

# RACER GUIDE

**24** HOURS  
SHENANDOAH EPIC  
2024

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## About the Shenandoah Epic

Adventure Enablers is excited to present the 24-hour day Shenandoah Epic Adventure Race! For the past 13 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. The Shenandoah Epic is part of the USARA and ARWS point series.

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](http://adventureenablers.com/shenandoahepic).

**Something very different and new is coming to the Shenandoah Epic this year...GPS devices! They've been a long-time no-no and total taboo in the AR community, but we are breaking the rules and allowing any type of GPS device for navigation in this year's running of the Shenandoah Epic. Bring your iPhones and iPads, Garmin watches without AR mode...heck, bring a laptop computer if that is how you want to roll. There will be no holds barred on what device you want to utilize to aid your navigation around the course. The choice is yours. While navigation will be somewhat of a different style this year, you can still expect a challenging course with ramped-up strategy decisions and route choices. The usual trekking, biking, and paddling skills to get you around the course won't be dumbed down either. Your adventure this year will be just as cutting edge and different as the navigation requirements. We will be holding the course layout a close secret until the morning of the race, but don't expect the normal run-of-the-mill AR course when you get your eyes on the maps for the first time.**

Lots of people ask "why do this?" For our thoughts on allowing the use of GPS devices, check out page 9 of the guide for some insight.

**Mark & Margo Harris**  
**Adventure Enablers**



**Description**

24-hour adventure race through Virginia's Shenandoah Valley

**Race Dates**

April 20-21, 2024

**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 (Early)

\$300 per soloist (Early)

+ 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

To register click [here](#). Registration will be capped at 300 participants.

## 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- to 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, paddles, and PFDs. (see more below).

**Paddle 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 If you like, you can purchase a paddle bag [here](#).





**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 08:00 on April 20 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. GPS units are allowed! Teams and soloists will receive one set of maps. Maps are 11x17 double sided. Navigate to:

<https://bit.ly/3ARI02S> for previous years' maps as a sample.

## GPS Devices

Along with your maps, you will receive a USB drive with a gpx file on it. The GPX file contains all the course checkpoints. You will be able to download the GPX file starting at 08:00 on race day. We will have WiFi service at the start.

Here is a link to a sample file that you can practice with. It is the same method of download and file format as you will get on race day. There are six points in the file. Click [here](#) to download the file. Upload the file to your device and make sure they line up with the following locations.

Buzzard Rock	38.94175, -78.30168
Downriver Canoe Company	38.83835, -78.32991
Hazard Mill Farms	38.85068, -78.34719
Little Crease Shelter	38.86969, -78.35980
Signal Knob	38.96028, -78.33102
Woodstock Tower	38.87041, -78.44941

## Staging and Transporting Equipment on Course

Paddle gear must be dropped off between 07:00-08:00 on race morning at the start location. 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. Cut-off times are outlined in the rules of travel.

## 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

You will have 12-hours to collect as many checkpoints in AR Zone 1 and then 12 hours to collect as many checkpoints as you can in AR Zone 2. You must cross the finish line within the 24-hour time limit to avoid penalties.

