




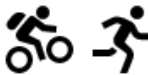
















# 2018 Shenandoah Strong Adventure Race - Rules of Travel


LEG A		Paddle 16 Km			
 Travel by boat	Fast estimate = 2 Hr Slow estimate = 3 Hr		Map# 1	<b>Terrain Breakdown:</b> 100% Class I Paddle. <b>Drinking Water:</b> Treat all water <b>First Response:</b> 911 or RD at 540-305-1733 <b>Communications:</b> Cell phone signal at high points. AT&T and T-Mobile only. <b>Logistics:</b> <ul style="list-style-type: none"><li>Load buses at Downriver for transport to Start. Stage all your equipment at your car. Downriver will be the main transition area. Only take your mandatory gear and any personal paddle equipment with you on the bus.</li><li>Takeout river left after bridge.</li><li>Once you have completed the leg, return to Downriver Canoe Company, check in with race staff, download, and pick up the maps for the next leg.</li></ul>	
	Collect CPs in any order	All points are optional	0 CPs		
Transition Area Facilities (End of leg), Team Logistics & Equipment					
			PFD must be worn on all paddle sections. Failure to have a PFD will result in a DQ.		

LEG B		Bike 6 Km Trek 14 Km					
 Travel by bike and foot	Fast estimate = 5 Hr Slow estimate = 10 Hr		Map# 2	<b>Terrain Breakdown:</b> 20% Fire road, 80% Trail. <b>Restrictions:</b> Keep out of areas marked No Travel. This is private property. <b>Drinking Water:</b> Treat all water <b>First Response:</b> 911 or RD at 540-305-1733 <b>Communications:</b> Cell phone signal at high points. AT&T and T-Mobile only. <b>Logistics:</b> <ul style="list-style-type: none"><li>• Ensure you have all mandatory gear. Bikes must have front and rear lights.</li><li>• Start on bike and ride to CP2-01.</li><li>• Drop bikes at CP2-01.</li><li>• Trek to CP-02 – CP-06.</li><li>• Return to CP2-01 and transition to bike.</li><li>• Ride to Downriver Canoe Company.</li><li>• Checkpoints maybe marked with other numbers. Your checkpoints will have the note AquaBlaze/Strong on the tag.</li><li>• Once you have completed the leg, return to Downriver Canoe Company, check in with race staff, download, and pick up the maps for the next leg.</li></ul>			
	Collect CPs in any order	All points are optional	6 CPs				
Transition Area Facilities (End of leg), Team Logistics & Equipment							
							

Leg C		Bike 12 Km			
 Travel by bike	Fast estimate = 2 Hr Slow estimate = 4 Hr		Map# 3	<b>Terrain Breakdown</b> - 100% trail. Off trail navigation permitted. <b>Drinking Water:</b> Treat all water <b>First Response:</b> 911 or RD at 540-305-1733 <b>Communications:</b> Cell phone signal at high points. AT&T and T-Mobile only. <b>Logistics:</b> <ul style="list-style-type: none"><li>Once you have completed the leg, return to Downriver Canoe Company, check in with race staff, download, and pick up the maps for the next leg</li></ul>	
	Collect CPs in order	All points are optional	13 CPs		
Transition Area Facilities (End of leg), Team Logistics & Equipment					
			Collect Checkpoints 5-01 to 5-13		



Leg D		Trek 9 Km			
 Travel by foot	Fast estimate = 3 Hr Slow estimate = 6 Hr		Map# 4	<b>Terrain Breakdown:</b> 10% Fire road, 70% off trail, 20% trail. Off trail navigation permitted. <b>Drinking Water:</b> Treat all water <b>First Response:</b> Check in with staff at TA <b>Communications:</b> Limited or no cell service. AT&T and T-Mobile only. <b>Logistics:</b> <ul style="list-style-type: none"><li>Once you have completed the leg, return to Downriver Canoe Company and punch Finish.</li><li>Make sure you hand in your ePunch for final score.</li><li>Hand in orange bibs.</li><li>Relax in the finisher lounge until the next team comes in.</li></ul>	
	Collect CPs in any order	All points are optional	20 CPs		
Transition Area Facilities (End of leg), Team Logistics & Equipment					
			Collect Checkpoints 3-01 to 3-20		

CHALLENGE		
	The challenge is worth 5 points	<p>The challenge is located at Downriver Canoe Company at the silver trailer. The challenge can be done at any point during the race and can be accessed either by bike or foot. Teams start a challenge on a first-come, first-served basis. Check in with the race official for instructions. You are only allowed to attempt the challenge once. Make sure you ePunch once you have completed the challenge.</p>

