






















2021 - 8 Hour Baker Creek (ROT) Rules of Travel - Sample

| LEG 01 | | Distance 7 Miles | | Baker Creek to Mead's Quarry | |
|---|------------------------|---|---|--|--|
|   | | Emergency 911 | | Map # 1/2  | |
| | | Race Director 202-438-9084 | | CP#'s 13 | |
| Additional Information | | | | | |
| TA 1 | Filter All Water |  |  |  | |
| <p>Head from the Baker Creek Parking lot towards Mead's Quarry. Pick up any checkpoints along your path to the Mead's Quarry Water Challenge. Start: All racers must attempt the water challenge at Mead's Quarry by 11:00AM. You can get the checkpoints in this section of the race in any order.</p> <p> Checkpoint A: (MTB) Checkpoint B: (MTB) Checkpoint C: (MTB) Checkpoint D: (MTB) Checkpoint F: (Trek) Checkpoint G: (Paddle challenge) Checkpoint H: (Paddle challenge) Checkpoint I: (Paddle challenge) Checkpoint J: (Trek) Checkpoint K: (Trek) Checkpoint L: (Trek) Checkpoint M: (Trek) Checkpoint N: (Trek) </p> | | | | | |

Team members must stay within 100 feet of each other during all legs of the race!!! Each Checkpoint is worth 1 Points. The team with the most points in the shortest amount of time will be the winner. This is a clearabe course. All racers must be off the course by 5:00PM. Your team will lose 1 point for each minute you arrive after 5:00PM. Water & Bike Tune Up stations Anderson School Map 5, View Park Drive Map 5, and Island Home Park Map 1. There is also fresh water access via the Restrooms at Ijams Nature Center.

| LEG 02 | | Distance 5 Miles | | Forks of the River Wildlife Management Area | |
|--|------------------------|---|---|--|--|
|   | | Emergency 911 | | Map # 3  | |
| | | Race Director 202-438-9084 | | CP#'s 4 | |
| Additional Information | | | | | |
| To | Filter All Water |  |  | Limited cell phone service | |
| <p>Lock bikes when attaining trekking checkpoints. While on public roads please follow all traffic laws. Please leave no trace behind!!</p> | | | | | |

| LEG 03 | | Distance 4 Mile | Private Land Easement | | |
|--|---|--|--|--|--|
|  | Emergency 911 | Map # 4  | Checkpoint S: (MTB) Checkpoint T: (MTB) Checkpoint U: (MTB) | | |
| | Race Director 202-438-9084 | CP#s 3 | | | |
| Additional Information | | | | | |
| Filter All Water |  |  | Limited cell phone service | | |
| While on public roads please follow all traffic laws. Please leave no trace behind!! | | | | | |

| LEG 04 | | Distance 5 Miles | Hastie Nature Area\Marie Myers Park\Baker Creek | | |
|--|---|--|--|---|--|
|  | Emergency 911 | Map#5/6  | Checkpoint V: (MTB) Checkpoint W: (MTB) Checkpoint X: (MTB) Checkpoint X: (MTB) | | |
| | Race Director 202-438-9084 | CP#s 4 | | | |
| Additional Information | | | | | |
|  |  |  | Finish |  | |
| <u>Water & Bike Tune Up stations Anderson School Map 5, View Park Drive Map 5, and Island Home Park Map 1.</u> Finish Line!!! All Racers must be off the course by 4:30PM Racers lose 1 Checkpoint every 5 minutes they are late crossing the finish line!!! | | | | | |

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!