Race Logistics



Course Outline & Discipline Overview

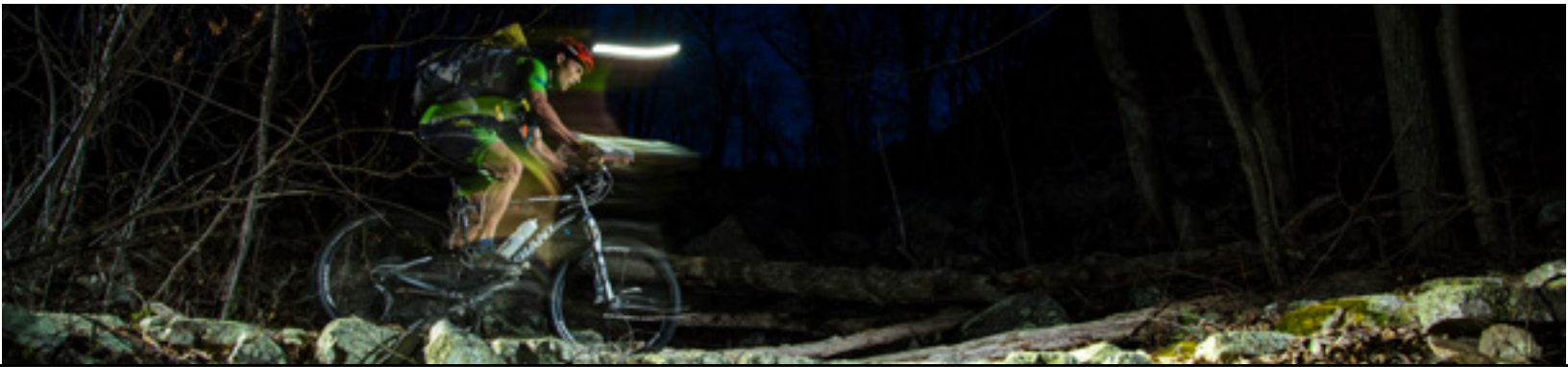
The Pre-Race Logistics Outline is a guide to help you prepare your equipment prior to the event. Use it to determine how to pack equipment, set up bikes, organize paddle equipment, and train.

Support










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

On-Course Gear Transport

		<div><p><b>Paddle Bag</b></p><ul style="list-style-type: none"><li>• 1 x bag per team</li><li>• 55 lbs (25 kg) maximum weight</li><li>• Label bag with team number.</li><li>• Paddle bag is at start of paddle leg</li><li>• Split paddles must fit inside bag; full-length paddles must be attached to paddle bag for transport if they don't fit inside bag</li><li>• A large duffel with paddles secured and labeled may be used.</li><li>• Paddle bags are transported for you to paddle put-in.</li><li>• You will need to drop your paddle gear on race morning between 07:00 - 08:00 at the race starting area.</li></ul></div>
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## 2024 SHENANDOAH EPIC ADVENTURE RACE - RULES OF TRAVEL

Zone 1		12 hours		George Washington National Forest & The Shenandoah River	
 Travel by foot and boat		23 checkpoints		<b>Terrain Breakdown:</b> 100% trail and off trail navigation. Off trail navigation permitted. Class I-II paddle. No portaging allowed. <b>Drinking Water:</b> Treat all water. <b>Restrictions:</b> Stay out of areas and off roads marked out of bounds on the map. <b>First Response:</b> 911 or RD or check in with staff at TA. <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>• Travel on foot and by boat and collect checkpoints.</li><li>• You may only collect the paddle points once you have transitioned to boat.</li><li>• Once you start the paddle, you may not collect any Zone 1 foot points.</li><li>• You will have access to your paddle bag at TA1.</li><li>• You must leave TA1 by 18:00 04/20/2024.</li><li>• You must transport all paddle gear including paddle bags in your boat once you start the paddle section. PFD must be worn on all paddle sections. Failure to wear a PFD will result in a DQ.</li><li>• If you start the paddle section after 17:00, you must have an active glow stick on the front and rear of your boat.</li><li>• Each checkpoint will have a single reward token. Each token is worth \$50. Only one token can be collected per person.</li><li>• Any points collected in this zone after 21:00 04/20/2024 will not count.</li><li>• Before starting Zone 2, you must download and clear your ePunch. You will be able see your team’s and other team’s score after you download.</li><li>• You may start Zone 2 anytime after you have collected the mandatory checkpoints.</li></ul>	
		Collect foot CPs in any order, then paddle CPs in order.			
Transition Area Facilities (End of zone), Team Logistics & Equipment					
 Water	 Restroom	 Your vehicle	PFD must be worn on all paddle sections. Failure to wear a PFD will result in a DQ		
Zone 2		12 hours		George Washington National Forest and Shenandoah River State Park	
 Travel by foot and bike		37 checkpoints		<b>Terrain Breakdown:</b> Mix of fire road, single track, and off-trail travel depending on route choice. Off trail navigation permitted. <b>Drinking Water:</b> Treat all water. Limited water available at TA. <b>Restrictions:</b> You must ride single file when on roads (paved and gravel). Stay out of areas and off roads marked out of bounds on the map. <b>First Response:</b> 911 or RD or check in with staff at TA. <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>• Travel on foot and by bike and collect checkpoints.</li><li>• You may drop your bike at any time but must have it with you at the finish.</li><li>• You may only cross the Shenandoah River by bridge.</li><li>• Trails are very technical in spots. Ride within your ability.</li><li>• You must always have your rear light on, even in daylight.</li><li>• Each checkpoint will have a single reward token. Each token is worth \$50. One token can be collected per person.</li><li>• Once you have collected as many checkpoints as possible, head to the finish line. You must cross the finish line by 09:00 04/21/2024</li></ul>	
		Collect CPs in any order			
Transition Area Facilities (End of zone), Team Logistics & Equipment					
 Water	 Restroom	 Your vehicle	 Finish		

