

UNBRIDLED WOMEN AR 2023: RACE RULES

You must complete the legs in the order specified. You may visit CPs in any order within a given leg. Once you have checked in at the TA from a given leg, you may not go back and visit any additional CPs from that leg. You may not visit a CP by any mode of transportation other than that specified for the given leg. You may not visit a CP from any other leg while on a given leg.

You may ride your bike only on roads and trails designated for biking. Review Course Instructions carefully for any rules of travel relating to off-limits roads or trails or other out-of-bounds areas. You must remain within 50 meters of your bike throughout biking legs. Helmets must be worn at all times on the bike.

PFDs must be worn at all times while on the water.

Only maps provided by the RD may be used from the time race maps are distributed. This includes both electronic and paper maps.

All team members must remain within 50 meters of each other at all times on foot and within 100 meters of each other at all times on bike. You may not leave a teammate on the course and continue racing. You must notify race staff in person if you are withdrawing from the race.

All CPs and TAs are worth 1 point. Finishers will be ranked first according to points and then time. For example, if you get 20 CPs, you will place ahead of a team that gets only 19 CPs, even if that team returns to the finish line earlier than you.

You must return to the finish by 4 p.m. You will lose 1 CP for crossing the Finish Line after 4 p.m., and another CP for every 5 minutes thereafter you are late. In other words, if you finish at 4:04:57, you will lose 1 CP. If you finish at 4:05:01, you will lose 2 CPs. Your finish time is the time at which you punch the Finish unit.

GPS-enabled devices that only transmit a signal (e.g., SPOT tracker) are permitted to be kept outside a pack. Any GPS-enabled device that may be used to assist with navigation must be kept inside a pack throughout the race. Teams that use a GPS-enabled device, including a smart phone or watch, to relocate or assist with navigation during the race must self-report and will be unofficially ranked. Smart phones must be placed in airplane mode and utilized only for taking photos. Garmin AR mode is acceptable.

PENALTIES:

Missing mandatory gear: 30 minutes per violation

Teammate proximity violation: 30 minutes per violation

Taking a prohibited route of travel: 2 hours per violation

Using prohibited mode of travel: 2 hours per violation

Punching CP during wrong leg: Loss of CP

Failure to wear helmet or PFD as directed: DQ

Use of outside maps for course planning or navigation: DQ

Use of prohibited electronic device: DQ