

**GUIDE
TO
RACE**



SHENANDOAH EPIC

April 23-24, 2022



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All you need to know about the Shenandoah Epic

Adventure Enablers is excited to present the 24-hour day Shenandoah Epic Adventure Race! For the past 11 years we have been producing our flagship 24-hour adventure race in the Shenandoah Valley. The Shenandoah Epic covers 100 miles and has soloists and teams of 2, 3, or 4 navigating their way across the challenging and beautiful terrain of Virginia via foot, mountain bike, and boat. As a nice bonus, it's also a USARA qualifier.

This guide is designed to help you prepare for Shenandoah Epic and is subject to change. Any updates are **written in green**. For the most up-to-date information, also follow us on [Facebook](#) and visit adventureenablers.com/shenandoahepic.

Eleven years ago we ventured out of DC suburbia and launched the Shenandoah Epic Adventure Race in Virginia's Shenandoah Valley. Since then, the area has been embedded in our hearts. So much so we packed our bags and moved to Front Royal in Warren County so that we could enjoy everything the area has to offer on a daily basis. In some aspects, the move was not easy on our family. New schools, new friends, and new challenges made for somewhat of a less than smooth move, but each day we were able to overcome adversity and relish what surrounded us. As we look out our window and see Skyline Drive winding along the Shenandoah Mountains, walk down to the bottom of our backyard and paddle on the Shenandoah River through low-hanging clouds clinging to the water on the spring mornings, and skip out of work early and hit the relentless trails in George Washington National Forest on foot and bike it makes every day worth living. We are so excited for you to get a taste of our Epic backyard, even if it is just for 24 hours. We hope you enjoy it as much as we do.

Mark & Margo Harris
Adventure Enablers



Description

24-hour adventure race through Virginia's Shenandoah Valley

Race Dates

April 23-24, 2022

Start & Finish Location

Hazard Mill Farms
Bentonville, VA 22652

Categories

- Soloists, 2-person, 3-person, and 4-person coed or single-gender teams

Distance

~100 miles

Fees

\$275 per team participant
\$300 per soloist.

+ processing fees.

Disciplines

Trekking, biking, paddling class I-II water (canoe or kayak, depending on team makeup), and navigation. (No ropes)

Format

This is a nonstop race with optional and mandatory points. There will be multiple transition areas.

Race Summary

You'll have 24 hours to cover about 100 miles, navigating your way across Virginia's Shenandoah Valley via foot, mountain bike, and boat. This adventure takes place with the backdrop of the state's breathtaking landscape, including George Washington National Forest, and amid the state's diverse array of wildlife. The course will take racers over rugged mountains, through amazing terrain, and paddling along pristine rivers. Participants will experience vistas spanning a hundred miles. Trek and ride through dense forest and tackle some of the best single track on the East Coast.



Signing Up

Registration is currently full. To join the waitlist email info@adventureenablers.com. All team rosters must be completed by March 15th. Rosters not completed at that time will have team size and category adjusted to the currently registered team members. Any available spots will be opened up to the waitlist.

Pre-Qualifications

A 24 hour race is not something to take lightly. It requires dedicated training, preparation, navigation skills, and mental and physical endurance. Although not a requirement, it is a good idea for you or at least one of your team members to have completed at least one 12 - 24-hour endurance race as preparation.

Refund, Transfer, and Cancellation Policies

Refund Policy No refunds under any circumstances. Registered teams canceling 30 days prior to race date will receive 100% credit minus \$25 administration fee for any future Adventure Enablers event. Cancellations less than 30 days prior to race date will receive a 50% credit minus a \$25 administration fee for any future Adventure Enablers races. Credits can be used for any single future race. Any difference in price must be paid, and no refunds or additional credits will be made if the credit exceeds the deferred fee.

Event Change and Cancellation Policy Adventure Enablers reserves the right to alter, postpone, or cancel any race for safety concerns. In the event the race is canceled, no refunds or credits will be provided. In the event a participant cannot attend a rescheduled date, no refunds or credits will be provided.

Race and Gear Logistics

Gear Boxes

With one central transition area that you will visit a few times during the event, you will be able to transition at your vehicle. No dedicated gear bins are required or will need to be transported.

Biking Sections

Terrain You'll race on a mix of single-track, gravel fire road, and pavement. Depending on route choice, the terrain will vary. The single-track section ranges from flowing to technical to hike-a-bike, depending on skill level. Some sections are considered very technical. You will be biking at night and are required to have both front and rear lights.

Paddling Sections

Teams will complete paddle sections in canoes; soloists will use a kayak. The sections vary from Class I to II whitewater and flat water paddling. Teams will need to provide paddle equipment as outlined in the mandatory gear. Adventure Enablers will supply the boats (see more below).



Gear Paddle gear will be transported as necessary along the course. One standard paddle bag is recommended (dimensions 150cm x 50cm x 50cm) per team. All paddle equipment must fit in the paddle bag. Single-piece paddles must be securely fastened to the bag; 2/4 piece paddles must be disassembled and placed in the bag. If you do not have a paddle bag, you may use a large duffel and attach the paddles to the outside. You must take all equipment include bags and anything staged for the paddle section in your boats. You will need to drop your paddle gear at check in on Friday 4/22 between 16:00 - 20:00.

