

DODGE CITY X OFF-ROAD TRIATHLON

CUMBERLAND, BC



1.5km LAKE SWIM / 23km MOUNTAIN BIKE / 9.5km TRAIL RUN

HALF-DISTANCE SPRINT AND RELAY OPTIONS ALSO AVAILABLE

2023 CANADIAN CROSS TRIATHLON CHAMPIONSHIP
2024 WORLD CHAMPIONSHIP QUALIFIER
\$2,000 ELITE PRIZE PURSE

ATHLETE INFORMATION PACKAGE 2023



To wannabe travel writers, it's the Village in the Forest. To locals, it's an eclectic and wildly unpredictable community of free-spirited individuals – where the ghosts of Ginger Goodwin and countless forgotten coal miners share the streets with a new generation of fiercely independent Islanders and stoke-chasing urban refugees.

But to those of us who crave the mud beneath our shoes, or the intoxicating rush of shredding dirt trails carved from the rainforested slopes of some of the Pacific Rim's most inviting wilderness, it's nothing short of legendary.

This is Cumberland, BC. Welcome to Dodge City.



PACKAGE PICK-UP

Friday, September 8, 2023

Package pick-up for all athletes will be on Friday, September 8 from 3-6pm at the Cumberland Cultural Centre, [2674 Dunsmuir Avenue](https://www.cumberland.ca/2674-Dunsmuir-Avenue) in Cumberland. (The building with the old-timey façade; entrance and parking is off of First Street.) For relay teams, only one team member is required for package pick-up.

For out-of-town athletes unable to make package pick-up on Sept 8, pick-up will be available from 6:30-8:30 am on race morning at the registration tent at Village Park (Race Central) – look for the tent with the tall Steam Donkey Racing flags out front. Please get there early if you need to pick up your race package on race morning, as you will still need to set up your two transitions and get to the lake for the race start — approximately 5km away. PLEASE, IF AT ALL POSSIBLE, PICK UP YOUR RACE PACKAGE THE DAY BEFORE THE RACE.

MANDATORY TRANSITION BAGS

When you pick up your package on September 8 (preferably) or race morning, you will receive your items in a large plastic bag with a drawcord. Your race number sticker will be on the front of this bag and **you must use this bag during BodyNetix T1** (swim/bike transition).

When you exit the swim, **all items must be placed in your transition bag**, which you will leave in transition when you exit for the bike leg. Once all athletes have cleared T1, volunteers will collect these bags and transport them to Race Central, where your bag will be waiting for you after the race. **All items must be collected before 2 pm.**

Any items not in bags, and bags without numbers, will be placed in “lost and found” at the Registration tent.

COURSE MAPS

Detailed course maps can be found online at www.dodgecityx.ca. While the Dodge City Cycles Bike Course and the Thomas Dargie Run Course are the same as in 2022, the Comox Physiotherapy Swim Course has changed and will feature a wet start, followed by one short lap for Sprint athletes and one longer lap for Standard and Relay athletes.



YOUR TIMING CHIP

Your race package will include a timing chip, which you must attach to your **left ankle** before race start. **DO NOT LOSE THIS CHIP** or transfer it to someone else. This is how our timing system knows you are you! Lost chips will be subject to a fee. If you pull out early during the race, be sure to report to a marshal and give your timing chip to a Triathlon BC official (in yellow TriBC vests) or to the volunteers at the Registration Tent.

YOUR NUMBERED RACE BIB

Your package will contain one numbered race bib. ***You only need to wear this bib during the run.*** Position it so that it faces forward. Relay teams: Only your runner needs to wear the numbered bib.

