

2023

New River Trail Challenge

RULES & GUIDELINES

- Competitors must be 18 years old by race day, exceptions must be discussed with the race director
- Teams can consist of 2 or 3 members
- Registration for the race will be capped at 230
- Categories and Awards are as follow.

Overall Top Finisher Awards

Overall Male	1 st , 2 nd , 3 rd
Overall Female	1 st , 2 nd , 3 rd
Overall Team	1 st , 2 nd , 3 rd

Individual Divisions:

Male 18-29	1 st , 2 nd , 3 rd
Male 30-39	1 st , 2 nd , 3 rd
Male 40-49	1 st , 2 nd , 3 rd
Male 50-59	1 st , 2 nd , 3 rd
Male 60 & Up	1 st , 2 nd , 3 rd
Female 18-29	1 st , 2 nd , 3 rd
Female 30-39	1 st , 2 nd , 3 rd
Female 40-49	1 st , 2 nd , 3 rd
Female 50-59	1 st , 2 nd , 3 rd
Female 60+	1 st , 2 nd , 3 rd

Team Divisions:

Male	1 st , 2 nd , 3 rd
Female	1 st , 2 nd , 3 rd
Mixed	1 st , 2 nd , 3 rd
Senior Male 50+	1 st , 2 nd , 3 rd
Senior Female 50+	1 st , 2 nd , 3 rd
Senior Mixed 50+	1 st , 2 nd , 3 rd

Overall Winners will be removed from their original categories, nullifying the first-place position in that category.

DIRECTIONS TO THE RACE START AT FOSTER FALLS

From I-77, take Exit 24 go east on Route 69 to Route 52 (Fort Chiswell Rd.), go north to Route 608 (Foster Falls Rd.), go east and follow the brown park signs into the Foster Falls Access.

REGISTRATION AND BOAT DROP OFF

Packet pick up is 4pm-8pm Friday night before the race or 7am-7:45am race day at the train depot inside the park. Anyone not preregistered must register by 7:30am race day. Instructions will be given for boat drop off at registration.

(STAGE # 1) 40-MILE MOUNTAIN BIKE RIDE

8:30am Start at FOSTER FALLS, VA.

REQUIREMENTS:

1. The bike portion will be an out and back stage beginning at Foster Falls Amphitheater, following the New River Trail to the turnaround at Rt. 721 near Fries, VA.
2. Riders must be at the starting line no later than **8:15am** for a MANDATORY pre-race check-in and meeting. The race will begin at **8:30am**.
3. A gear & equipment shuttle is available for **individual** participants at the Foster Falls area to take equipment to and from the Allisonia transition area for **individual** competitors.
4. Riders are required to provide and wear a bicycle helmet the entire ride.
5. Race Number must be mounted on the handlebar/stem area facing forward and be visible at all times. If the number is not visible there is no guarantee your time will be scored.
6. All bikers must go through the bike checkpoint at the turn-around point near Fries, VA and all participants must go through the bike/kayak checkpoint at the end of the stage for each team and individual to be accounted for as they proceed.

7. Bicycles can be any “standard” type, recumbents are not allowed as well as aero bars. Bicycles must be 100% human powered, therefore no “E” bikes are allowed. The trail surface consists of a cinder/gravel/rock combination, **puncture resistant tires are highly recommended**. Riders must carry their own spare tubes and inflation devices.
8. The bicycle course WILL NOT BE CLOSED to the general public. Cyclists must obey all road crossing signage. Vehicles will have the right of way. Always use caution at all crossings.
9. At the end of the bike leg, riders will enter a dismount zone in the bike to kayak transition. Riders will be instructed by signage when approaching the zone. After entering the zone, riders will run their bicycles into the Transition Zone. **TEAM NOTE:** Team members will wait at end of Dismount Zone for Teammate (Area will be marked). Details will be explained thoroughly at the rider’s meeting.
10. All bikers must pass through the checkpoint at the transition area for the kayak stage of the competition for each team to be accounted for before the kayaker proceeds.
11. We require that you carry at least one tube specific to your bike.

TIME RESTRICTION – ALL BIKE RIDERS MUST BE AT THE FOSTER FALLS KAYAK TRANSITION BY 12:30pm OR TEAMS AND INDIVIDUALS WILL NOT BE ALLOWED TO CONTINUE THE RACE. THIS IS A SAFETY PRECAUTION TO ENSURE ALL KAYAKS WILL BE OFF THE WATER IN TIME FOR PARTICIPANTS TO FINISH THE RACE BEFORE DARK.

RECOMMENDATIONS:

1. It is your responsibility to have sufficient hydration/nutrition for the event. Aid-stations are available along the course if needed with basics such as water and snacks, but the variety of items are limited.
2. Keep a spare tire repair kit and pump on the bike. Flat tires are a real possibility along the course due to the cinders/gravels/rocks.