- Collect the checkpoints following the maps and rules of travel outlined above.
- You must collect the checkpoints from Zone 1 first and then Zone 2 second. You cannot go back to Zone 1 once you have started Zone 2.
- Not all trails are shown on the maps. Not all trails shown on the maps are maintained.
- The team with the most points in the fastest time is the winner.
- The tracker must also visit all the punch locations.

- For every minute you arrive after the cutoff time, 1 point will be deducted.
- Once you have collected as many points as possible, head to the finish. You must cross the finish line within the 24-hour time limit.
- Point values for checkpoints vary depending on difficulty.
- Race director contact number 540-305-1733.

## Schedule

Day	Time	Location	Activity
Monday April 15, 2024	19:00	Online	Pre-race brief released
Friday April 19, 2024	16:00 - 20:00	Downriver Canoe Company	Packet pickup
Friday April 19, 2024	16:00	Hazard Mill Farms	Camping opens up
Saturday April 20, 2024	06:28		Sunrise
Saturday April 20, 2024	06:00 - 08:00	Hazard Mill Farms	Parking opens up
Saturday April 20, 2024	07:00 - 08:00	Hazard Mill Farms	Paddle gear drop
Saturday April 20, 2024	07:00 - 08:00	Hazard Mill Farms	Tracker and ePunch distribution
Saturday April 20, 2024	08:00	Hazard Mill Farms	Map and GPX distribution
Saturday April 20, 2024	08:00 - 09:00	Hazard Mill Farms	Soft start. You may start your race as soon as you get your maps.
Saturday April 20, 2024	09:00	Hazard Mill Farms	Official race time starts
Saturday April 20, 2024	19:55		Sunset
Sunday April 21, 2024	06:27		Sunrise
Sunday April 21, 2024	09:00	Hazard Mill Farms	Race finish
Sunday April 21, 2024	08:00 - 10:00	Hazard Mill Farms	Post-race breakfast
Sunday April 21, 2024	09:30	Hazard Mill Farms	Awards

*All times are Eastern Standard time*

### 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 are back at Hazard Mill Farms this year for our start and finish location. 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.**





## Why do the GPS thing?

It may help grow the sport. If you ask anyone what they find the most daunting element to Adventure Racing when they first start it is the navigation component. If there is an opportunity to help simplify an already complex sport, I think we should try it to help get new people involved. There is so much to learn and think about for anyone getting involved in Adventure Racing—including taking on three relatively technical disciplines, having all the right gear, following complex instructions, and tackling a course that is unknown until the day they show up to take part. Using a GPS device does not completely take away all aspects of navigation and is not even close to having a marked course people follow, but it minimizes some of the sport's intimidation factors and provides a crutch for one of the four disciplines for newcomers to lean on.

