

2021 - Sprint Adventure @ Seven Bends (ROT) Rules of Travel

LEG 01		Distance 2.5 Miles		Trekking
		Emergency <u>911</u>	Map # 1 	Team members must stay within 100 feet of each other during all legs of the race!!!
		Race Director 202-438-9084	CP#'s 8	CP-B - (Tree near fireplace) CP-C - Trail (Left Side) CP-D - (off trail - uphill) CP-E - CP-F - (Eye of the needle) CP-J - CP-K - CP-G - Boat Ramp (Transition to Leg 02 Paddling)
Additional Information				
TA 1	Filter All Water			
<p>Terrain Breakdown: 60% single track, 40% fire roads. Off trail navigation is permitted.</p> <p>First Response: 911 or RD at 202-438-9084</p> <p>Communications: Cell phones are mandatory gear.</p> <p>Logistics: You may not get biking CP's while completing the Trekking section of the race.</p>				

LEG 02		Distance 2 Miles		Paddling
		Emergency <u>911</u>	Map # 1 	Acquire all CP's while in the canoe or kayaks.
		Race Director 202-438-9084	CP#'s 5	CP-1 - Left side of the river CP-2 - Left side of the river CP-3 - Left side of the river CP-4 - Right side of the river pullout CP-10 - Challenge (Once you have exited your watercraft)
Additional Information				
				Complete the Challenge and transition to your bike!!!

LEG 03		Distance 3 Miles		Biking
		Emergency <u>911</u>	Map # 1 	Complete all Bike CP's and go to the finish line
		Race Director 202-438-9084	CP#'s 5	CP-A - CP-L - CP-5 - CP-6 - CP-8 -
Additional Information				
				Limited cell phone service
   <p>You can choose any route to get you and your team to the biking checkpoints. You must cross the finish line before 1:00 PM or you will lose 1 point for every 5 minutes you are late!!</p>				



Adventure Race Rules

1. All racers are expected to be examples of good sportsmanship. Racers must treat fellow racers & race staff with courtesy and respect.
2. Teams must assist fellow teams in need of medical attention.
3. 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).
4. Maps, Passports, Rules and Instructions must be carried the entire race.
5. Race numbers must be worn on the outside of clothing at all times. Race numbers do not have to be worn over PFDs.
6. Teams must manually punch passports in the correct space at each CP.
7. 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.
8. Final rankings will be as follows:
 - A. Teams will be ranked by number of CPs acquired.
 - B. Teams will be ranked by fastest time.
 - C. NO LITTERING! Leave no trace!