








# 2018 Shenandoah Tenderfoot Adventure Race - Rules of Travel




## Overview


- Collect the checkpoints following the maps and rules of travel outlined below.
- You may only collect the checkpoints on the leg you are completing.
- **Family class teams must complete the course in the following order: Paddle, Trek, Bike**
- **Adventure class teams must complete the course in the following order: Bike, Paddle, Trek**
- Once you have transitioned from a leg, you may not return to that leg later in the race.
- **Family teams need to stage and drop bikes at P02 before the race starts. Access P02 through Shenandoah River State Park main entrance. Follow signs to bike drop.**
- **Adventure Class teams need to stage bikes at the transition area at Downriver Canoe Company before the race starts.**

Paddle Leg				Shenandoah River	
 Travel by boat	Collect CPs in order	All points are mandatory	2 CPs	<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>• Cross the bridge to the boat ramp. (P01)</li><li>• Adventure class teams get fitted with PFD and paddles at P01</li><li>• Family class teams need to get fitted with PFD before the race starts at Downriver Canoe Company.</li></ul>	
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.		

Bike Leg				Shenandoah River State Park	
 Travel by bike	Collect CPs in any order	All points are optional	5 CPs	<p><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&amp;T and T-Mobile only. <b>Logistics:</b></p> <ul style="list-style-type: none"><li>• Family teams need to stage and drop bikes at P02 before the race starts. Access P02 through Shenandoah River State Park main entrance.</li><li>• Adventure Class teams need to stage bikes at the transition area at Downriver Canoe Company before the race starts.</li><li>• Family class teams start bike from P2.</li><li>• Adventure class teams start bike from Downriver Canoe Company.</li><li>• Ensure you have all mandatory gear.</li><li>• Ride to Downriver Canoe Company.</li><li>• Checkpoints maybe marked with other numbers. Your Checkpoints will be marked P (paddle), B (bike), or T (trek) depending on which leg you are on.</li><li>• Once you have completed the leg, return to Downriver Canoe Company, check in with race staff.</li></ul>	
Transition Area Facilities (End of leg), Team Logistics & Equipment					
			Bike to CP B01-B05		



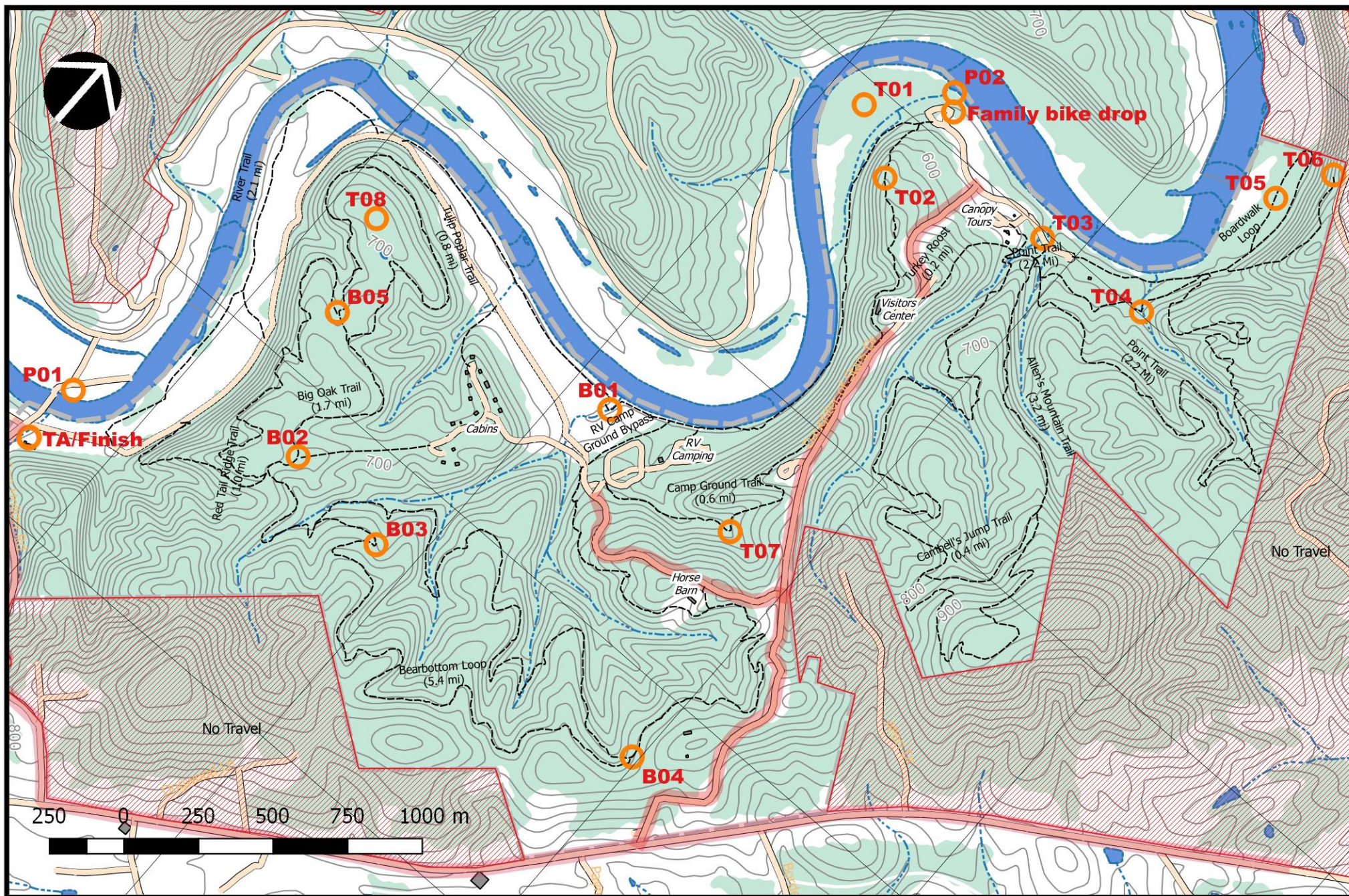
Trek Leg				Shenandoah River State Park	
 Travel by foot	Collect CPs in any order	All points are optional	8 CPs	<p><b>Terrain Breakdown</b> - 100% trail. Off trail navigation permitted.</p> <p><b>Drinking Water:</b> Treat all water</p> <p><b>First Response:</b> 911 or RD at 540-305-1733</p> <p><b>Communications:</b> Cell phone signal at high points. AT&amp;T and T-Mobile only.</p> <p><b>Logistics:</b></p> <ul style="list-style-type: none"><li>Collect trekking points in any order.</li></ul>	
Transition Area Facilities (End of leg), Team Logistics & Equipment					
			Trek to CP T01-T08		

CHALLENGE		
	The challenge is worth 5 points	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.

- Family class teams have 3 hours to collect as many checkpoints as possible following the Rules of Travel.
- Adventure class teams have 4 hours to collect as many checkpoints as possible following the Rules of Travel.
- The team with the highest score in the fastest time is the winner.
- For every minute you arrive after the cutoff time, 1 point will be deducted.
- You are not allowed to travel anywhere outside the park boundary.
- Use trail courtesy.
- All team members must stay within 100' of each other during the entire race.
- Race director: 540-305-1733 or 703-798-2024







Legend

- Checkpoint
- No travel allowed
- No travel allowed

# SHENANDOAH TENDERFOOT ADVENTURE RACE





## 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.