GPS navigation is an art in its own way. Anyone thinking they can easily download the data and blast around the course is in for a surprise. Along with the actual navigational aspect, there are many other factors to consider starting with devices, software, battery life, and processing data.

Adventure Racing is a gearhead's dream. Most of us already have and use some sort of GPS device, probably mainly for training and capturing workout data for platforms like Strava. Capturing where you have been is one thing, but determining where you are going using the same device is a whole different story. This is the opportunity to learn some new capabilities of that \$800+ device you gave yourself last Christmas. For this race you won't have to flip on AR mode, turning that expensive device into a \$20 Casio watch.

GPS rules are hard to enforce. While there is a strict rule that no GPS devices can be used in an Adventure Race, it is impossible to monitor 100%. There is certainly an unfair advantage if one team is surreptitiously using GPS while everyone else is using a map and compass. Does this happen in races? Perhaps. By allowing everyone to use a GPS device in this event, it is leveling the playing field and removing a requirement that is practically unenforceable without strict protocols and rules in place.

## Won't everyone just be looking down at their screens running from point to point?

The course has been designed with the use of GPS in mind. It will not look or feel like a traditional AR course. It will be more of a blend between a Rogaine event and an Adventure Race. All the disciplines will be involved, requiring the same skills in the areas of biking, trekking, and paddling. A strong focus will be on strategy and route choice, with a slightly more complex scoring system than we have used in the past to determine rankings. For teams who want to do well, they will still need to be able to read features, navigate the terrain, and have good route planning skills—in addition to all the other skills needed in AR.

## Why mess with the Shenandoah Epic?

The Shenandoah Epic is going into its 13th year. We are lucky enough to have brought the race to a point where we think we can try a few different things at a high-profile event that may make a difference to the sport.

By using GPS to assist with navigation we can get creative in a way we have not been able to do in the past and bring a fresh feel to the same amazing area that we have used for all the past editions of the race.

## Is this going to blur the rules for other Adventure Races?

GPS requirements are standard across all races and probably one of the rules everyone knows. I think the Epic will be unique in the fact that it is allowing it and will be no more difficult to enforce at other races as it has been in the past.

## Is this the way forward for all your races?

No. This is something that I have wanted to try for a while. I have always felt there is strong pushback from the AR community to do an event like this, but I think it is important to try it and see what happens. Maybe this is a way to help grow the sport, or maybe people won't consider it a "true" AR or adventure at all. I'll only know if I try and see what happens. The racers who participate in this event will no doubt attest that it was a bonafide AR.

## What type of GPS devices are allowed?

You are allowed to use any type of GPS device; there are no restrictions.

## Are there different divisions for using a GPS?

There are no separate divisions for GPS users. The course is specifically designed with GPS use in mind. This does not mean that you cannot complete the race without a GPS; it will just be easier if you have one. If we mix GPS and non-GPS racers on the same course at the same time, it is difficult to monitor usage and prevent data sharing and people following each other across divisions.

## What other standard AR rules are changing?

None. All other rules, apart from the usual rule that says GPS devices are not allowed, remain the same for this event.

## Can I use my GPS device to communicate with others?

No. You are only allowed to use the mandatory cell phone or your GPS device to communicate with emergency services or the race director. All other communication with any type of device is prohibited.

## Isn't it expensive to buy a GPS device?

If you have a modern cell phone, you already have one of the best devices for aiding GPS navigation in the backcountry. There are many apps you can download to use during the event to help you get around the course. Finding the best app and learning how to use it is part of the learning curve and one of the challenges of this event. Nearly everyone should already have some type of device they can use and should not need to buy anything special for GPS navigation. That said, there is a host of purpose-made devices, including watches and standalone GPS units, that can be used for AR navigation.