- For each leg you will receive a designated map showing where checkpoints are located.
- Collect the checkpoints following the maps and rules of travel outlined above.
- You may only collect the checkpoints on the leg you are completing. Any points collected from other legs will result in 1 penalty point for every incorrect point collected.
- Each leg must be completed in order.
- Once you have transition from a leg, you may not return to that leg later in the race.
- Other checkpoints maybe on the course that are not part of your event.
- Distances are total distance if all checkpoints are visited.
- Time estimates are approximate for clearing all points and do not consider transition times.
- Not all trails are shown on the maps.
- Not all trails shown on the maps are maintained.
- Each checkpoint is worth 1 point.
- You have 12 hours to collect as many checkpoints as possible following the rules of travel.
- The team with the most checkpoints (and all mandatory checkpoints) in the fastest time is the winner.
- For every minute you arrive after the cutoff time, 1 point will be deducted.

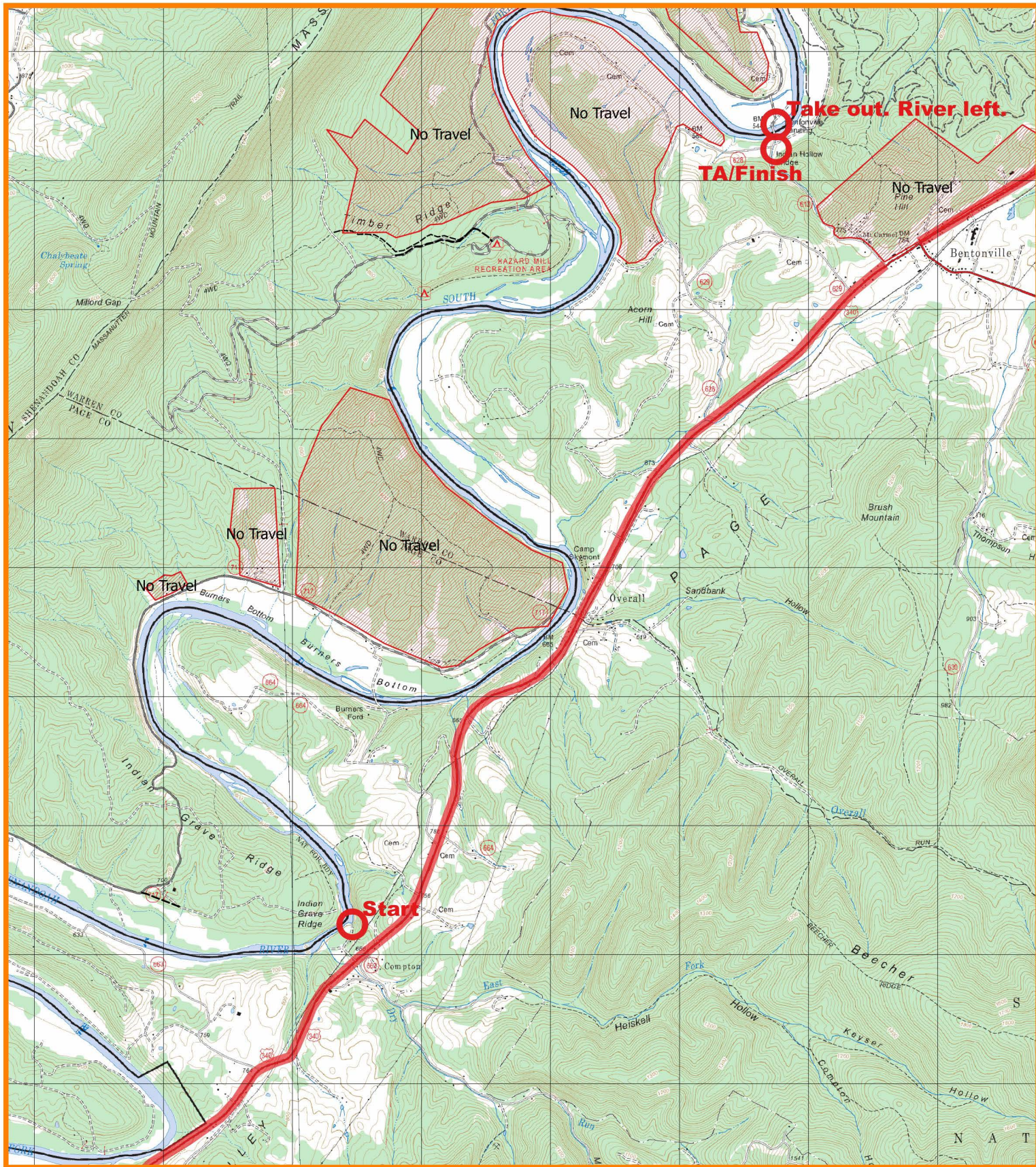


## General Race Rules

- Penalties for rule infractions will be assigned in the form of time penalties, point penalties (deductions), or disqualification. Penalties will be assigned on the course if possible and will be determined by the race director and Adventure Enablers race committee.
- Any rules outlined in the Rules of Travel supersede these general race rules.
- Teams must ePunch at both manned and unmanned checkpoints (CP).
- In the event an ePunch does not work, use the pin punch to mark the checkpoint on the Rules of Travel. If there is no pin punch, take a photograph of your team and the most prominent feature at your location.
- Both mandatory and optional points may be located on the course, depending on the course.
- Each checkpoint must be acquired by using the prescribed method of travel as outlined in the Rules of Travel.
- To remain official, teams must collect all mandatory checkpoints on the course within the specified times.
- Checkpoints are worth the value outlined on the map.
- Ranking is determined by the highest accumulated points (minus penalties) and the fastest time (including time penalties).
- Teams may not travel on private property unless specified in the Rules of Travel.
- Teams must obey all traffic laws.
- Only racers, volunteers, and race officials are allowed in marked transition areas (TA) or staging areas.
- PFDs must be worn and secured properly at all times while paddling or doing a water challenge.
- Racers must use the same bike throughout the entire race. In the event of mechanical failure replacement parts can be used but they must be provided by the team, other racers, or an event official. No outside assistance is allowed.
- All racers are expected to be examples of good sportsmanship. Racers must treat fellow racers and race staff with courtesy and respect.
