

2019 Massanutten Massacre Adventure Race

1st Capt. Comm. Details and Rules

Welcome racers to our 5th running of the Soggy Bottom Boys Racing Summer Solstice Adventure Race Series (the Massanutten Massacre). We have an awesome course on tap for you with **lots** of elevation and different Navigation choices and a few “Surprises” we’re sure you’ll love when you see them. The race is **100% Rogaine Style** with CPs having various point values based on distance from TAs &/or difficulty. ALL of the CPs are therefore “**Optional**”. You pick and choose exactly which CPs or OPs (Orienteering Points) you go after and which you may choose to skip. Knowing your team’s strengths may impact how you attack the course (ie. Which areas you put the most effort into – Paddling, Orienteering or Biking). This also helps to insure everyone finishes closer to each other, just with different scores.

Winners of the race will be the team with the Highest **SCORE TOTAL** in least amount of time so CP strategy “could” come into play. Below are the basic Rules of Travel, General Info & Miscellaneous Info to help make your race the most enjoyable it can be. The more you read and understand all this info ahead of time, the easier and more enjoyable the race will be for you.

RULES OF TRAVEL:

1. On the Bike, have ALL Mandatory Gear with you, VDOT requires you have your helmet on at all times when riding and have all your bike lights “On”, including your rear flashing lights. **NO** Bike Travel on Fort Valley Rd (Rte. 678), except to possibly cross, as noted in your Passport instructions.
2. On the Paddle, you must have ALL Mandatory Gear with you, have your PFD on at all times when on the water and have your Throw Bag easily accessible.
3. On any Trekking legs, you must have all Mandatory Gear with you. It is suggested to have gaiters on during Trekking Legs & BUG Spray, as there are a TON of fresh greenbriers out there and HUGE bugs!
4. Once you check-in at a TA w/ an O-Course, you determine if you want to do all of it, none of it or some of it, based on Cut-offs and your available time.

GENERAL INFO:

1. There will be 3 Punch Cards for the race **CPs**, collected at specific TAs. This allows us to be updating teams scores throughout the race and have a much faster and more accurate results once the race is over.
2. There “will” be additional Punch Card(s) for Orienteering sections
3. ALL CPs are **Optional** & can be gotten in any order w/in that discipline **ONLY** (Ex. Bike CPs during Bike)
4. There is a Boat Ramp at both Put-in and Take-out TAs, on your maps. They will be manned by volunteers
5. Trek-O section covers up to 15 mi travel to all CPs so plan accordingly to be at the TA before cutoff time
6. Write answers for any CP Questions on your PUNCH CARDS in the appropriate CP block #
7. Racers should be aware of Cut-off times at TAs. These will be on your Passport and covered @ briefing

MISCELLANEOUS:

1. It will be June and a good chance to be HOT. Once you leave the START area, insure you carry sufficient Food/Fuel for NLT 10 hrs. You’ll see your gear bin **once**, approx. 11 hrs into the race, so plan accordingly
2. There is “treatable” water ALL throughout the race course
3. There are bathrooms at the Start, at TA1 and TA5.
4. Water and/or Fluid Replacement Drink will be available at most TA’s