



DODGE CITY X OFF-ROAD TRIATHLON

CANADA'S TOUGHEST OFF-ROAD TRIATHLON
CUMBERLAND, BRITISH COLUMBIA



LAKE SWIM / MOUNTAIN BIKE / TRAIL RUN

ATHLETE INFORMATION PACKAGE



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 rough 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 6, 2019

Package pick-up for all athletes will be on Friday, September 6 from 3-6pm at the **Riding Fool Hostel**, 2705 Dunsmuir Avenue in Cumberland.

For out-of-town athletes unable to make package pick-up on Sept 6, pick-up will be available from 6:30-8:30 am at the registration table at Race Central (Village Park, Cumberland) on race morning. Please get there early if you need to pick up your race package on Sunday 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 AT THE RIDING FOOL HOSTEL, SEPTEMBER 6 FROM 3-6PM.

MANDATORY TRANSITION BAGS

When you pick up your package on September 6 (preferably) or race morning, you will receive your items in a black plastic bag. You must put your race number sticker (included with package) on the front of this bag and **you must use this bag during 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 the Registration tent at 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 available in “lost and found” at the tent at Race Central.



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.

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 an Extreme Runners 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.



MOUNT/DISMOUNT LINES

When exiting 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 bike course as you near T2, you likewise must have at least one foot on the ground before you cross the dismount line. Last year athletes who violated these rules were educated rather than penalized, but since this year's race is a provincial championship and worlds qualifying event, we've been told that the mount/dismount lines will be strictly enforced.

CHANGE TO BIKE COURSE

If you haven't already, please familiarize yourself with the following change we made to the Trail Bicycles Bike Course (Standard & Relay) on August 25:

By popular demand, and due to the sheer beauty of the new section of climbing trail that UROC has had built, we've decided to incorporate it into the Trail Bicycles Bike Course for PACE Multisport Dodge City X 2019. Note that this only applies to the Standard and Relay divisions.

Now, once you get to the top of Buggered Pig and turn right onto Davis Lake Main (after to split off from the Sprint course), instead of riding straight through to the guts climb (hairpin left turn), you'll turn left after the bridge, then keep right at the fork (climbing trail will be on the right, Broadway will be on the left). The climbing trail will take you on a series of gentle switchbacks for about 600 metres before spitting you back out onto the guts road climb, where you'll turn left and continue along the regular course.

This change doesn't have a significant impact on the length of the course. The net difference is only about 100 metres, and the elevation gained remains the same. The climbing along the new route is more gradual than the guts road climb (although you'll still have a bit of a grunty climb after the climbing trail), and it's also trail as opposed to road, which is always a win in our books.

Please note that this change will not be reflected in the maps on our website and elsewhere, but it will (obviously?) be marked on the course itself come race day.

A small map of the affected area is available at dodgecityx.ca under "News."



RACE DAY

Saturday September 7, 2019

Transition and body marking open at 6:30 am at the Registration tent in Village Park in Cumberland (Race Central / T2). This will be your first stop on race morning — look for the big red Steam Donkey Racing flag. (For maps to the race venues, visit our [Getting Here page](#).) Note that only registered athletes will be allowed in the Extreme Runners Transition Areas.

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) before you will be allowed to enter T2. Once you've set up your T2, you can proceed to the Cumberland Lake Campground parking lot (Extreme Runners 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.*

Athletes are free to warm up in the lake until 8:40 am. Please pay attention to the time and listen for the race announcer, because there will be a mandatory pre-race briefing at 8:45 just outside of T1. **Standard and Relay athletes start at 9:00 am sharp at Comox Lake. Sprint athletes will start 5 minutes later.**

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.

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 Coal Hills BMX Track parking lot (next to Village Park), and additional parking can be found on the streets of Cumberland.



SCHEDULE OF EVENTS

Friday, September 6, 2019

3-6 pm Package pick-up, Riding Fool Hostel, 2795 Dunsmuir Avenue, Cumberland

Saturday, September 7, 2019

6:30 am Transition opens

6:30-8:30 am Package pick-up and body marking – registration tent, Race Central (Village Park)

8:00 am Water temperature taken & announcement on permissibility of wetsuits

8:45 am Transition closes – All athletes must be out of transition and assembled on the beach at Comox Lake for the pre-race briefing

8:45 am **Mandatory pre-race briefing** for all athletes on the beach at Comox Lake.

9:00 am **STANDARD & RELAY START**

9:05 am **SPRINT START**

12:00 pm Beverage garden opens at Race Central (all proceeds benefit the Cumberland Community Forest Society)

1:30 pm (approximate) Awards & draw prizes, Race Central

2 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 Trail Bicycles Bike Course at the top of Bugged Pig. Sprint Course athletes will pass it once; Standard Course and Relay athletes will pass it twice. Note that you will be required to stop and dismount to access this aid station.

Run

There will be two aid stations on the Thomas Dargie Investors Group Run Course: one about 400 metres outside of the second Extreme Runners Transition Area (T2) and the other near the top of each loop (at “the chair” at the top of 50:1). Sprint Course athletes will pass each station once; Standard Course and Relay athletes will pass them twice. (Add once more to each of those if you want to stop for a drink 400m from the finish line.) Each of these stations will have water and F2C electrolyte sport drink available.

TRANSITION SECURITY

Volunteers will be controlling access to the two Extreme Runners transition areas from 6:30 am to 2pm on race day. When retrieving your bike from T2 after the race, volunteers will check your race number against the number on your bike. **For this reason, you must retrieve your own bike from T2.** If you need to have someone else retrieve it for you, they must present your numbered race bib to a transition area volunteer.



SAFETY

Swim

We will have lifeguards and swim marshals on SUPs and/or in kayaks throughout the Fit Chiropractic 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.

Nervous Swimmers

If you are a weak swimmer and you feel you need particular attention in the water, **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, without the visual cue of seeing people wearing the same coloured cap as you, it will be your responsibility to make sure you start with the appropriate swim wave (9:00 for Standard/Relay or approximately 9:05 for Sprint).

Trail Conditions & Route

The race course uses technical mountain biking and running trails that are loaded with roots, rocks and lots of 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 Bugged Pig and Sunset Strip, have built-up woodwork features such as bridges and ramps. **Stay off these features**. All of them have ride-arounds that are clearly visible and easily accessible, and we will have Triathlon BC officials on the course ensuring safety and fairness. 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.

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 magnificent animals. If you need some guidelines, [here’s what BC Parks advises for wildlife encounters](#).



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 dangerous section ahead. Proceed with caution.



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



You'll see this on the narrow bridge behind the BMX track as you start the run course. Yield to oncoming (finishing) runners.



Self-explanatory? 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 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

2019



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