Canoes/Kayaks Boats will be provided. Two-person and three-person teams will get one canoe. Four-person teams will get two canoes. Soloists will get a kayak. Canoes/kayaks will come with single-blade/kayak paddles and/or PFDs. No outside boats are permitted. Event supplied boats, paddles, and PFDs will be located at the canoe put-in. You will not need to carry paddles or PFDs. You will not need to portage the boat for any great distance. Canoes do not come with a 3rd seat.

Personal paddles and PFDs are allowed and will be transported for you to the put in. Personal PFDs must be class III (non-inflatable). All paddle equipment must be placed in your paddle bag. At the end of the paddle legs remove all your paddle equipment and place it in the designated area in the TA.

Maps and Plotting

Maps will be at scales 1:24,000—with UTM grid markings along the edge of the map. Maps will be on waterproof paper. All points will be pre-plotted. Maps will be distributed at 07:00 on April 23 at the race start location. You will be required to navigate using various types of maps. Map and compass skills are necessary to locate most of the checkpoints. No GPS units are allowed. Teams will receive two sets of maps. Solos will receive one set of maps. Maps are 11x17 double sided. Navigate to:

<https://bit.ly/3ARl02S> for last year's maps as a sample.

Staging and Transporting Equipment on Course

Paddle gear must be dropped off between 16:00-19:00 on Friday April 22, 2022 at Downriver Canoe Company, 884 Indian Hollow Rd, Bentonville, VA 22610. Your paddle equipment will be transported for you as necessary to the paddle put in.

Cut-Off Times

If teams fail to meet certain cut-off times, they will be short-coursed and may be required to skip certain sections of the course.

Water

Natural water sources are available along the course and at some TAs. These vary from streams and ponds to running rivers. All natural water sources will need to be treated. We will have potable water available for emergency situations such as severe dehydration and medical emergencies.

Course Markings

No direction arrows, tape, markers, etc. are placed on the course (unless specifically noted in the course notes or on maps).

Time Estimates

The Logistics Outline contains time estimates for each leg of the race. "Fast" times are based on the estimated speed of a top team completing that section during the daylight, in good weather conditions, and excluding sleep. "To Finish" times are based on estimated speed of a team who will complete the full course and finish just prior to the final race cut off, completing that section during the daylight, in good weather conditions, and excluding sleep.



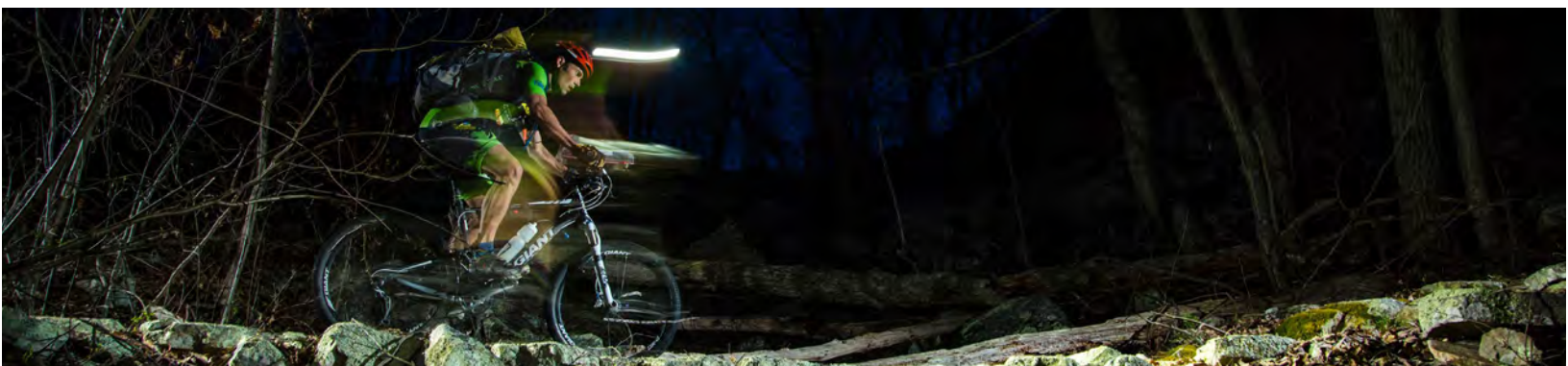
Race Logistics

Course Outline & Discipline Overview

The Pre-Race Logistics Outline is a guide to help you prepare your equipment prior to the event. Use it to determine how to pack equipment, set up bikes, organize paddle equipment, and train.

Support



















No outside assistance is allowed. Outside assistance of any kind will be grounds for disqualification. You can receive assistance from other teams, however.













