



DODGE CITY X OFF-ROAD TRIATHLON

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



LAKE SWIM / MOUNTAIN BIKE / TRAIL RUN

ATHLETE INFORMATION PACKAGE 2021



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 17, 2021

Package pick-up for all athletes will be on Friday, September 17 from 3-6pm at **Village Park** in Cumberland. Look for the white Registration tent with the tall red Steam Donkey Racing flag. 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 17, pick-up will be available from 6:30-8:30 am on race morning at the same spot, the registration tent at Race Central (Village Park). 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 ON SEPTEMBER 17.

MANDATORY TRANSITION BAGS

When you pick up your package on September 17 (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.

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 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.



RACE DAY

Saturday September 18, 2021

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 red 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) 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 – see note about the Foggy Mountain Market, below.*

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 at Comox Lake. Sprint athletes will start approximately 10 minutes later.**

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.

FOGGY MOUNTAIN MARKET

The Foggy Mountain Market will take place along Dunsmuir Avenue in Cumberland on September 18, the same day as our race. This will present a fun opportunity to explore Cumberland's vendors after the race, but it will also involve some street closures, most likely Dunsmuir Avenue between First and Fourth streets. We expect that Derwent Avenue will be the most convenient way to get from Village Park to the lake.



COVID-19 SAFETY PROTOCOLS

Like it or not (for the record, we don't), we're in the midst of a fourth wave of COVID-19 infections. Though there are no public health orders explicitly affecting our event, out of an abundance of caution and respect for our most vulnerable athletes, volunteers and families, we will be implementing the following COVID-19 safety measures at PACE Multisport Dodge City X 2021:

- Athletes and volunteers are required to wear face masks when interacting with each other. This includes package pick-up, registration, body marking and food tent.
- Masks are also required to be worn inside the transition areas while setting up and taking down your area.
- Masks will be required during the pre-race briefing and up until you enter the start corral at Comox Lake. We will provide masks and hand sanitizer outside of T1. *When you leave T1 for the final time before the race, sanitize your hands and grab a mask from the supply provided. You will wear this mask during the briefing and dispose of it in the garbage receptacle as you enter the start corral on the beach.*
- We will be minimizing the time athletes are congregated within the start corral and will therefore start the race almost immediately after all athletes have entered the corral. *If you are one of the last to enter the corral, be prepared to start right away!*
- Although we don't require face masks while congregating at Race Central outside of the transition area and while not accessing the food tent or registration, we recommend you wear one whenever interacting with others in close quarters.

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 17, 2021

3-6 pm

Package pick-up, Village Park, Cumberland (look for the white Registration tent with the tall red Steam Donkey Racing flag)

Saturday, September 18, 2021

6:30 am

Transition opens

6:30-8:30 am

Package pick-up and body marking – Registration tent, 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 at the end of the parking lot near the beach (just outside T1) for the pre-race briefing

8:45 am

Mandatory pre-race briefing for all athletes at the end of the parking lot (just outside T1) near the beach at Comox Lake.

9:00 am

STANDARD & RELAY START

9:10 am

SPRINT START

12:00 pm

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

1:30 pm

Endūr Awards presentation, Race Central (Village Park)

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 Dodge City Cycles Bike Course at the top of Buggered 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 IG Wealth Management Run Course at the intersection of Rapture and 50:1 (at the “Rapture Chair”), approximately 2.5 km into the run. Both the Sprint and Standard courses pass this aid station once, and this aid station will have both 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.

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. Because this year’s race is a provincial championship, we’ve been told that the mount/dismount lines will be strictly enforced.



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 or nervous swimmer and you would like 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 9:10 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 Buggered Pig and Sunset Strip, have built-up woodwork features such as bridges and ramps. **Stay off these features**. We also recommend you ride around the jumps on Field of Dreams – they all 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 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.



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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2021



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