YOUR SWIM CAP

We use high quality silicone swim caps that are shipped with a thin powder coating to prevent sticking during transit and storage. This powder can make the cap go all Bon Jovi (slippery when wet). We recommend that you rinse your swim cap with clean water prior to race morning to prevent slippage during the race. **If you're a nervous swimmer, please ask for a yellow swim cap at package pick-up.**

INFORMATION FOR RELAY TEAMS

Only the runner and biker need body marking, and only the runner must wear the race bib. **Chip hand-off:** Relay team members will hand off their team's timing chip from one athlete to the next during transition. For example, your biker will await your swimmer in T1 next to their bike and affix the chip to their left ankle once the swimmer has removed it from theirs. Do not remove the timing chip until you're at your designated spot in a BodyNetix Transition Area. It is your responsibility to be at transition when your teammates need you. Your biker must put on the timing chip before he/she unracks the bike in T1, and can only hand off the chip to the runner after the bike is racked in T2.



RACE DAY

Saturday, September 9, 2023

Transition and body marking open at 6:30 am at the Registration tent in Village Park. This will be your first stop on race morning — look for the tall Steam Donkey Racing flag. (For maps to the race venues, visit our [Getting Here page](#).)

You must receive body marking, have your bike sticker applied to your seat tube and your bag sticker applied to your transition bag (to be provided at package pick-up) before you enter T2. Once you've set up your T2, you can proceed to the Cumberland Lake Campground parking lot (BodyNetix T1) to set up your T1 and prepare for the start of the race. ***We highly recommend you ride out to the lake or get dropped off as parking will be severely limited.***

You are free to warm up in the lake inside the booms and to the left of the floating dock until your wave is called to the starting area (see schedule for approximate start times of each category). Please pay attention to the time and listen for the race announcer. There will be a ***mandatory pre-race briefing at 8:45*** just outside of BodyNetix T1.

Starting the Swim: This year's race features a ***wet swim start*** out past the log booms. You must stay inside the booms until the announcer calls out your swim wave, at which point you may pass under or between the booms and line up at the swim start. You are free to warm up inside the booms to the left of the floating dock at any time before your wave start.

PARKING

Some parking is available at Comox Lake (race start / T1), but it will be extremely limited; we **STRONGLY** encourage athletes to bike to the start from Village Park, and/or to carpool if possible. Limited parking for Race Central (Village Park) is available at the Village Park parking lot (near the Coal Hills BMX track), and additional parking can be found on the streets of Cumberland.

RACE RULES & INFO

Course descriptions, maps, cut-off times and more can be found on our [Athlete Information page](#). This page also includes important information about governing rules, equipment, etc. that you should review before race day. It is your responsibility to know the rules and abide by them.



SCHEDULE OF EVENTS

Friday, September 8, 2023

3-6 pm Package pick-up, Cumberland Cultural Centre (2674 Dunsmuir Avenue)

Saturday, September 9, 2023

6:30 am Transition opens

6:30-8:30 Package pick-up and body marking – Registration tent, Village Park

8:00 am Water temperature & wetsuit permissibility announcement

8:45 am **Mandatory pre-race briefing** for all athletes near BodyNetix T1

9:00 am ELITE START

9:20 am SPRINT START (time is approximate)

9:25 am STANDARD & RELAY START (time is approximate)

11:30 am Beverage garden opens at Race Central (all proceeds benefit the Cumberland Community Forest Society)

12:45 pm Cut-off at BodyNetix T2 (Time is approximate but is 3:15 after the start time). No athletes may start the run after this time.

2:00 pm Outway Awards presentation, Race Central (Village Park)

2:30 pm Transition & bag pick-up close — all items must be collected

4 pm Beverage garden closes



AID STATIONS

Bike

There will be a small aid station with water available on the Dodge City Cycles Bike Course at the top of The Pig, approximately 7.6 km into the course. Both the Sprint and Standard courses pass this aid station once. Note that you will be required to stop and dismount to access this aid station.

Run

There will be one aid station on the Thomas Dargie Run Course on the logging road at the bottom of Rapture Access and 50:1. All athletes will pass this station twice: first about 750 metres into the run and again at approximately the 4.5-km mark. This aid station will have both water and an electrolyte sport drink available.

TRANSITION SECURITY

Volunteers will be controlling access to the two BodyNetix transition areas from 6:30 am to 2:30 pm on race day. When retrieving your bike from T2 after the race, be prepared to show that your race number matches the number on your bike. **For this reason, we ask that you retrieve your own bike from T2.** If you need to have someone else retrieve it for you, please give them your numbered race bib so they have something to show the transition attendant.