2022 Shenandoah Epic Adventure Race

Pre-Race Logistics Out line



LEG 01		17 Km Trek		Elev. Gain 735 m Elev. Loss 715 m			
 Travel by foot	Fast estimate = 3.5 Hr Slow estimate = 7 Hr					Terrain Breakdown: 100% trail and off trail navigation. Off trail navigation permitted. Drinking Water: Treat all water. Communications: Cell phone signal at high points. AT&T and T-Mobile only. Logistics: <ul style="list-style-type: none">• Travel via foot and collect checkpoints.• You will have access to your paddle bag at the end of this leg.	
			All points are optional				
Transition Area Facilities (End of leg), Team Logistics & Equipment							
							
LEG 02		19 Km Paddle		Elev. Gain 0 m Elev. Loss 30 m			
 Travel by boat	Fast estimate = 3 Hr Slow estimate = 6 Hr					Terrain Breakdown: 100% Class I-II Paddle Drinking Water: Treat all water. First Response: 911 or RD Communications: Cell phone signal at high points. AT&T and T-Mobile only. Logistics: <ul style="list-style-type: none">• Travel via boat and collect checkpoints.• You must transport all paddle gear including paddle bags in your boat.• You will have access to your vehicle at the end of this leg.	
			All points are optional				
Transition Area Facilities (End of leg), Team Logistics & Equipment							
			PFD must be worn on all paddle sections. Failure to wear a PFD will result in a DQ.				
LEG 03		Bike 18 Km		Elev. Gain 530 m Elev. Loss 480 m			
 Travel by bike	Fast estimate = 3 Hr Slow estimate = 6 Hr					Terrain Breakdown: 35% Fire road, 45% single track, 5% hike-a-bike, 15% paved. Restrictions: Ride in single file on roads. Drinking Water: Treat all water. First Response: 911 or RD Communications: Cell phone signal at high points. AT&T and T-Mobile only. Logistics: <ul style="list-style-type: none">• Trails are very technical in spots. Ride within your ability.• Limited resources at transition area.	
			All points are optional				
Transition Area Facilities (End of leg), Team Logistics & Equipment							
LEG 04		Trek 33 Km		Elev. Gain 1500 m Elev. Loss 1500 m			
 Travel by foot	Fast estimate = 8 Hr Slow estimate = 16 Hr					Terrain Breakdown: 100% trail and off trail navigation. Off trail navigation permitted. Drinking Water: Treat all water. First Response: 911, RD, or check in with staff at TA. Communications: Limited or no cell service. AT&T and T-Mobile only. Logistics: <ul style="list-style-type: none">• Trails are very technical in spots. Trek within your ability.• Limited resources at transition area.• For this leg, plan wisely. There are going to be easier points to collect later down the course. If you are planning on dropping points, this is the leg to do it.	
			All points are optional				
Transition Area Facilities (End of leg), Team Logistics & Equipment							
Leg 05		Bike 25 Km		Elev. Gain 622 m Elev. Loss 687 m			
 Travel by bike	Fast estimate = 3 Hr Slow estimate = 6 Hr					Terrain Breakdown: 35% Fire road, 45% single track, 10% hike-a-bike, 10% paved.. Restrictions: Ride in single file on roads. Drinking Water: Treat all water. First Response: 911, RD, or check in with staff at TA. Communications: Cell phone signal at high points. AT&T and T-Mobile only. Logistics: <ul style="list-style-type: none">• Collect points on bike.• Trails are very technical in spots. Ride within your ability.• You will pass within a mile of your vehicle on the way to the next TA. You may stop and resupply, but it is not required.	
			All points are optional				
Transition Area Facilities (End of leg), Team Logistics & Equipment							
							

Leg 06		Trek 13 Km		Elev. Gain 300 m Elev. Loss 300 m						
 Travel by foot	Fast estimate = 2 Hr Slow estimate = 5 Hr					Terrain Breakdown: 100% trail and off trail navigation. Off trail navigation permitted. Drinking Water: Treat all water. First Response: 911, RD, or check in with staff at TA. Communications: Cell phone signal at high points. AT&T and T-Mobile only. Logistics: <ul style="list-style-type: none">Collect points on foot.				
			All points are optional							
Transition Area Facilities (End of leg), Team Logistics & Equipment										
										
Leg 07		Bike 33 Km		Elev. Gain 550 m Elev. Loss 550 m						
 Travel by bike	Fast estimate = 3 Hr Slow estimate = 6 Hr					Terrain Breakdown: 90% single track, 10% gravel. Restrictions: Ride in single file on roads. Drinking Water: Treat all water. First Response: 911, RD, or check in with staff at TA. Communications: Cell phone signal at high points. AT&T and T-Mobile only. Logistics: <ul style="list-style-type: none">Collect points on bike.You will have access to your car at the end of this leg.				
			All points are optional							
Transition Area Facilities (End of leg), Team Logistics & Equipment										
										

- 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 transitioned from a leg, you may not return to that leg later in the race.
- 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 unless otherwise noted.
- You have 24 hours to collect as many checkpoints as possible following the rules of travel.
- The team with the most checkpoints in the fastest time is the winner.
- For every minute you arrive after the cutoff time, 1 point will be deducted.

On-Course Gear Transport



Paddle Bag

- 1 x bag per team
- 55 lbs (25 kg) maximum weight
- Team identification labels provided
- Paddle bag at start of paddle leg
- Split paddles will fit inside bags; full-length paddles must be attached to paddle bag for transport
- A large duffel with paddles secured and labeled may be used.
- Paddle bags are transported for you to paddle put in and from paddle take out.
- You will need to drop your paddle gear at check-in on Friday 4/22 between 16:00 - 20:00.



