knob					
 Travel by bike		Fast estimate = 9Hr Slow estimate = 18Hr			Map# 2 - 8	<b>Terrain Breakdown:</b> 30% gravel road. 30% paved, 40% single track. (Up to 20% hike a bike) <b>Drinking Water:</b> Treat all water. <b>First Response:</b> 911 or RD at 540-305-1733. <b>Communications:</b> Good cell service for most of the route. In areas with no service, climb to ridgeline and use cellular service. <b>Logistics:</b> Pick up bikes at 3-13. Access to gear bin B at 3-13. <b>Restrictions:</b> Follow all highway rules. Use caution on Rt 259. High traffic area. Ride in single file. Off-trail navigation permitted unless noted on maps.					
		Collect CPs in order								Mandatory	CP# 2-6b to 3-01
Start Of Leg Transition Area Facilities, Team Logistics & Equipment								This section of the course is a reverse route of Leg 02 with some slight variation. Collect all checkpoints and pass though 'b' checkpoints on return journey. See supplemental maps for virtual CP locations.			
3-13/TA	 B	Bike									
2-06b - Virtual CP on ridge on Hearthstone Ridge 2-06 - Reddish Knob Lookout 2-05 - 30m W of trail, Near Pond 2-04b - Virtual CP on fireroad. No flag, no punch. 2-04 - Spur between two streams						2-03 – High point 2-02b - Ridge line/trail 2-02 – Stream intersection, south side of fire road 2-01 – Virtual CP Church. No Flag or Punch 3-01 - Fire Road/Transition					

LEG 01b		13 Mi. (21 Km)		Gain approx.:3100' (945m) Loss approx.:2600' (790m)		Great North Mountain – Trek				
 Travel by foot		Fast estimate = 3 Hr Slow estimate = 6 Hr			Map# 1 - 2		<b>Terrain Breakdown:</b> 100% trail <b>Drinking Water:</b> Potable water is limited for this leg. No resupply at TA. <b>First Response:</b> 911 or RD at 540-305-1733 <b>Communications:</b> Good cell service. <b>Logistics:</b> Access to gear bin A. <b>Restrictions:</b> No travel on Rt 610 is permitted. Off-trail navigation permitted unless noted on maps. <b>Cut-Off</b> You must punch out of the HQ TA by 09/14 22:00. Failure to do so will mean you continue to the finish.  This section of the course is a reverse route of Leg 01. Collect all checkpoints			
		Collect CPs in order		Mandatory	CP# 1-03 to 1-01 & 10-00					
Start of Leg Transition Area Facilities, Team Logistics & Equipment										
Start/TA	 A	Bike drop								
1-03– Fire road/Transition 1-02 – High point east side of trail			1-01 - Cross. Top of tower. 10-00 - HQ/Infirmary							

LEG 10		29 Mi. (47 Km)		Gain approx.: 2800'(853m) Loss approx.: 3100'(945m)		Great North Mountain- Bike					
 Travel by bike	Fast estimate = 7Hr Slow estimate = 11Hr			Map# 25 – 26 & Map 1		<p><b>Terrain Breakdown:</b> 30% gravel, 40% single track, 30% hike-a-bike. This section has some very technical riding. Welcome to the Massanutten biking scene.</p> <p><b>Drinking Water:</b> Treat all water. There are limited water sources along this leg. Fill up before leaving TA.</p> <p><b>Communications:</b> Spotty cell service. Move to high point or ridgeline for communications.</p> <p><b>Logistics:</b> Pick up bike at HQ/Upper Pavilion.</p> <p><b>Restrictions:</b> Follow all highway rules. Stay off private land.The road marked as no travel can be used on the way to 10-01. The access restriction on the road,comes into effect after punching in at 10-01.</p> <p><b>Cut-Off:</b>You must finish by 09/15 at noon. For each minute past the cutoff, one point will be deducted from final score.</p>					
	Collect CPs in order			Mandatory	CP# 10-01 to Finish						
Start Of Leg Transition Area Facilities, Team Logistics & Equipment											
TA/10-00	 C&D		Treat water		Hot water	Bikes	Follow the express route to 10-01. You may use the road marked as no travel on the way to 10-01. You may not use this road after punching in at 10-01.				
10-01 – High point, Attack directly due west of point for easy access. 10-02 – 25m downhill behind Lost River NW Tower Fuel Tap							10-03 – Saddle Finish – Arch near upper Pavilion, Shrine Mont				