MOUNT/DISMOUNT LINES

When exiting BodyNetix T1 with your bike, you are not allowed to mount your bike until after you cross the clearly marked mount line. At the end of the Dodge City Cycles Bike Course as you near T2, you must have at least one foot on the ground before you cross the dismount line. Because this year's race is a national championship, mount and dismount lines will be strictly enforced.



SAFETY

Swim

We will have lifeguards and swim marshals on SUPs and/or in kayaks throughout the Comox Physiotherapy Clinic Swim Course. Should you need a rest, you are allowed to hold onto any of these vessels as long as you do not use them to make any forward progress. Our marshals are there to help you! If you require assistance, put your hand up and a marshal will assist you. (Also, please note that SUPs may be positioned at turn buoys to make the corner “rounded” rather than a 90-degree turn. Please swim around them.)

Nervous Swimmers

If you are a weak or nervous swimmer and you would like particular attention in the water, ***please ask for a yellow swim cap when you pick up your race package***. This will help you stand out to our swim course marshals. Note that it will be your responsibility to make sure you start with the appropriate swim wave.

Trail Conditions & Route

The race course uses technical mountain biking and running trails that are loaded with roots, rocks and other fun elements. Some of these trails can be challenging when dry and treacherous when wet. Ride safely, in control and within your ability. We will have a first aid team on the trails, but let’s give them a really boring day! Note that the trail network is also open to other trail users, so be aware at all times. The route will be flagged, but it is your responsibility to familiarize yourself with the route.

Woodwork on Trails

Some trails on the race course, particularly The Pig and Sunset Strip, have built-up woodwork features such as bridges and ramps. **Stay off these features**. In some cases there are bridges that are part of the trail itself, which are fine (and necessary) to cross. You’ll know the difference. We also recommend you ride around the jumps on Field of Dreams – they all either have ride-arounds or can be rolled at lower speeds.

Wildlife

We share our forests with a variety of wildlife, including black bears and cougars. While it’s rare to encounter one on the trails, it is possible. Know what to do should you be fortunate enough to spot one of these local critters. If you need some guidelines, [here’s what BC Parks advises for wildlife encounters](#).

Less-Wild Life

All of the trails will remain open to the public during our event and you may encounter recreational riders, runners or hikers on the course. Please be courteous and respectful, and ride/run in control at all times.



TRAIL SIGNAGE

You will see the following signs on course. Here's what they mean:



Directional arrows could point left, right or straight ahead. Follow them.



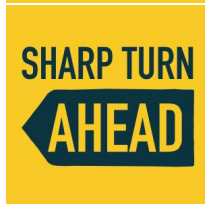
There is a steep or otherwise potentially dangerous section ahead. Proceed with caution.



There is a bridge ahead. Some are narrow and may be slippery if wet. Use caution.



Yield to any oncoming athletes.



These hopefully self-explanatory signs point in the direction of the upcoming turn. Check your speed and be ready to turn.



You will be penalized if you mount your bike before the mount line or dismount (have at least one foot on the ground) after the dismount line.



HOUSEKEEPING

A few reminders:

- **Smoking** is not allowed anywhere on the race course, in Race Central or in the trail network
- **Dogs** are not allowed in Village Park (Race Central) other than in the designated off-leash fenced area near the skate park and pump track.
- **Garbage** is not appreciated in our trail network. Littering is not permitted on the trails or in Race Central other than at designated drop zones around our aid stations.
- **Cross triathletes** are known for being courteous, laid back and respectful. If you need to pass, politely call out and wait for an appropriate time. If someone wants to pass you, pull over as soon as you're able to do so safely. Let's keep cross triathlon cool.



**BEST OF LUCK,
AND HAVE A
FANTASTIC RACE!**



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DODGE CITY X OFF-ROAD TRIATHLON

— 2023 Canadian Cross Triathlon Championship —



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