Schedule

Day	Time	Location	Activity
Sunday April 17, 2022	19:00 EST	Online	Pre-Race Brief released
Friday April 22, 2022	16:00 - 20:00	Downriver Canoe Company	Packet pickup
Friday April 22, 2022	16:00 - 20:00	Downriver Canoe Company	Paddle gear drop
Saturday April 23, 2022	07:00 - 08:45	Hazard Mill Farms	Transition area setup (based out of your vehicle)
Saturday April 23, 2022	07:00 - 08:45	Hazard Mill Farms	Map, tracker, and ePunch distribution
Saturday April 23, 2022	07:00 - 08:00	Downriver Canoe Company	Paddle gear drop (late arrivals)
Saturday April 23, 2022	09:00	Hazard Mill Farms	Race start
Sunday April 24, 2022	09:00	Hazard Mill Farms	Race finish
Sunday April 24, 2022	08:00 - 10:00	Hazard Mill Farms	Post-race breakfast
Sunday April 24, 2022	09:30	Hazard Mill Farms	Awards

Locations

Hazard Mill Farms, 1481 Hazard Mill Rd, Bentonville, VA 22610

Downriver Canoe Company, 884 Indian Hollow Rd, Bentonville, VA 22610.

Start and Finish Location

We have a new start and finish location at Hazard Mill Farms. This location is nestled right on the south fork of the Shenandoah River and is a beautiful location to host the event from. This location is on private property and we only have access to this location on race weekend. **DO NOT SCOUT OR ACCESS HAZARD MILL FARMS OUTSIDE OF THE EVENT WEEKEND.**



Tracking & Timing

Timing and Results

The Shenandoah Epic will be timed using the SportIdent ePunch system. This provides accurate times between checkpoints, ensures the safety of competitors by tracking their location along the course, and allows near real-time updates for family and friends following the progress of their teams. ePunch sticks will be provided to each team during check in.

Tracking

We will be using GPS tracking devices for team tracking during the event and posting regular updates to our social media sites. Your cheering squad will be able to follow your progress on an online map that will update your position frequently.

Each team is issued a tracker at the start line. The tracker **MUST** go in the top of a race pack and have clear view of the sky. Be especially careful on paddle legs that the tracker is sitting in a position on the boat with clear view of sky. Teams will receive a briefing on how to use the tracker in the event of an emergency.

If you lose or break any of your tracking devices, you will be subject to a time penalty and must pay \$150 for a replacement.

Finish & Awards

Finish Line

The finish of the race will be located at **Hazard Mill Farms**, 1481 Hazard Mill Rd, Bentonville, VA 22610.

Awards

Prizes will be awarded for each division. Depending on current COVID restrictions, the award ceremony may be held virtually after the event.

Post Race Food

The Apple House will be serving up delicious breakfast bowls for you to refuel post-race.

Gear

Most of the mandatory equipment is required to help you complete the course safely in the event you have an emergency or mechanical issue. Usually the longer the race and the more time you spend on the course, the more equipment you need. The mandatory gear also plays an important part of our overall safety plan for the event. Please note that the gear list is subject to change as details are finalized.

Team Uniforms

Teams are encouraged to wear a team uniform throughout the race.

Supplied Gear

Adventure Enablers will provide race maps, ePunch, race passport, list of rules, bib number, bike numbers, GPS tracker, and equipment for the paddle sections.



Mandatory Gear

Spot checks for mandatory gear will be conducted on the course. Any team missing items of mandatory gear will be subject to time penalties and/or disqualification. All mandatory gear is required to ensure racers have the proper equipment to safely complete the course.

The mandatory gear list can be found at the end of this document.

Recommended Gear

The mandatory gear list is considered minimal equipment. You will need additional equipment to be able to successfully complete the race. We also suggest sunglasses, bug spray, sunblock, waterproof map case, map bag for race map and passport, pen for plotting, scale tool, change of clothes, and multiple pairs of socks.

First Aid Kit

You will need to bring your own first aid kit as part of your mandatory gear. We recommend the Adventure Medical Kits Ultralight .7 (<https://www.adventuremedicalkits.com/ultralight-watertight-7.html>). This has all the required medical supplies. Medical support will be available at the main TAs.

Special Considerations

Additional Safety and Social Distancing Measures Due to COVID-19

If necessary, at the time of the event, operational changes and enhancements will be put into effect to increase safety and facilitate social distancing to prevent the spread of COVID-19. These measures will be in line with the COVID-19 spread prevention guidelines suggested by the Centers for Disease Control and comply with any state executive orders. All current CDC and Virginia executive orders related to COVID-19 will be followed at the time of the event. Current registration is capped at 300 persons. In addition to the participant cap, additional measures will be taken to increase safety when people are gathered. These include promoting personal prevention practices such as handwashing, staying home when sick (self-assessment), maintaining 6' of social distancing, and wearing cloth face coverings. Additionally, environmental prevention practices such as cleaning and disinfecting protocols will be put into place. Changes will be instituted to the procedures, timing, layout, and flow of almost every operational aspect of the event. If necessary, these changes may include enhanced pre-event communication, staggered check-in, facilitated/directive parking with additional space between vehicles, staggered starting times, deliberate flow and limited facilitated support at the aid stations and at the finish line, limited post-event food options and procedures, and doing a virtual awards ceremony vs a live awards ceremony on the day of the event.