## What GPS device would you recommend?

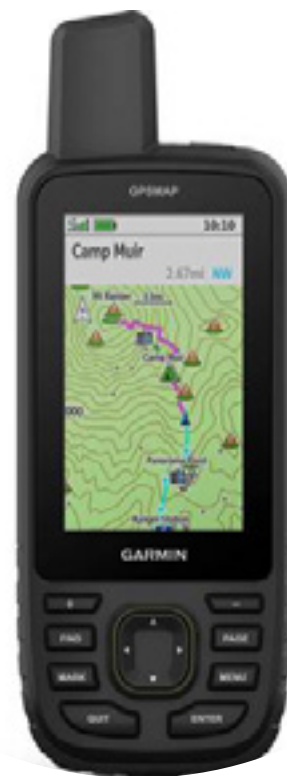
Use the one you already have, which is likely your cell phone. Whatever device you plan to use, get familiar with uploading a GPX file to the device, and make sure you know how to use it for navigation in the backcountry. If you plan on using a GPS device, don't show up on race day without ever having used it, expecting it to be a simple matter of getting it set up and ready to head out into the woods.

## I want to use my phone, but I am not sure about cell service. How will that work?

Make sure you use a map or app that can use offline maps. Download maps for the Bentonville, VA area within a 25-mile radius. You can also navigate with a GPS device without any background maps.

## How will I get the course into my GPS device?

On race morning, we will provide each team with a USB drive containing a GPX file with all the checkpoints. We will also post the files on the event webpage. We will have Wi-Fi available at the start area so you can connect to the internet and download the files. You will need to know how to get the files uploaded to your GPS device. It's not mandatory, but having the files on your device will make navigating to the points much easier.



## Do you have a sample file I can practice uploading to my GPS device?

Yes, [here is a link](#) to a sample file that you can practice with. It is the same method of download and file format as you will get on race day. There are six points in the file. Click [here](#) to download the file. Upload the file to your device and make sure they line up with the following locations.

Buzzard Rock	38.94175, -78.30168
Downriver Canoe Company	38.83835, -78.32991
Hazard Mill Farms	38.85068, -78.34719
Little Crease Shelter	38.86969, -78.35980
Signal Knob	38.96028, -78.33102
Woodstock Tower	38.87041, -78.44941

## Because you are allowing GPS devices, is it still an Adventure Race?

Absolutely. An adventure race is not defined by map and compass skills alone; it encompasses much more. Among other things it is about teamwork, training, nutrition, camaraderie, biking skills, trekking skills, paddling skills, endurance, problem-solving, route finding, planning, decision-making, stepping out of your comfort zone, enjoying the outdoors, battling the weather, navigation, equipment selection, the unknown adventure, and completion.

## Will we still get maps?

Yes, one map will be provided per team. They are essential as they will display no-travel areas and additional information not found in the GPX files.

## Do I still need map and compass skills?

Having map and compass skills will be helpful. While some GPS devices can be used for navigating entirely in the backcountry, they may not show all the features displayed on the maps we provide. Carrying a compass is mandatory, and it's a good idea to know the basics in case something happens to your GPS device.

## Any specific equipment tips?

Just like any piece of equipment, make sure you know how to use it before race day. Ensure you have a way to protect your device and keep the battery charged. Understand how to get GPX files onto your device.

## You say the course is designed with the use of GPS in mind; what does that mean?

As with all adventure races, the course is kept secret until the race. Rest assured, the course will be challenging and incredibly fun.

## Because of the inclusion of GPS devices, how does that affect any of the inclusions in the Adventure Race Series?

The Epic will earn points toward the USARA series. It will not be a regional qualifier. Click [here](#) to read the well-put-together thoughts on GPS devices by USARA. We will be covering the cost of one team to go to USARA nationals through a lottery system. Points will be awarded toward the AR World Series North American series.



## 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. Click [here](#) to see a short video on how to use an ePunch.

### 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** be placed in the provided tracker pouch and be carried on a shoulder strap. Be especially careful on paddle legs that the tracker is sitting in a position on the boat with clear view of sky. You can review how to use and carry the tracker by watching this short video [here](#). 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 and Prizes

Prizes will be awarded for each division. The awards ceremony will be held at 09:30 am, Sunday, April 21.