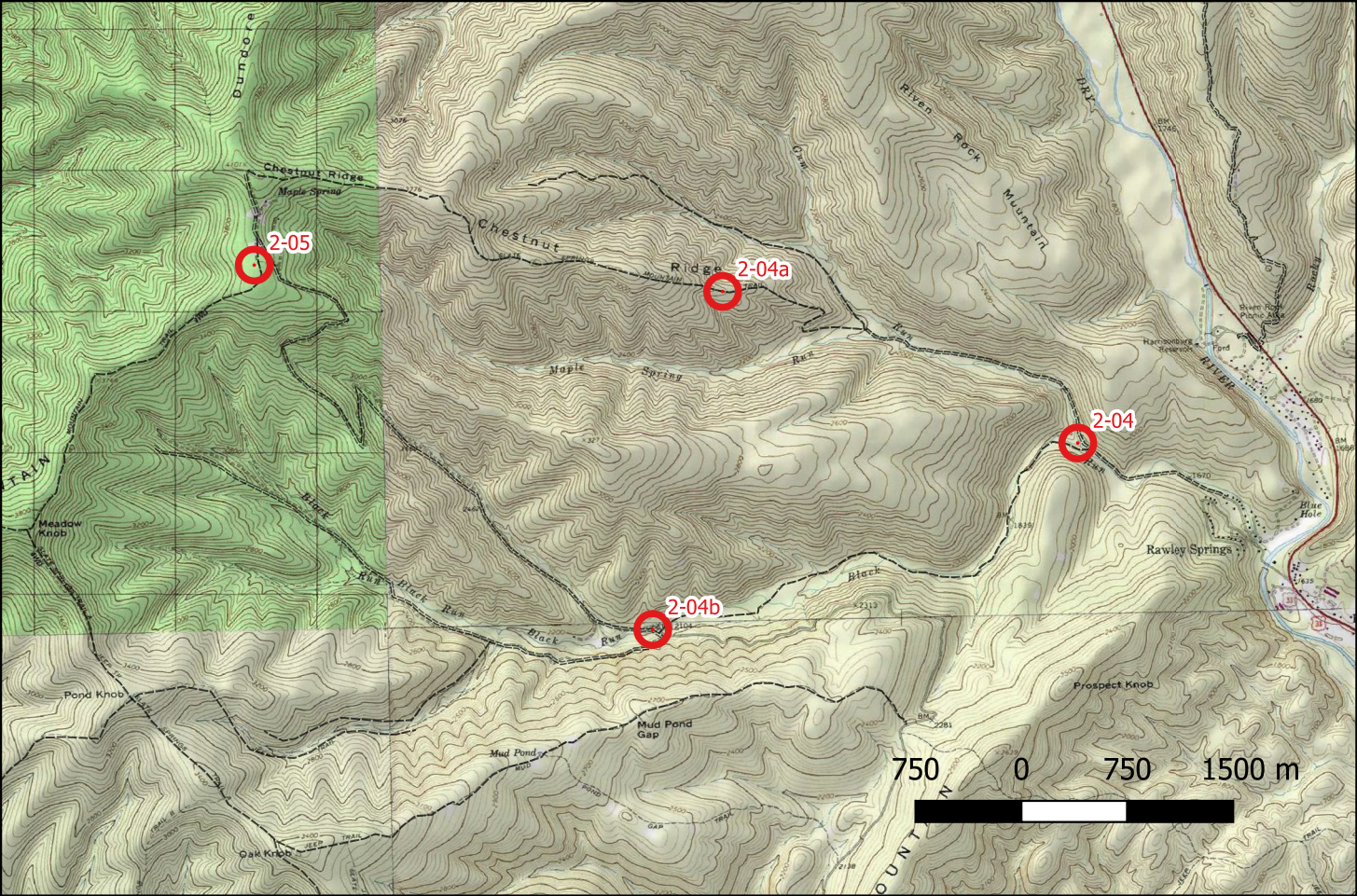
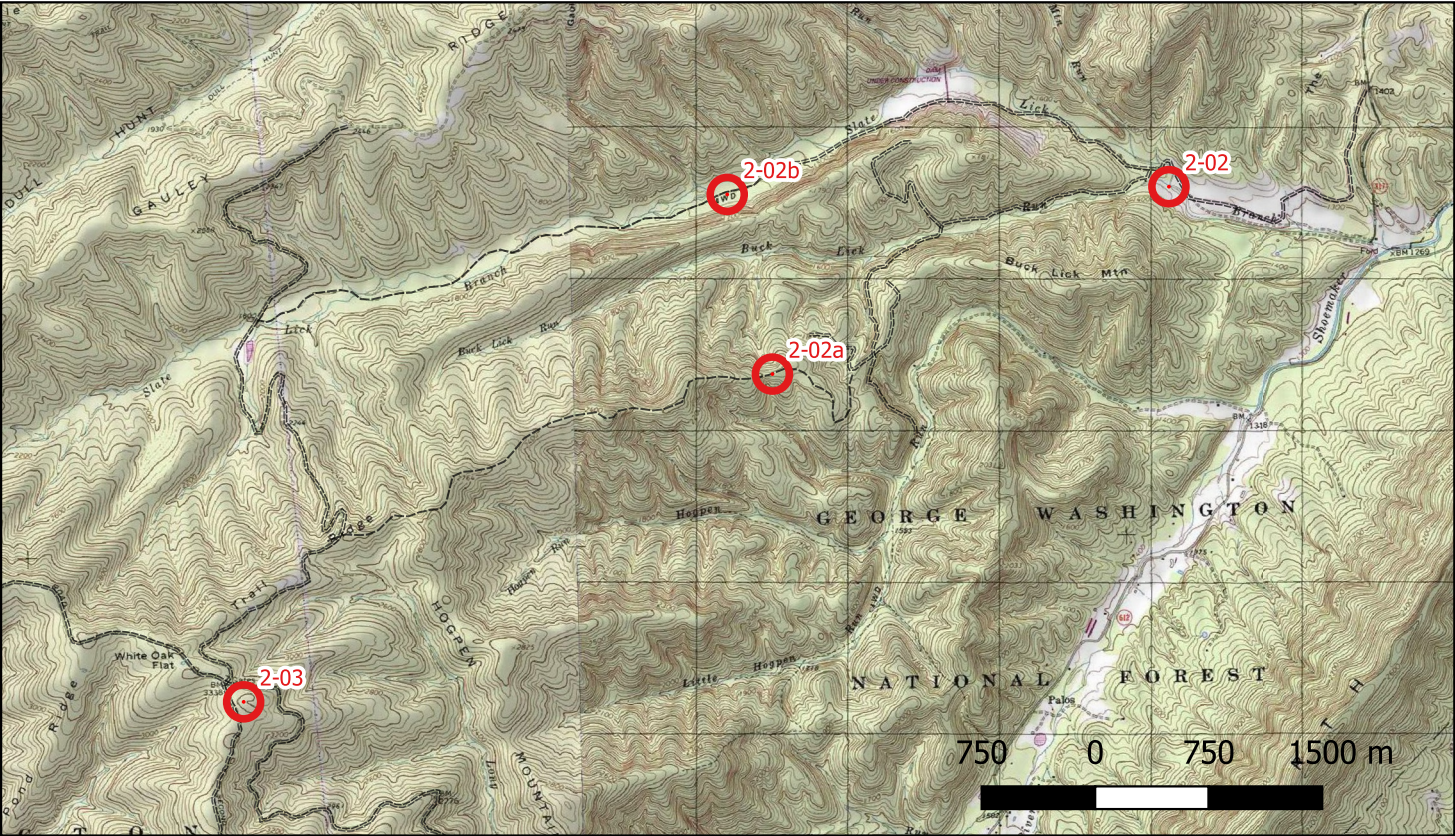
- Distances are total distance if all checkpoints are visited along suggested optimal route. Other route choices are available on most of the legs.
- Not all trails are shown on the maps.
- Not all trails shown on the maps are maintained.
- Times are based on favorable conditions and do not take into account sleep/rest, time of day, or transition times.
- Distances and elevation gain/loss are approximate and are based on taking the optimal route.
- Racers must follow leave no trace principles (cat method) for human waste in the event there are no sanitation facilities: Deposits should be made in a hole dug with a trowel, stick, or shoe heel to a depth of at least 6 inches and at least 100 feet from water. The hole should be covered when done, leaving no trace. Toilet paper can be buried.
- Unless noted, all points are mandatory.
- Travel on private land is prohibited. Not all private land is indicated on maps. Look for posted signs.
- Natural water source at TA indicates water is available in river, stream, lake, or pond.
- All CPs must be ePunched unless otherwise noted. Failure to ePunch will result in a team becoming unranked or a time penalty applied. Proof of visitation via GPS Tracks will count but a 4-hour time penalty will be applied.
- Time penalties incurred by the first five ranked teams to reach HQ TA will be served out at this checkpoint. Time penalties by other teams will be applied to their final time at the end of the race.
- ARWS rules apply unless otherwise noted in Rules of Travel.
- Courses:
  - Full Course – All Mandatory
  - Adventure Course – All TAs, and at least one CP from each leg.
  - Unofficial – Transported/missed cutoff/dropped team member/skipped leg.

