



# NYARA

NEW YORK ADVENTURE RACING ASSOCIATION

## **The Longest Day 24 Hour Adventure Race - 2025 - Rules of Travel**

### **General Race Rules:**

- Emergency Phone Numbers: 911 - For all medical emergencies,
- Race Directors: 201-618-1000 (John), 201-618-4670 (Aaron)
- Checkpoints (CPs) may be obtained in any order unless otherwise noted.
- CPs must be obtained by the prescribed mode of travel.
- CPs with an (M) are mandatory, All other CPs are optional
- All transition areas (TA) are mandatory
- Teammates must stay within 10m of each other at all times.
- No outside assistance is permitted. Assistance between competitors is allowed.
- Penalties and credits are assigned at the discretion of the race director.
- Travel in areas/on roads marked "out of bounds" or similar and outlined in red on maps is forbidden.
- Any travel on private land is strictly prohibited
- Obey all laws and regulations of travel on public roads.
- Rear flashing lights must be on during travel on any roads
- There are no punches at transition areas. You must check in with a volunteer at each TA.
- Finish time is 24 hours from the race start. Teams will lose 1 CP for every minute late.
- Any race cutoff times will shift with race start/finish time shift
- Teams who miss a mandatory point will be ranked behind teams who visit all mandatory points
- Racer numbers must be clearly fixed to bikes

**Leg A trek:** Trek to CPs A1-A6 in any order. A1 and A2 are both mandatory

**TA1** - Transition to bike, take trekking shoes and all equipment with you from TA1

**Leg B Bike:** Bike to TA2 collecting B1-B3 along the way. NOTE: **B1 only**, teams may send one person to get the CP due to the foot trail designation that leads to it. Other teammates can stay with the bikes. Please DO NOT ride your bikes on the trail leading to B1.

**TA2** - Drop bikes and access gear bins,

**Leg C Trek:** Collect CPs C1-C14 in any order. Teams may revisit TA2/3 between trekking loops

**TA3** - Teams may not leave TA3 before 4 PM. Must leave by 11 PM. Access gear bins, Continue on bikes. Bring trekking shoes along for Leg D

**Leg B-2 Bike:** Bike to TA4. The route will travel through the towns of Inlet and Eagle Bay. There are some gas station/cafe options in these towns. The gas station closes at 7 PM

**TA4** - Drop off bikes/helmets/bike shoes to be transported.

**Leg D Trek:** Trek to TA5, collecting D1-D11 along the way. Both D7 and D11 are mandatory.

**TA5 - Exchange passport for a new passport.** Access Paddle Bags. Your team will be assigned a boat by the TA staff. All team equipment must travel with you on the next paddle leg. Leave nothing behind.

**Leg E Paddle:** Recommended to start paddle by 4 AM. Paddle the river, collecting E1 and E2 along the way. Both points are mandatory. There is a mandatory portage near mile 9.5. (marked on map with red line) There are signs leading up to the portage. The portage avoids a rapid section that can damage the boats. The portage trail is river left and approximately 300 yds long, with a footbridge crossing. Do not portage through the golf course.

**TA6** - Access paddle bags, gear bins, bikes. Take out is in the northern shoreline behind the mountainman outdoor company. Pull boats out of the water and position them as instructed by TA staff. Bikes and gear bins will be stationed in the parking lot area.

**Leg F Bike:** **F1 is a waypoint with no flag or punch.** Ride the Tobie Trail into the McCauley Mtn trail system, collecting points F2-F22. F7 is the only mandatory point.

**Finish:** The finish line is at the base of the McCauley Mtn ski hill, near the chalet building. The finish cutoff is 24 hours from race start. There is a 1 point penalty for each full minute late to the finish time.

Mode of Travel		Mandatory Points	Optional Points	Notes	Cutoff Time
Leg A	Trek	A1(M), A2(M)	A3, A4, A5, A6	-	-
TA1		Access: Bike/helmet/bike shoes, leave nothing behind			-
Leg B	Bike	-	B1, B2, B3	Gravel roads are open to traffic, obey road laws	-
TA2		Access: Gear Bin Leave Bike/helmet/bike shoes			-
Leg C	Trek	-	C1 - C14	Teams may revisit TA2/3 during trek	-
TA3		Access: Gear Bin Take trekking shoes with you for Leg D			Cannot leave before 4PM. Must leave by 11PM
Leg B-2	Bike	-	-	Gravel roads are open to traffic, obey road laws	-
TA4		Drop off Bike/helmet/bike shoes. Leave nothing else			-
Leg D	Trek	D7(M), D11(M)	D1, D2, D3, D4, D5, D6, D8, D9, D10	-	-
TA5		Access to Paddle Bags. Bags must go in the boat with teams. Leave nothing behind. <b>Exchange passport</b>			-
Leg E	Paddle	E1(M), E2(M)	-	Recommended to start paddle by 4 AM	-
TA6		Access to Gear Bins, Paddle Bags, Bike/helmet/bike shoes			-
Leg F	Bike	F1 (M) F7 (M)	F2-F6, F8-F22	F1 is a waypoint and has no flag or punch	-
Finish		Base of Ski hill at chalet			24 Hours after race start



CP No	Clue	Mode of Travel	CP No	Clue	Mode of Travel
A1(M)	Rapids	Trek	D1	75m SW of trail	Trek
A2(M)	Hilltop	Trek	D2	Small pond S edge of water	Trek
A3	Reentrant	Trek	D3	Bend in creek	Trek
A4	Big Rock in small valley	Trek	D4	Stony ridge, Middle of reentrant	Trek
A5	Overlook	Trek	D5	Knoll	Trek
A6	Trail/Reentrant	Trek	D6	Top of reentrant	Trek
B1	North end of small ridge	Bike	D7(M)	Knoll	Trek
B2	Spur	Bike	D8	Hilltop	Trek
B3	South bank of stream	Bike	D9	Old barrel in small saddle	Trek
C1	Spring	Trek	D10	Hilltop	Trek
C2	Reentrant convergence	Trek	D11(M)	Trail/Road intersection	Trek
C3	Reentrant north of old road	Trek			
C4	Hilltop	Trek			
C5	Rootstock	Trek			
C6	Overlook	Trek			
C7	Knoll	Trek			
C8	Saddle	Trek			
C9	Spring	Trek			
C10	Knoll	Trek			
C11	Boulder pile base of cliffs	Trek			
C12	Large tree edge of spring	Trek			
C13	West edge of pond	Trek			
C14	Big Rock at back of spring	Trek			

<b>CP No</b>	<b>Clue</b>	<b>Mode of Travel</b>
E1 (M)	S end of bridge	Paddle
E2 (M)	N end of bridge	Paddle
F1 (M)	Tobie Trail - <b>No Punch, No Flag</b>	Bike
F2	Bend in trail	Bike
F3	Bend in trail	Bike
F4	Trail intersection	Bike
F5	Trail intersection	Bike
F6	Trail intersection	Bike
F7 (M)	Hilltop/Bike lounge	Bike
F8	Trail intersection	Bike
F9	Small pond	Bike
F10	Bend in trail	Bike
F11	Bridge	Bike
F12	Trail intersection	Bike
F13	Bend in trail	Bike
F14	Bend in trail	Bike
F15	Stone bridge	Bike
F16	Bend in trail	Bike
F17	Top of Trail	Bike
F18	Bend in trail	Bike
F19	Trail intersection	Bike
F20	Trail intersection	Bike
F21	Trail intersection	Bike
F22	Top of Trail	Bike