- Teams must assist fellow teams in need of medical attention. In the event of an emergency, call 911, then contact the race director.
- Teams must always remain within 100 feet of teammates and within visual contact (unless otherwise specified).
- All team members must check in together at each CP and TA. If one member must leave the course, they must do so at a CP or TA and notify race management. If a team leaves a teammate out on the course, that team will be immediately disqualified and not allowed to continue unofficially. Incomplete teams may continue unranked. A single person may become a soloist. Incomplete teams must carry the mandatory team gear.
- Rules of Travel, maps, ePunches, and race rules must be carried the entire race.
- Teams must ensure that the ePunch registers at each CP. The control will beep when the ePunch has been registered. Only punch once at each control unless otherwise specified.
- All CPs can be obtained in any order unless specified.
- Race officials reserve the right to alter time cut-offs or the course itself to accommodate changing conditions and to ensure that teams finish on time.
- Mandatory gear must be carried at all times, unless otherwise specified in the Rules of Travel, and may be checked on the course.
- No GPS devices of any type are allowed for navigational purposes. Smart phones with GPS capabilities may be carried if mandatory gear requires a camera/cell phone.
- Bicycle helmets are required at all times during the bicycle portion and when specifically directed by race officials.
- Racers must follow Rules of Travel as outlined. Where no specific path is designated, teams select their path between CPs. When instructions designate a specific route, teams must follow that path. Sections of the course may be determined as out of bounds or restricted for travel.
- There is no food or gear drop unless specified by the race director. Racers may not receive outside assistance except from race officials and other registered teams. Teams are responsible for providing all their own food and drink while on the course.
- No littering. Please practice Leave No Trace!
- All areas of the course are open to the public. Use proper trail etiquette. Bikes yield to hikers, and everyone yields to horses.
- Teams may use cellular devices to post updates to social networks.
- Any time penalties will be added to the team's finishing time.
- Race officials reserve the right to remove a team from the course for health, safety, or other reasons at the discretion of race officials and medical personnel.
- Any team withdrawing from the race must notify a "live" person by checking in with a CP or TA volunteer or by calling the race director. Failing to notify race officials will result in that team being responsible for all search and rescue expenses.
- Any protest must be filed in writing within 1 hour of the team's finish and will be reviewed by the race committee.
- All racers must have a good time, challenge themselves, and at all times have belief that they can complete the course.