In addition to division prizes, there will be \$3000 in cash prizes out on the course. At each checkpoint, there will be a single prize token (total tokens on course = total checkpoints on course). Collect a token and redeem it for a crisp \$50 bill at the finish line. Only one token can be collected per participant.

We will also be awarding a paid entry (an approximate \$1000 value) to the USARA Nationals championship event being held in Snowshoe, WV on September 26-28, 2024. We will hold a random drawing of all team participants at the awards ceremony.

### Post-Race Food

By popular request, the Apple House will be once again serving up delicious breakfast bowls for you to refuel post-race.

### Post-Race Showers

At the finish there will be a 3-stall portable shower unit that will be running as long as we have water.





## 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, USB drive with GPX coordinates, 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/point 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, GPS charger/spare batteries, 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

### Safety

**Copperhead Snakes and Timber 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. Your rear light must be on at all times when on road even in daylight.

### 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 possibilities. Be aware of loose rocks, dropoffs, loose limbs, and leaning trees. **This is an extra important consideration in this year's Epic.** You will have a lot of free rein to go off trail and plot your own route through some challenging terrain.

**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.

**Flags and Other Symbols** You will be racing in areas where you may come across symbols (displayed in yards, on trucks, etc.) that suggest racial hostility. We apologize for this, and we want you to know you are welcome, safe, and equal in our AR community.

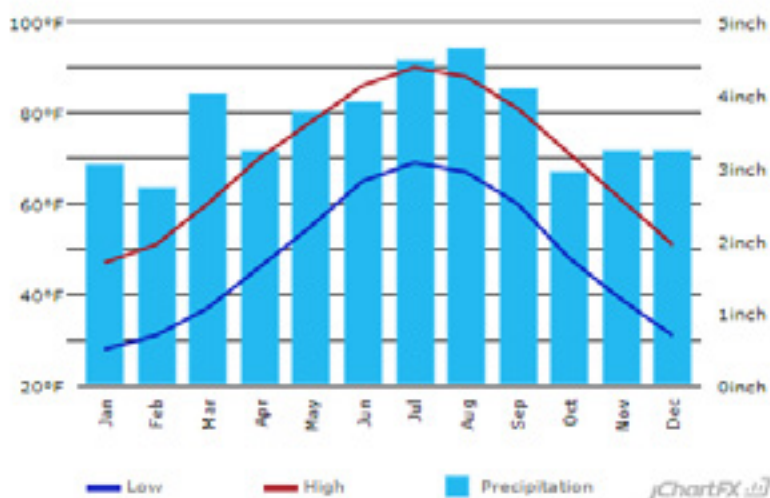
## Travel Information

### 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.

Richmond Climate Graph - Virginia climograph



## Lodging

We are able to offer up rustic camping at Hazard Mill Farms. It is a 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 tent, van, or RV. **Camping must be pre-purchased.** 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 or facilities with running water. We will have showers available post race.

Other lodging options include cabins and camping at Shenandoah River State Park, camping at Low Water Bridge Campground, 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](http://www.mountain-trails.com))

Appalachian Trail Outfitters: 2 W Main St, Luray, VA 22835  
([www.appalachiantrailoutfitters.com](http://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.

## Volunteers

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. [AR DOT Watch](#) will be providing blow by blow coverage of what is happening on the ground as the event unfolds.

### 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



## How will you use your GPS device at the Shenandoah Epic?

The Trad Naver



Put my watch in AR mode and seal my phone in a bag. I don't need a stinking GPS device. I eat bearings and distances for breakfast. I am a legend in my own right when it comes to finding the way with a map and compass. I hope your batteries die, your screens crack, and the satellites fall from the sky. Bring on the extra competition...I'll eat you for breakfast, too.

The Sat Naver



I know the AR game and I am proficient in all the disciplines, but I've never made it to the podium. I am highly competitive and want to crush the course like I crush rock gardens, dense rhodo, and steep terrain. I have all my gear ready to roll at a moment's notice and now I have my GPS fully charged and packed, too. I am well practiced in uploading, downloading, and sideloading any map, KML file, GPX file, GeoJson file, and every other format you want to throw at me. Bring it.