Safety

Copperhead Snakes and Timbler Rattlers Snakes are a real and present danger. Always be aware of where you are putting your hands and feet, especially in rocky areas. In the event of any snake bite, immediate evacuation will be necessary.

Black Bears Bears roam this area of Virginia. Black bears are not usually aggressive to humans unless they (the bears) are scared. Bears usually avoid people, so if you stay with your team and make noise, bears likely will avoid you. Be aware of your surroundings and look for evidence that bears have been in the area such as tracks, scat, or overturned logs. Know that dusk and dawn are when bears are most active.

Poison Ivy/Oak/Sumac Leaves of three? Let it be! But also keep in mind that poison ivy/oak/sumac looks an awful lot like Virginia creeper, which is harmless. Poison ivy, the most common in Virginia, grows as groundcover, a bush, or a vine pretty much anywhere. Its leaflets grow in clusters of three, and many people who come in contact with it develop an extremely itchy rash.



Ticks As in many other areas of the United States, deer (blacklegged) ticks abound. The bacteria that causes Lyme disease is only transmitted through the bites of infected deer ticks, usually in the nymph stage. Since a blacklegged nymph can be very small and because its bite produces little itch or irritation, most people never realize they have been bitten unless the tick attaches to a part of the body that is in plain sight. You will be traveling through tick-infested areas during the race, so you should wear DEET or a similar insect repellent and/or permethrin (apply permethrin to shoes and clothing only, not skin). Wear light colored clothing so that ticks are easier to see and remove. Tuck pant legs into socks to prevent ticks from crawling up under the pants. Wear long-sleeved shirts buttoned at the wrists. Conduct tick checks within a few hours of exposure to a tick-infested area. Remove any attached ticks promptly by gripping the tick with tweezers as close to the skin as possible and using a gentle steady pulling action. Learn more by clicking [here](#).

Eating and Drinking During the race you will constantly hear us reminding you about hydration and nutrition. We have ensured that water refilling options are available and are noted on the Logistics Outline. These may be through potable water sources or water that will need purification. We expect most of our medical incidents to be gastrointestinal and hydration related. It is up to you to make sure that these incidents are few and far between.

Bike Travel Whenever you are riding on roads, you must travel in single file. On trails, ride within your limits. Some of the trails you are going to be riding are very technical. Add riding them at night, and it can lead to accidents if you don't take precautions. Don't be afraid to dismount and push even on down hill sections, if you are uncomfortable with the terrain.

Lights You need to ensure that your lighting system is bright and highly visible both from the front and rear and is capable of running for up to 12 hours. Bike helmets are required to have reflective tape on the back, and your packs should have some form of reflective material or tape on it to make it as visible as possible at night. These requirements/items are part of the mandatory gear list.



Environmental

You will be passing through some environmentally protected areas, and we have assured all the agencies and owners of the land we will be crossing that the adventure racing community is fully invested in protecting the environment and that our racers are a caring bunch when it comes to all things to do with nature. In certain areas you may be required to dismount to cross streams, use particular routes of travel, and ensure that gates are closed to help with environmental protection. Please ensure that you follow any volunteer directions and Rules of Travel to ensure we keep the adventure racing community name in good stead.

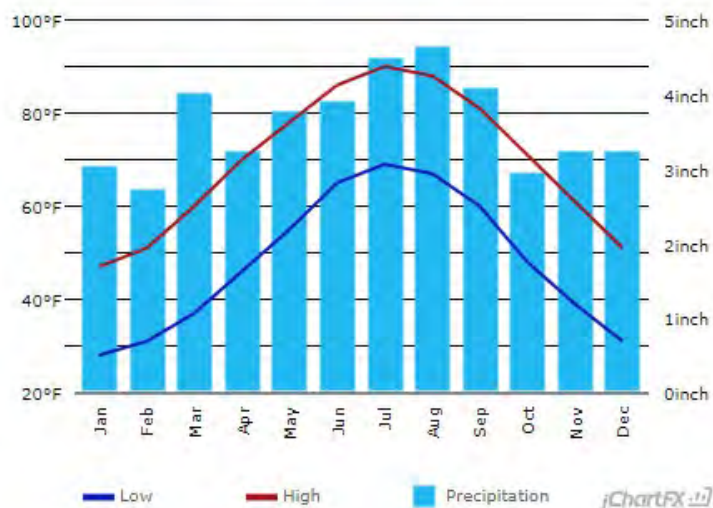
Rock falls, steep dropoffs, loose limbs/widowmakers Falling off things or having things fall on you are a possibility. Be aware of loose rocks, dropoffs, loose limbs, and leaning trees.

Open fires You are NOT permitted to have open fires at any time, unless there is an extreme emergency or medical situation (hypothermia) that warrants one. Camp stoves are permitted in TAs.

Water sources Water sources will be available at some of the TAs. There are plenty of opportunities to refill water along the course. It is a requirement that teams have a method to treat water so that you can take advantage of “natural” water resources. Water stations may be provided along the course where natural or manmade water sources are not available.

Human waste 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 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. We will have portajohns at the start and finish location.

Richmond Climate Graph - Virginia climograph



Travel Information

Getting Here

The closest airport is Washington Dulles International Airport (IAD), about 90 minutes away from the race start/finish. Washington National (DCA) is another convenient option located about 2 hours drive away.

