

Deschutes Dash Multisport Event 5k & 10k

Race Instructions & Details:

Welcome to the 16^h Annual Deschutes Dash Multisport Event 5k & 10k. We are excited to bring you 11 different events on Sunday, July 14, 2019. The core philosophy of The Deschutes Dash remains the same: We aspire to bring out the spirit of the everyday athlete and promote a healthy lifestyle by producing a fun and well-organized event on a beautiful course.

Thank you for participating! Without athletes like you, volunteers, and sponsors, we would not be able to produce a great event.

Enjoy the Race!

Schedule

Friday, July 11, 2019

2:00 pm - 6:00 pm	Packet pick-up Princess Athletic 945 NW Wall Street 541-241-8001 Late Registration
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Saturday, July 12, 2019

9:00 am - 11:00 am	Packet pick-up Princess Athletic 945 NW Wall Street 541-241-8001 Late registration
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Sunday, July 14, 2019

5:00 am	Transition area opens
5:00am- 6:30 am	Late packet pick-up and late registration for all events Riverbend Park
6:30 am	Begin Walking over to the swim start at Farewell Bend Park. Use this less than ¼ mile walk as your warm-up. There will be a bag drop there.
7:00 am	Sprint & Olympic Duathlon start at Riverbend Park Duathlon –start at Deschutes Dash Flag just outside of fenced transition area
7:05 am	Olympic Triathlon, Aquabike & Relay (Men 40 & under)
7:10 am	Olympic Triathlon , Aquabike & Relay (Women 40 & under)

7:15 am	Olympic Triathlon, Aquabike & Relay (Women 41 & over)
7:20 am	Olympic Triathlon , Aquabike & Relay (Men 41 & over)
7:25 am	Sprint Triathlon, Aquabike, & Relay (Men 40 & under)
7:30 am	Sprint Triathlon, Aquabike, & Relay (Women 40 & under)
7:35 am	Sprint Triathlon ,Aquabike, & Relay (Women 41 & over)
7:40 am	Sprint Triathlon ,Aquabike, & Relay (Men 41 & over)
7:45 am	TRY A TRI (Women)
7:50 am	TRY A TRI (Men)
8:00 am 8:05 am	10k Run starts! (just outside transition area next to Deschutes Dash Flag) 5k Run starts! (just outside transition area next to Deschutes Dash Flag)
10:30 am	AWARDS CEREMONY
12:00 pm	Transition area closes - remove all bikes and gear
12:30 pm	Event Closes

Race Packet Info

Deschutes Dash race packet contain the following items:

- 1. Run bib number** — Bib number must be worn in front during the run either pinned or with a race belt. Safety pins available at race packet pick-up.
- 2. Helmet Sticker** —Place on front of helmet.
- 3. Bike number** — Place on top tube or below bike saddle (seat tube)
- 4. Swim cap** —(triathlon, aquabike and relay swimmer) All caps are the same color
- 5. Race packet for running events** contain only a run bib number

Deschutes Dash is a USA Triathlon Sanctioned event therefore, USAT Rules are enforced:

ALL athletes are required to show photo ID. NO ID, NO RACE, NO EXCEPTIONS. Every single participant must have a photo ID, this includes all relay participants.

Youth athletes without an ID must be accompanied by a parent/guardian who has a photo ID. Annual USAT members are required to bring their membership card every time they compete in a USAT sanctioned event. If their card has been lost, they can download and print out a temporary one by logging into their membership account.

Athletes may only pick up their own packets. Under no circumstances may an athlete pick up a packet for another person. **All relay members must be present to receive the packet, or split up the relay packet for each participant.**

If an athlete does not bring a photo ID to packet pickup they have two options:

- Have someone send them a copy of their photo ID
- Go home to get it

ANNUAL USAT MEMBERS ONLY : If an athlete does not bring their USAT membership card to packet pickup they have four options:

- Pull it up on your smart phone
- Go home and get it
- Find Internet Access and print a temporary card
- Purchase a one-day membership for \$15 which can later be applied to a membership renewal by submitting a receipt of purchase

Course Information

Swim Course – Triathlons and Aquabike only

700 meters (Sprint Distance), 700 meters (Olympic Distance)

The swim course for both races is a down-current swim in the Deschutes River. There will be large buoys (gray barrels) that denote the beginning and the end of the swim course. We expect the water temperature to be around 63 degrees. Wetsuits are recommended, but not required.

The center of the river is where you will find the deepest water (and the fastest current!). The river is shallow on either side – stay in the center as much as possible. The swim start is a water start. Swimmers will line up in the water. It's good to get wet before plunging into the pristine 63 degree water. Jumping in without getting wet, can startle you, so it's best to get in before the start. There will be two (2) EMTs on paddleboards on the river. If

you have an emergency please swim over or raise your hand out of the water to the EMT/paddleboarders and they will paddle over to you.
A third (3) paddleboarder will be positioned near the swim finish to guide you to the beach.