The Improver



I am looking for every opportunity to improve my navigation skills and help me up my Adventure Racing game when it comes to using a map and compass. It's great to have the opportunity to try a big difficult course with the knowledge that I have a GPS backup plan to help if I think my nav skills are a bit off. It will help me cover a lot more of the course and get much more compass navigation in without burning a ton of time on those few challenging points.

The Novice



I have quite a few adventure races under my belt, but I am never the one with my head in the maps. I am hoping that using a GPS device gives me the opportunity to take on some lead navigation responsibility and bring some other folks onto my team without having to find someone to "show us" around the course.

The Noob



I heard a bit about this adventure race thing, but I am totally intimidated by the navigation aspect. I am hoping that I can focus on all the other disciplines involved and get my head around the biking, trekking, and paddling without being too stressed about getting lost in the woods. There is so much to learn about adventure racing, so I hope this helps me get my feet wet-and then I can try some courses with map and compass navigation.

## 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**

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](http://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](http://www.fs.fed.us)

**Adventure Racing World Series**

The Adventure Racing World Series unites in competition the world's best endurance athletes at the premiere adventure races around the world. The series includes Qualifier expedition races of 3-10 days leading up to an annual Adventure Racing World Championship, and Regional races of 12-36 hours offering an accessible pathway into adventure racing, and the opportunity to progress to expedition races and the World Championship.

[www.arworldseries.com](http://www.arworldseries.com)

**United States Adventure Racing Association**

The United States Adventure Racing Association has been the primary national organizing body of adventure racing for over twenty years. USARA has sought to advance the sport through various initiatives and programs including USARA-sanctioned calendars and rankings, and the organization of a National Championship.

**Squirt Cycling Products**

Founded in South Africa by mountain bikers in 2003. The first product developed was Squirt Chain Lube, a new concept in chain lubrication. In 2004 Squirt became the official chain lube supplier at the inaugural Cape Epic, gaining popularity in Europe and in the US thereafter. Squirt is a strong supporter of mountain biking, gravel racing and NICA in the US.

[squirtcycling.us](http://squirtcycling.us)





### Discover Front Royal

A must visit!, truly a 'town for all seasons' Front Royal, Virginia, where you can enjoy nature and our quaint, historic town. Explore the Blue Ridge Mountains, Shenandoah Valley, Shenandoah National Park, Skyline Drive, Luray Caverns or Skyline Caverns in all their seasonal glory! Social distancing is easily done here with a variety of our family-friendly outdoor activities available to you - hiking, fishing, canoeing, kayaking, biking, camping, and much more!

[www.discoverfrontroyal.com](http://www.discoverfrontroyal.com)



### The Apple House

In 1963, The Apple House Restaurant & Gift Shop began in the small community of Linden, Virginia. Today, just as then, we remain a family business serving friends and travelers from around the globe. We are located in the beautiful Shenandoah Valley conveniently located right off I-66 on exit 13!

[theapplehouse.net](http://theapplehouse.net)



### Downriver Canoe Company

River Trips on the Legendary Shenandoah River

Downriver Canoe Company invites you to join us in the Shenandoah Valley for an unforgettable day of fun and adventure in canoes, kayaks, rafts and tube floats on one of America's most beautiful rivers, The Shenandoah.

[www.downriver.com](http://www.downriver.com)



The advertisement features a silhouette of a cyclist standing next to a bicycle, holding a device, against a sunset background. To the left is an MSR tent. In the bottom left corner, three Squirt Chain Lube products are shown: a large white bottle, a medium blue bottle, and a small blue bottle. The Squirt logo is in the top left, and the website www.squirtcycling.us is in the top right. The IAR North America Series logo is in the bottom right.