Washington, DC is about a 1.5-hour drive to the race start. Richmond, the state capitol, is a little less than 3 hours away. Roanoke, VA is 2.25 hours drive.

Lodging

We are able to offer up rustic camping at Hazard Mill Farms. It is beautiful spot at the water's edge of the Shenandoah River. Watch the stars and listen to the lap of water against the river bank as you drift off into your pre-race slumber without a worry in the world :). Camping is \$10 per person. **Camping must be pre-purchased. This is a change from what was previously published.** We have had a lot of questions regarding camping and want to make sure we have adequate resources in place and so are now requiring pre-registration. To sign up for camping, [Just log in to your profile](#), click Manage Registration under the Shenandoah Epic event, and then click Add-Ons in the top menu bar to reserve a camping spot. The camping area is located at the start and finish location for the race. It is rustic, but we will have porta johns and water available. There is no hot water, showers, or facilities with running water.

Other lodging options include cabins and camping at Shenandoah River State Park, camping at Low Water Bridge Camp Ground, and various hotels and Airbnbs in the Front Royal or Luray area.

Time Zone

The event will be conducted in US Eastern Standard Time. The event will use 24-hour time for all timing information.

Mobile/Cell Service

Cell service is limited to select carriers at the start and finish location. Past Front Royal, AT&T, T-Mobile and Sprint are the only reliable cell service. Verizon is almost non-existent. For emergency services, dial 911.

Parking

We will have parking available at the Start and Finish location. If you plan on camping out of your car/van, you will need to pay the nominal overnight camping fee. Vehicles may be left at the start location while racing.

Local Race Supplies Shopping

Shops are sparse near the race start/finish line, so you may want to bring all the supplies you need or plan to purchase them en route to the start location. (e.g., in Chantilly/Dulles airport area, Front Royal, Luray, or Woodstock).

Mountain Trails: 120 E Main St, Front Royal, VA 22630
(www.mountain-trails.com)

Appalachian Trail Outfitters: 2 W Main St, Luray, VA 22835
(www.appalachiantrailoutfitters.com)



Walmart Supercenter: 10 Riverton Commons Dr, Front Royal, VA 22630

Walmart Supercenter: 461 W Reservoir Rd, Woodstock, VA 22664

Walmart Supercenter: 1036 US-211 W, Luray, VA 22835

Medical Support

On Course

Medical staff will be stationed at every transition and also out on the course. They are there to help you in emergency situations and also provide support and care. Your first line of medical and emergency support is your team and other teams out on the course.

Emergency Medical Transportation

If a team requires medical evacuation by emergency services (i.e., ambulance or helicopter) they are liable for these costs. Ensure that you have the appropriate health coverage; you are responsible for all medical coverage and medical transportation.

Race Rules and Penalties

This event will use the Adventure Enablers General Rules (see the end of this document). Time penalties will be added to finish times.

Volunteer

We could not put on these events without the generous time all of our volunteers put into making sure your race is fun-filled, safe, and memorable.

When you see volunteers out on the course, during registration, or doing the countless activities they do behind the scenes, make sure you give them a big smile and say “Thanks.”

Media

Live Coverage

Live coverage including team tracking will be available through the Adventure Enablers Facebook site and tracking page.

Social Media

Be sure to follow us on [Facebook](#) and [Instagram](#).

Hashtags

We'd love for you to use the following hashtags to help promote the event and the sport of adventure racing: #ShenandoahEpic #AdventureEnablers #Enabled #adventureracing



About the Race Company

[Adventure Enablers](#) are the hosts of the Shenandoah Epic and were the hosts of the 2017 Adventure Racing World Championship in Wyoming (Cowboy Tough). With our extensive portfolio of outdoor events experience, we offer race timing, live tracking solutions, registration management, and customized event management for any size running, biking, or multisport event. We also provide live tracking for many adventure races and other endurance events in North America.

With a decade of event experience and the complementary equipment and logistics skills, the Adventure Enablers team partners with race directors, charities, property owners, businesses, cities, states, you name it, to bring high-quality and fun events that are family friendly, endurance based, goal achieving, and adventure enabling.

Photo Credits Bushnell Photography, Vlad Bukalo, Randy Ericksen, and Chris Radcliffe



Thank you for choosing the Shenandoah Epic as your next--or first!--adventure race. The AE team can not wait to share this amazing experience with you. Looking forward to enabling your next adventure in the incredible Shenandoah Valley.

Mark Harris
Race Director

Margo Harris
Director of Media and Communications

Support and sponsorship provided by

VIRGINIA IS FOR LOVERS

**Virginia is for Lovers**

No one knows exactly why “Virginia is for Lovers” has been so durable, but part of the mystique of the slogan is that it has meant many things to different people. Today, a new generation is discovering love for Virginia’s mountains, beaches, history, theme parks, vibrant cities, outdoor activities, sports and hospitality.

And the love story continues.

www.virginia.org

US Forest Service

We are a multi-faceted agency that manages and protects 154 national forests and 20 grasslands in 43 states and Puerto Rico. The agency’s mission is to sustain the health, diversity, and productivity of the nation’s forests and grasslands to meet the needs of present and future generations.

www.fs.fed.us



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 manned 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.
- Rear bike light must be on and blinking at all times when riding on open roads.
- 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.
- 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.