If the race is stopped due to extreme conditions, teams will be ranked by the most checkpoints collected at the time the race is stopped. Tie breaker will be furthest distance traveled along course at the time the race is stopped.

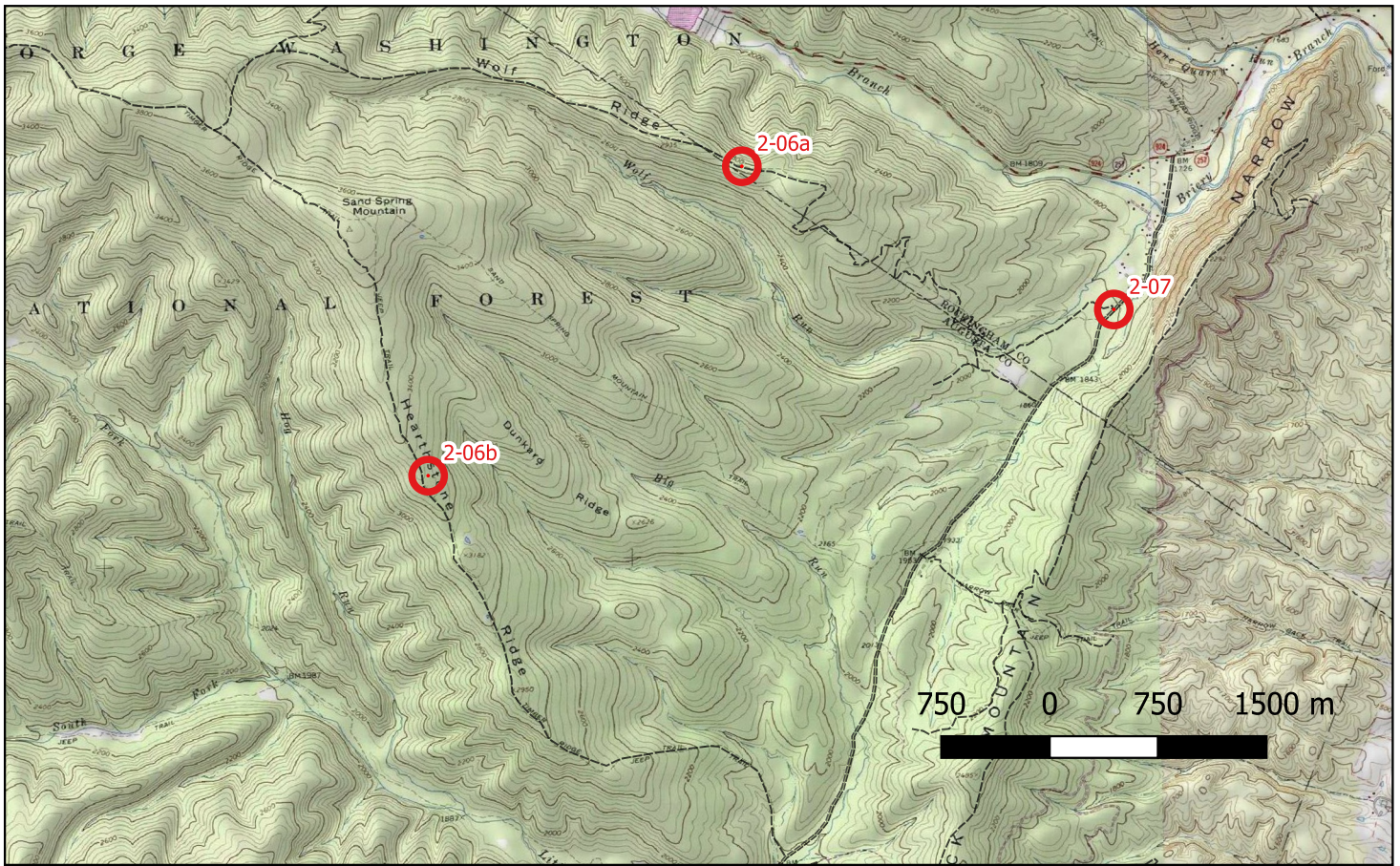




LEG 02 - VIRTUAL CPS







Leg 02 will be an out and back leg.

On the way to Leg 3, collect virtual checkpoints 'a'. These checkpoints do not have a punch or flag. Credit will be given through GPS tracking.

On the return journey back to Leg 01, collect virtual checkpoints 'b'.

You must visit all physical checkpoints (2-01 through 2-06) on the both the outbound and return journey. You do not have to collect CP-07 on the return journey.

### Remember these points at all times

- Do not cross fast-flowing water. Even knee-deep swift currents can sweep you away.
- Watch for loose limbs and potential down fall. In the event winds pick up, seek shelter in rocky outcropping or in open areas. Watch for falling debris.
- In the event a checkpoint is located in a stream area that is inaccessible due to high or fast-flowing water, full credit will be given through GPS tracking rather than ePunching with no time penalty.
- Both front and rear lights should be on while traveling on highways in rain or poor visibility.
- On some trekking legs, your helmet may be required as mandatory gear.



SUPPLEMENTAL ROGAINE POINTS - MANDATORY