**squirt**  
CYCLING PRODUCTS

www.squirtcycling.us

MSR

**IAR**  
NORTH AMERICA SERIES

**All chains  
All conditions**

## Shenandoah Epic 2024 - 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 or note the control number on the punch unit.
- 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 the prescribed number of checkpoints as outlined on the rules of travel.
- Checkpoints are worth the value outlined on the map or Rules of Travel.
- 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 audible and visual contact (unless otherwise specified).
- No electronic communications between teammates, other teams, or outside 3<sup>rd</sup> parties are allowed (walkie-talkies, messaging, phone calls etc.)
- 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, tracker, 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.
- GPS devices are allowed for navigational purposes.
- 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. Teams may visit stores to purchase food and supplies while on the course.
- Rear bike light must be on and blinking at all times when riding on open roads.
- Teams must ride in single file while on any road.
- 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.












<div>  <b>ALL TIMES - ALL DISCIPLINES</b> </div>				
Yes/No	Name	Image	Quantity	Description
	<b>Whistle</b>		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.
	<b>Light Source</b> (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.
	<b>Shell Layer Top</b> (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.
	<b>Baselayer Top</b>		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.
	<b>Baselayer Legs</b> (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.
	<b>Baselayer Head</b> (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.
	<b>Survival Blanket</b> (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.
	<b>Magnetic Compass</b>		2 x per team	Quality compasses for accurate navigation. Watch compasses do not meet these requirements.
	<b>Digital Camera</b>		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.
	<b>Cell Phone</b>		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.
	<b>Fire Starting Device</b>		1 x per team	Waterproof matches, gas cigarette lighter, flint and steel are all acceptable fire-starting devices.
	<b>Knife</b>		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.


	<b>Course Information and Maps</b>		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.
	<b>First Aid Kit</b>		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 ( <a href="http://www.rei.com/product/695383">http://www.rei.com/product/695383</a> ). This has all the required medical supplies. Medical support will be available at some TA's.
	<b>GPS Tracker</b>		1 x per team	Provided by race organizers. Must be carried and used in accordance with direction of race organizers.
	<b>Transition Gear Box</b>		1 per team	<a href="#">HDX 27 Gal tote</a> . (Black bin with yellow lid) 29" x 19.5" x 15.25" Optional
	<b>Water Purification</b>		1 x per competitor	Method to purify water (purification tablets, iodine, filter etc.)
	<b>Duct Tape</b>		1 x per competitor	Duct tape (minimum 10 feet)

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

<div>  <b>ALL TIMES – PADDLE DISCIPLINES</b> </div>				
Yes/No	Name	Image	Quantity	Description
✓	<b>Personal Flotation Device</b> (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.
✓	<b>Whistle</b>		1 x per competitor	Must be attached to the PFD/ Lifejacket.
✓	<b>Paddle</b>		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.
✓	<b>Canoe/Kayak</b>		as per race organizer	Canoes/Kayaks will be provided by the race organization.
✓	<b>Paddle Bag</b>		1 per team. Optional	Paddle bag or large duffle bag if you are bringing your own paddle equipment.
✓	<b>Glow Sticks</b>		2 Glow sticks per boat for front and rear.	Glow Sticks. With method to attach to boat.

<div>  <b>FIRST AID KIT - ALL TIMES - ALL DISCIPLINES</b> </div>				
Yes/No	Name	Image	Quantity	Description & Required Discipline
✓	<b>Bandage</b> (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.
✓	<b>Triangular Bandage</b>		1 x	This bandage in shape of right angle triangle can be used to make a sling, as normal bandage and other applications.
✓	<b>Wound Dressing</b> (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.
✓	<b>Strapping Tape</b> (Adhesive/ surgical tape)		1 x	One roll of strapping tape. Can be used to secure bandages or dressings and in improvised splints.
✓	<b>Antihistamine</b> (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
✓	<b>Mid Layer Top</b> (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.
✓	<b>Shell Layer Bottom</b> (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

- Firearms, night/ nocturnal vision devices.
- 2-way radios

## 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.