# LEG A MAP 1

0 500 1000 m

Not all trail/roads maybe shown on maps.  
Not all trails/roads shown on map by exist



Grid-Magnetic Declination angle is  
11 deg 9 min  
Horizontal Datum in NAD83  
Map projection is UTM Zone 17S

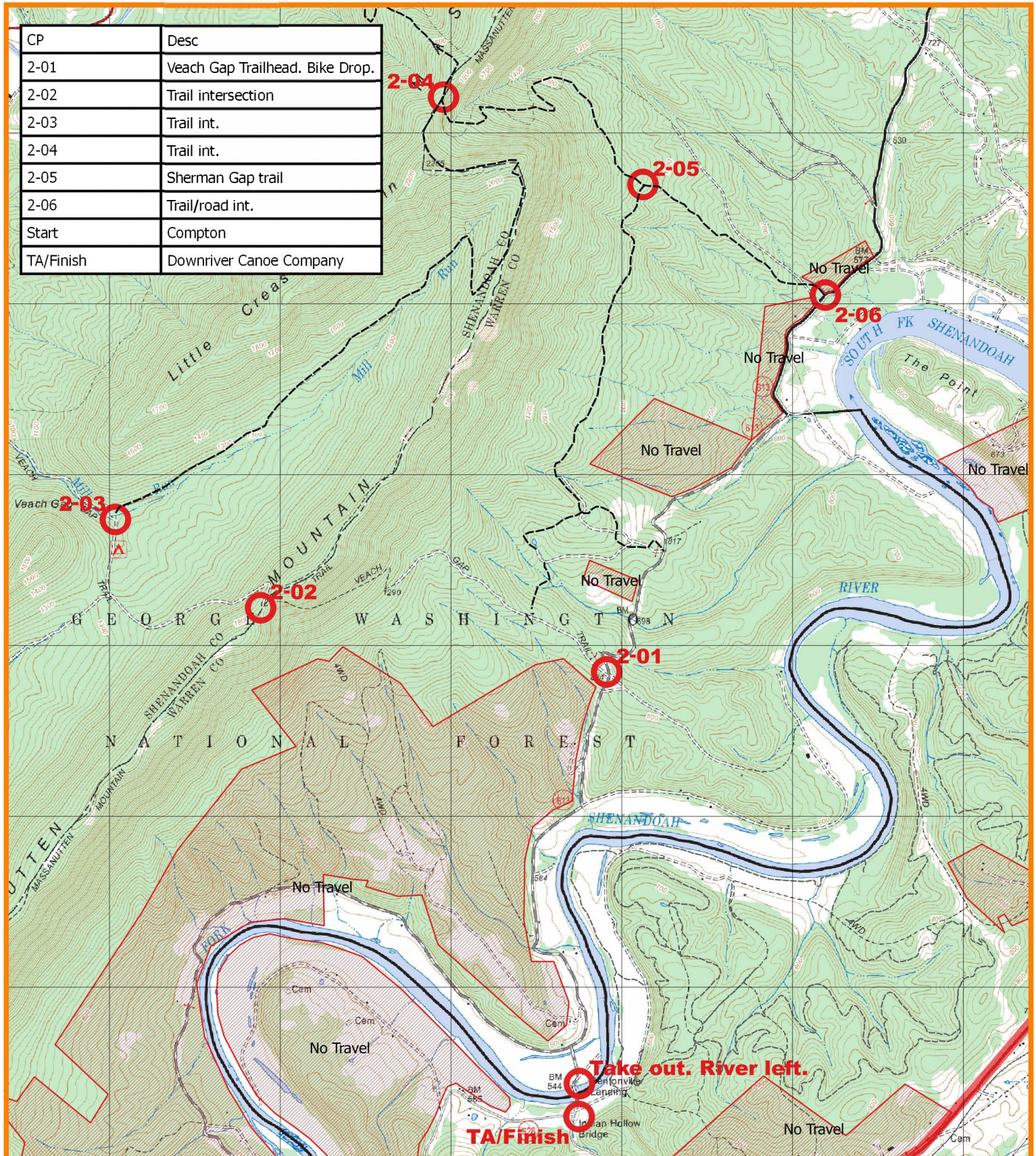
## Legend

- Checkpoint
- No existing trail/road
- Trail
- Fireroad
- No travel
- No travel





CP	Desc
2-01	Veatch Gap Trailhead. Bike Drop.
2-02	Trail intersection
2-03	Trail int.
2-04	Trail int.
2-05	Sherman Gap trail
2-06	Trail/road int.
Start	Compton
TA/Finish	Downriver Canoe Company



**1\*, b**  
**MAP 2**

0 500 1000 m

Not all trail/roads may be shown on maps.  
Not all trails/roads shown on map by exist



Grid-Magnetic Declination angle is  
11 deg 9 min  
Horizontal Datum is NAD83  
Map projection is UTM Zone 17S

#### Legend

- Checkpoint
- Trail
- No travel
- No travel

