

2019 Massanutten Massacre Adventure Race

2nd Capt. Comm. Details and Rules

Welcome back racers for another Massanutten Massacre Capt. Comm. Letter, chock full of great race descriptions and details. Below is an overview of the race disciplines, with a few General Info items that should help you plan better before race day.

DISCIPLINES:

1. For the Bike, there will be 2-3 Sections, separated by some Orienteering. There will be gravel, rock, dirt, grass and asphalt to travel on. There will be some sweet Sgl Track and “some” hike-a-bike along the way. You are required to 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. There will be a “King-of-the-Hill” section where the fastest team to the top earns a valuable time reduction and also special prizes
2. On the Paddle, you will have a few CPs along the way (all optional), but will require you to get out of the boat and trek to get to some. You **MUST** use the type of boat assigned to your team size. EVERY boat is accounted for, so if you took 2 boats instead of your assigned one, a team will be w/o a boat
3. For Trekking, there will be Trek-O with CPs all dispersed along/around a long linear travel route. There will also be a long Orienteering Section (If behind you can skip this). Also, there will also be a Relay-O section at a TA. (Only one member of the team can go for one point at a time, then must return to TA, between each point. Then, either another member of the team (or the same person) goes for another point (and so on until they are done). It is summer and you are suggested to have gaiters or pants on during Trekking Legs & lots of BUG Spray, as there are HUGE bugs and a TON of fresh greenbriers.
4. Once you check-in at a TA with an O-Course, you determine if you want to do all of it, none of it or some of it, based on your available time.

GENERAL INFO:

1. We will be moving a Team Gear/Food bin from the Start to a specific TA approximately 10+ hrs into the course. You will only see it **ONCE** during the race and then it will be available for p/u at the Finish. Each team is allowed normal standard AR sized Gear/Food bin(s), based on team size (Soloist =1 Bin, 2 Person Team =1 Bin, 3 or 4 Person Team = 2 Bins). There will be plenty of water at the Gear Bin TA, so **PLEASE** don't put water in your Bins (Too heavy to move full of water)
2. The Outfitter will provide PFDs and paddles for all boats. If you want to use your own PFDs and Paddles, each team must place all personal paddling gear in a Team marked Paddle Bag. There will be a Paddle Bag Drop Area at the Check-in race morning
3. Mandatory Gear “WILL” be checked out on the course. Go to SBB website (or click it here) to view the [Mandatory Gear List](#) for this race and insure you have all of the items required