(STAGE #2) 12-MILE KAYAKING

TRANSITION AREA – FOSTER FALLS, VA

REQUIREMENTS:

1. All competitors must provide and WEAR coast guard approved P.F.D. Type II, Type III (Personal Floatation Devices) the entire length of the course.
2. All competitors must provide and WEAR rigid shell Water Sport helmet the entire length of the course. If you do not have one we will have some available for rent, but due to limited quantities we cannot guarantee that we will not run out.
3. River rescue personnel will sweep behind the last canoe to assist anyone who may encounter problems during the race.
4. Team members must be at the transition area no later than 9:45 a.m.
5. A MANDATORY pre-stage meeting for all kayakers will take place at **10:00am**
6. Race numbers must be visible and attached to the front of each kayak. Someone will help you with placement at drop off.
7. No canoes will be allowed
8. Only 1 person will be allowed in each kayak to compete in the kayak stage of the team competition.

TIME RESTRICTION – ALL KAYAKERS MUST BE AT THE ALLISONIA RUN TRANSITION BY 4:00pm OR TEAMS AND INDIVIDUALS WILL NOT BE ALLOWED TO CONTINUE THE RACE. THIS IS A SAFETY PRECAUTION TO ENSURE ALL RUNNERS CAN COMPLETE THE COUSE BY DARK.

RECOMMENDATION:

It is your responsibility to have sufficient hydration/nutrition for the event.

Important: You will be issued a zip tie to be placed on your boat if you wish to have your kayak transported back to the kayak launch site at Foster Falls (99% of competitors choose this option). If you don't wish to have your kayak transported back to the boat launch, do not use the zip tie and clearly mark your boat "DO NOT TRANSFER." If you choose to leave your kayak to be transported later it is at your own risk, the park staff will depart the area 30 minutes after the last kayaker arrives.

Directions to Allisonia boat ramp

1. At the end of Orphanage Drive, State Route 623, turn right onto Foster Falls Road, State Route 608. Go 1.3 miles to Route 52/Foster Falls intersection.
2. Turn left onto Highway 52. Go 1 mile and turn left just prior to the Shell gas station onto Castleton Road-State Route 607. Drive 4.5 miles.
3. At intersection of Carrollton Road and Route 100, take a left and go 1 mile.
4. Turn right onto Gardner Road/Boones Furnace Road State Route 608. Go approximately 5 miles.
5. At the intersection of Boones Furnace Road and Julia Simpkins Road-State Route 693 take a left. Go 1.7 miles to boat ramp (on left).

(STAGE #3) – 13.1 MILE RUN (HALF-MARATHON)

Run stage is from Allisonia, VA to Foster Falls, VA run completely on the New River Trail

REQUIREMENTS:

1. ALL TEAMS MUST PROVIDE TRANSPORTATION TO THEIR TEAMMATES.
2. Team runners must be at the Allisonia transition area for a MANDATORY pre-stage meeting for all runners that will take place at **11:30am**. Team members should be at the transition area 15-30 min. before the meeting to insure you won't be late when your teammate arrives.
3. Race numbers must be visible from the front of the runner.
4. Runners must obey all road crossing signs. Vehicles always have the right-of-way at crossings, always use caution when approaching and crossing these areas.
5. **TIME RESTRICTION – ALL RUNNERS MUST BE AT THE FOSTER FALLS FINISH LINE BY 8:00pm OR TEAMS AND INDIVIDUALS WILL NOT BE ALLOWED TO CONTINUE THE RACE. THIS IS A SAFETY PRECAUTION TO ENSURE ALL RUNNERS WILL BE OFF THE RACE COURSE BEFORE DARK.**

RACE SHUTTLES

Bags for the running portion of the race can be left at the bike/kayak transition for transfer to the kayak/run transition. Kayaks will be transported back to the launch area if you choose. Team competitors in the running stage will be responsible for their own transportation to and from the Allisonia transition.

WATER AID-STATIONS

It is your responsibility to have sufficient hydration/nutrition for the event. Aid-stations are available along the course if needed with basics such as water and snacks, but the variety of items are limited.

We recommend carrying extra fluids with you during the competition. Water aid-stations will be available during the bike stage at the Starting Line, Buck Dam and Rt. 721 near Fries.

Water aid-stations will be provided every 2.5 to 3 miles of the run stage. Water aid stations are for race participants only. Support crews must bring their own water and food.

RESTROOMS, PORTA-JOHNS & CHANGING STATIONS

Available at the Start/Finish Line Foster Falls, Buck Dam, Fries Junction, Ivanhoe, Indian Branch, Bike/Kayak Transition, Kayak/Run Transition (Allisonia), Lone Ash.

