

2025 - 12 Hour Knox-Xtreme (ROT) Rules of Travel

Terrain Breakdown: 30% Pavement, 10% fire roads or gravel and 60% trails. Off trail navigation permitted.

Restrictions: Must obey all traffic laws while riding on state roads or city streets. "Leave No Trace Behind" rules are in place.

Communications: Cell phones are mandatory gear. **W or Restroom** is a symbol for potable water on your maps.

Logistics: You must complete Leg 1 on the water before you transition to Leg 2 the trek section of the course.

Dropping out of the Race: You must check in with the race director if you drop out of the race!! **If not, search and rescue will be called. If you are injured: Life threatening? Call 911, then race director for location logistics. Minor injury or becoming lost on the course, call the race director first. Mike Spiller @ 202-438-9084, Outside maps and cell phones are allowed to be used during the race! Please stay off private property, you will be disqualified!!!**

LEG 1		Distance 11 Miles		Tennessee River
	Emergency 911	Map # 1 	Prolog to Riverside landing park via foot on the Greenway trail Checkpoint W1: Riverbank (M) - Boat Launch Checkpoint W2: Riverbank (M) - Dock - O Flag Checkpoint W3: Dock (M) - O Flag Checkpoint W4: Riverbank (M) - O Flag Checkpoint W5: Riverbank (M) - O Flag Checkpoint W6: Riverbank (M) - O Flag Checkpoint W7: Riverbank - O Flag Checkpoint W8: Riverbank/Boat Launch - O Flag Checkpoint W9: Riverbank - O Flag Checkpoint W10: Riverbank - O Flag TA1 - All racers must check in when they exit a watercraft. Begin the first Trekking section. Racers can go to the (Bike Drop Area (TA2/Bike) and resupply. Shortcut Tunnel UT Medical Center	
	Race Director 202-438-9084	CP#'s 10		
Additional Information				
Filter All Water				
TA1 Canoe Exit, (M) Mandatory CP's No racer is allowed on state route 129 and James White Parkway.				

LEG 2		Distance 5 Miles		Cherokee Trail - Trek
	Emergency 911	Map # 1 	Checkpoint T7: Cherokee Trail Parking Lot (M) - O Flag Checkpoint T8: Pond (M) - O Flag Checkpoint T9: River Overlook (M) - O Flag Checkpoint T10: Hill Top - O Flag Checkpoint T11: Reentrant - O Flag Checkpoint T12: HillSide - O Flag	
	Race Director 202-438-9084	CP#'s 6		
Additional Information				
Filter All Water				
This section is the second leg of the race. Racers are allowed to go by their bikes for supplies if needed. (M) Mandatory CP's. At the end of this section go to TA2/Bikes to transition to the bike section of the course.				

Adventure Race Rules - If you drop out of the race for any reason you must let a REV3Endurance Race official know. Check-in at HQ, or call Race Directors. Mike Spiller @ 202-438-9084 - All racers are expected to be examples of good sportsmanship. Racers must treat fellow racers & race staff with courtesy and respect. Teams must assist fellow teams in need of medical attention. 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). Maps, Passports, Rules Of Travel and Instructions must be carried the entire race. **No racer is allowed on state route 129 and James White Parkway.**

LEG 3/4		Distance 30+ Miles	Knox Xtreme Biking Section		
 	Emergency 911	Map # 1/2 	Checkpoint B1: (M) Fort Dickerson Quarry Checkpoint B2: (M) Fort Dickerson Quarry Checkpoint B3: (M) Fort Dickerson Quarry Checkpoint B4: (M) Starley Lippencett Park Checkpoint B5: (M) Baker Creek Preserve Checkpoint B6: (M) Baker Creek Preserve Checkpoint B7: (M) Baker Creek Preserve Checkpoint B8: Behind the 2 Brother Marine Sign (M) Checkpoint B9: Marie Myers Park Checkpoint B10: Marie Myers Park Checkpoint B11: Williams Hastie Natural Area Checkpoint B12: Williams Hastie Natural Area Checkpoint B13: Williams Hastie Natural Area Checkpoint B14: Burnett Creek Easement Checkpoint B15: Burnett Creek Easement Checkpoint B16: Burnett Creek Easement Checkpoint B17: Forks of The River Wildlife Management Area Checkpoint B18: Forks of The River Wildlife Management Area Checkpoint B20: Meads Quarry Park Checkpoint B21: Meads Quarry Park Checkpoint B22: Meads Quarry Park		
	Race Director 202-438-9084	CP#'s 21			
Additional Information					
TA 2 TA3	Filter All Water	  	 	 	
<p>TA2 - Bike Drop Area at Cherokee Bluff. The dotted lines on the map are just GPS trail overlays. You do not have to take those routes. All points on the map are not required to complete the course. W is access to potable water and restrooms. Racers lose 1 Checkpoint every 5 minutes they are late crossing the finish line!!! Racers must be off the course by (8:30PM) (M) Mandatory CP's. Biking is the final leg of your race. Return to the finish line at Knoxville's Adventure Collective before your race clock expires to finish the race. No racer is allowed on state route 129 and James White Parkway.</p>					

LEG 3/4		Distance 5 Miles	Baker Creek Ijams - Trek		
 	Emergency 911	Map # 2 	Checkpoint T1: High Point - Devils Racetrack (M) - O Flag Checkpoint T2: Off Bend in Trail, low spot (M) - O Flag Checkpoint T3: Near Rail Road Tracks/Creek - O Flag Checkpoint T4: Vent in the Bottom of the Key Hole Quarry - O Flag Checkpoint T5: Quarry Overlook - O Flag Checkpoint T6: Ijams - Crag climbing wall (M) - O Flag		
	Race Director 202-438-9084	CP#'s 6			
Additional Information					
	Filter All Water				
<p>(TA3) This section must be started before 3:00 pm, bikes will be monitored until 4:00PM. (M) Mandatory CP's Bikes must be dropped at Bear Paw Bikes for this section. No trekking CP's are allowed via bikes. A signature by a race official is required before and after this section of the race.</p>					

Adventure Race Rules - Teams must manually punch passports in the correct space at each CP. Do not spend more than 20 minutes looking for a CP. Credits will be given if the CP is stolen or misplaced. Teams that miss a CP will be ranked after teams that obtain all CP's provided that all CP's 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. Clues will help guide you to CP's. Please stay off private property!!!

Final rankings will be as follows: Teams will be ranked by number of CP's acquired, Teams will be ranked by fastest time, NO LITTERING! Leave no trace!