MANDATORY EQUIPMENT LIST

PERSONAL RESPONSIBILITY AND ASSUMPTIONS - You and your team together are responsible entirely for carrying suitable and appropriate equipment, clothing and sustenance for the climate, conditions, and activities in the event. This Mandatory Equipment List is NOT a list of the only items you should take. It contains the mandatory items that you and your team must carry with you, at specified times, to meet minimum safety requirements, prevent and/or treat SOME potential injuries, and short-term survival purposes (for example a seriously injured team member, in a stationary position, overnight in bad weather). It assumes your team members will NOT separate during the race and that you may share between members the mandatory equipment that must be carried. You will certainly need additional equipment, clothing, food, and drink for your participation in the event.


RECOMMENDED AND INFERRED ITEMS



The following items, categories of equipment or related items, are either strongly recommended by organizers, or assumed to be an inferred requirement as competitors must have an understanding of adventure racing, the activities they will be participating in, and general outdoor adventure knowledge and experience.






- ▶ Backpacks and water carrying containers/ bladders/ bottles.
- ▶ Foods and sustenance, sufficient until the next re-supply point, including emergency quantities.
- ▶ Personal race clothing and footwear suitable for extreme conditions (including accessories such as hats/ gloves, eye protection, watch/altimeter as required and clothing for water activities).
- ▶ Waterproofing/ dry bags to keep personal and team equipment as dry as necessary.
- ▶ Water purification device or chemicals - to avoid illness from drinking contaminated water.
- ▶ Personal medications (for example EpiPen/epinephrine, bronchodilator/Ventolin) permitted analgesics, therapeutic medicines, medical insurance certificates, allergy or illness identification tags, sun protection, bug spray.
- ▶ Cycle repair kit (including pump, tubes, tools and spare parts).
- ▶ Additional and back up Mandatory/ Recommended and Inferred items in re-supply boxes as permitted.







As a competitor, you and your team are required to carry the mandatory equipment items with you at the specified times. Checks of mandatory equipment may occur during the race and missing equipment may result in penalties or disqualification as per the race rules. If any items are used/ consumed/lost during a leg, they must be replaced at the next transition point.







The mandatory equipment is divided into two categories, equipment you and your team must carry at ALL times, and equipment you and your team must carry during a specific DISCIPLINE.




			ALL TIMES - ALL DISCIPLINES	
Yes/No	Name	Image	Quantity	Description
✓	Whistle		1 x per competitor (no share)	Each competitor must carry at all times a whistle that is pea-less and functional in wet conditions. It must be easily accessible at all times to sound an alert if required.
✓	Light Source (Headlamp)		1 x per competitor	Light source (such as headlamp), waterproof with the required batteries for the section of the race. Different light sources may be used in different disciplines e.g. headlamp, cycle lights.
✓	Shell Layer Top (Jacket)		1 x per competitor	The shell/ outer layer jacket must be waterproof, windproof, breathable as specified by the manufacturer. Jacket must have hood, seams tape sealed and be suitable for potentially extreme conditions in an adventure race.
✓	Baselayer Top		1 x per competitor	Long sleeve, close fitting top of synthetic or wool fabric. Lightweight, moisture wicking/ quick drying, and worn next to your skin. Top may either be carried or worn.
✓	Baselayer Legs (Leggings/ Tights)		1 x per competitor	Long leg, close fitting bottom of synthetic or wool fabric. Lightweight, moisture wicking/ quick drying, and worn next to your skin. Bottom may either be carried or worn.
✓	Baselayer Head (Beanie)		1 x per competitor	Beanie (or Buff) must be close fitting and of synthetic or wool fabric. Lightweight, moisture wicking/ quick drying, and worn over your hair/skin. Beanie may either be carried or worn.
✓	Survival Blanket (Space Blanket)		1 x per competitor	Sheet or bag of material coated in a metallic reflective agent. Used in emergencies to reflect heat. Can be used to counter hypothermia, but also provide shade or aid in visibility.
✓	Magnetic Compass		2 x per team	Quality compasses for accurate navigation. Watch compasses do not meet these requirements.
✓	Digital Camera		1 x per team	Camera or electronic recording device (e.g. video camera), waterproof, shockproof with charged battery. May be used to photograph in case of missing checkpoint or other rule breaches. May also be used for general photography (at risk of having flat battery when needed). A smart phone may be used to meet this requirement.
✓	Cell Phone		1 x per team	Cell phone with fully charged battery, turned off and in waterproof bag/container for emergency use only. Race organizers will provide advice on specific cell network (if required) and seal phones in security bags before the race. A smart phone maybe used to meet this requirement.
✓	Fire Starting Device		1 x per team	Waterproof matches, gas cigarette lighter, flint and steel are all acceptable fire-starting devices.
✓	Knife		1 x per person	Minimum blade length 2.5" and sharp enough to cut rope or webbing in an emergency. Folding blade for safety. Must be easily accessible while paddling.

✓	Course Information and Maps		1 x per competitor	Course maps, course notes and passport/ control card, provided by organizers, appropriate for section of the race teams are completing. All maps provided will be on waterproof paper but should still be protected against the elements.
✓	First Aid Kit		1 x per team	You will need to bring your own first aid kit as part of your mandatory gear. We recommend the Adventure Medical Kits Ultralight .7 (http://www.rei.com/product/695383). This has all the required medical supplies. Medical support will be available at some TA's.
✓	GPS Tracker		1 x per team	Provided by race organizers. Must be carried and used in accordance with direction of race organizers.
✓	Transition Gear Box		1 per team	HDX 27 Gal tote . (Black bin with yellow lid) 29" x 19.5" x 15.25" Optional
✓	Water Purification		1 x per competitor	Method to purify water (purification tablets, iodine, filter etc.)
✓	Duct Tape		1 x per competitor	Duct tape (minimum 10 feet)

 ALL TIMES - MOUNTAIN BIKE DISCIPLINE				
Yes/No	Name	Image	Quantity	Description
✓	Mountain Bike		1 x per competitor	Mountain Bike appropriate for adventure racing. No road or cyclocross bikes. Front suspension highly recommended.
✓	Helmet		1 x per competitor	Cycle helmet with an approved safety standard certification. (e.g. CE, UIAA or country equivalent).
✓	Front Light		1 x per competitor	Front facing white light. May be head or handlebar mounted.
✓	Rear Light		1 x per competitor	Rear facing red light. Must be mounted on the bicycle. Recommended spare rear light is carried amongst team.

<div>  ALL TIMES – PADDLE DISCIPLINES </div>				
Yes/No	Name	Image	Quantity	Description
✓	Personal Flotation Device (PFD/ Lifejacket)		1 x per competitor (no share)	Correctly sized for the competitor and must meet safety standards of the country of the race. Worn at all times while performing and water based activity. Inflatable type vests not acceptable. Foam deteriorates over time and loses buoyancy. PFD with bladder and storage pockets are acceptable. Provided by race organization or may bring your own.
✓	Whistle		1 x per competitor	Must be attached to the PFD/ Lifejacket.
✓	Paddle		1 x per competitor	Single blade paddles will be provided for canoes, double blade paddle for kayaks. Competitors are allowed to supply their own paddle.
✓	Canoe/Kayak		as per race organizer	Canoes/Kayaks will be provided by the race organization.
✓	Paddle Bag			Paddle bag or large duffel bag if you are bringing your own paddle equipment.

<div>  FIRST AID KIT - ALL TIMES - ALL DISCIPLINES </div>				
Yes/No	Name	Image	Quantity	Description & Required Discipline
✓	Bandage (Elastic/ Crepe)		2m long x 7.5cm wide	Total length of bandage is minimum of 2 metres and minimum width is 7.5cm un-stretched. Multiple bandages are permitted. Used to create localized pressure to site of injury or wound.
✓	Triangular Bandage		1 x	This bandage in shape of right angle triangle can be used to make a sling, as normal bandage and other applications.
✓	Wound Dressing (Sterile)		2 x	Dressing minimum dimensions 7.5cm x 7.5cm each. Applied to wound to prevent further harm and promote healing. Self adhesive or used in conjunction with a bandage. Gauze dressing with nonstick film recommended.
✓	Strapping Tape (Adhesive/ surgical tape)		1 x	One roll of strapping tape. Can be used to secure bandages or dressings and in improvised splints.
✓	Antihistamine (strong)		4 x adult doses minimum	Antihistamine tablets inhibits the action of histamines and can be taken in event of allergic reaction.

 ALL TIMES - ALL DISCIPLINES - NON-MANDATORY BUT RECOMMENDED				
Yes/No	Name	Image	Quantity	Description
✓	Mid Layer Top (Fleece)		1 x per competitor	The mid layer top is used between the baselayer and shell layer to provide additional insulation in cold environments. Long sleeve top of synthetic or wool fabric. Mid weight (greater than baselayer), moisture wicking/ quick drying. Top may either be carried or worn. When tested on scales the total weight of the top must be 200 grams or greater.
✓	Shell Layer Bottom (Pants)		1 x per competitor	The shell/ outer layer pants must be waterproof and windproof as specified by the manufacturer. Pants must be suitable for potentially extreme conditions in an adventure race.

 PROHIBITED ITEMS/ EQUIPMENT	
All Times - All disciplines	

- GPS devices. Includes devices that show your position, display maps, distance travelled etc (excludes GPS trackers provided by the organizers).
- No GPS devices of any type are allowed for navigational purposes. Smart phones with GPS capabilities may be carried if mandatory gears requires a camera/cell phone.
- Distance measuring devices such as foot pod accelerometers and pedometers. (cycle computers exempt)
- Mobile phones, radios, other communications or internet access devices etc (excluding the compulsory emergency phone sealed prior to the race).
- Firearms, night/ nocturnal vision devices.

Exemptions

If a competitor wishes, for example for post race performance analysis, to carry such a device as outlined in points 1,2, they must register it, including any separate display devices (e.g. watches) at HQ and have them sealed in a tamper proof bag prior to the start. Officials will check the bag is intact at the finish line.

FREQUENTLY ASKED QUESTIONS:

- Q. Am I required to carry an additional baselayer top or bottom if I am wearing them during the race? NO.
- Q. Does a cycle top and arm warmers (or cycle tights and leg warmers) meet the requirement for baselayer top and baselayer bottom? YES
- Q. Can a team mate carry my backpack? YES however each competitor must always carry a whistle.