The river is not closed to other recreational uses. Be aware that there may be kayakers, rafters, paddleboarders, or other people floating in tubes.

“Try a Tri” Swim Wave

This is the last swim wave to leave! This swim wave is for those new to triathlon. Participants do not have to worry about other faster swimmers approaching – you can take your time.

Bike Course – Triathlons, Duathlons, & Aquabike

12.5 miles (Sprint Distance), 25 miles (Olympic Distance)

Both bike courses are out-and-back and weave through several roundabouts - please use caution when riding through these areas. Certified Flaggers and volunteers will be staffed at roundabouts for your safety but we ask that you ride defensively and please be aware of other vehicles and cyclists on the road. There is an uphill grade on the way out which means a downhill grade on the way back in! The Olympic distance race will have 6 miles of additional climbing. The turnaround point will be clearly marked. There will be water in a Water Jug if you need to refill your bottle at the Olympic Distance turnaround (mile 12.5). Please make sure you have water on your bike.

The course will be marked with many “Bike Event in Progress” and directional signs for athletes. Certified flaggers and race volunteers will be posted at both turnaround points and at key intersections. There is an ample shoulder on the entire bike course. **When passing, riders should be on the shoulder inside the white line.** Crossing over the yellow center line into oncoming traffic is not allowed and penalties will be given. *Remember, the road is open to vehicular traffic...ride safely!*

Volunteers and flaggers will have phones and radios to call for support if needed.

Run Course – Triathlons, Duathlons, 5k and 10k runs

3.1 miles (Sprint distance and 5K run) 6.2 miles (Olympic distance and 10K run)

The run is primarily a loop course for both distances on a combination of packed dirt and paved surfaces. There will be pink and black signs with directional arrows on the course. Where necessary, there may be orange agility cones on the pathways. Runners will go under the Bill Healy bridge on to the Deschutes River Trail. Near Mt. Bachelor Village, runners will stay right and go up the hill to Mt. Bachelor Road. Runners will make a left at Mt. Bachelor Rd. There will be an aid station at Mt. Bachelor Rd and Haul Trail. 5k will

turn right and head back to Riverbend Park, and 10k will turn left and turn around just past LOGE Camp (Entrada Lodge). There will be an aid station at the 10k turnaround. Aid stations will have water, Hammer Heed (electrolyte drink), and Hammer Gel.

Stridebox Transition Area (Triathlons, Duathlons Aquabike)

The transition area is sponsored by **Stridebox** and is located in the grass at Riverbend Park. Only registered athletes with bib numbers will be allowed inside – a volunteer will be at either end ensuring only athletes enter and exit. Please help us ensure a safe transition area by not bringing your friends and family inside the area. Body markers will also be inside the transition area. Bike racks will be set up with bib number ranges – please rack your bike in the rack that corresponds to your bib number. Please be courteous and do not take up more space than you need, it will be close quarters in the transition area! ***Gear from the swim start will be brought to the Princess Athletic Tent in the vendor area.***

Footzone Aid Stations

There are 4 Aid Stations at the event. Two (2) on the run course, one (1) on the bike course, and one (1) in Transition at the “run out” exit.

Aid Stations for both the run and bike course will have water, Hammer Heed and Hammer Gel.

Aid Station in the transition area is water and Hammer gel.

- **Olympic Distance & 10k:** Mt Bachelor Dr. and Haul Trail (aprx mile 1.5 & 4.5)/ Past LOGE Camp (Entrada Lodge) (aprx mile 3.1)
- **Sprint Distance & 5k:** Mt Bachelor Dr. and Haul Trail (aprx mile 1.5)
- **Bike Course:** At Olympic turn around point (Aid stations are placed according to ODOT Required Safety Standards and cannot be placed right on the road)

COURSE CUT-OFF TIMES

Sprint Distance Events & Try A Tri—The race will officially end 3 hours after the last athlete enters the water. Aid station stops, transitions, etc., will be included in your total elapsed time. Approximate time 10:45 am.

Olympic Distance Events—The race will officially end 4 hours after the last athlete enters the water. Aid station stops, transitions, etc., will be included in your total elapsed time. Approximate time 11:20 am.

***Based on the permits for the roads, trails, and parks for the course, and for the safety of athletes, cut-off times must be respected**

Important Race Details!

- There is a bag drop area at the swim start for extra clothing. Please label your bag with your bib number. We will shuttle all gear back to the **PRINCESS ATHLETIC TENT** in the vendor area.
- Participants must ensure that their equipment is in good working order. Your bicycle must have bar end caps on the end of your handlebars. (USAT rule).
- If your bike has aero bars, caps are required at the end of the aero bars (USAT rule).
- **HUTCH'S BICYCLE** will have a bike mechanic outside the transition area to help with minor mechanical issues.
- DO NOT MOUNT your bike until you are out of the transition area. There will be a clear mount and dismount zone marked by signs.
- The roads are open to traffic – ride with caution and follow the signs. Adhere to all traffic rules.
- Only athletes (with bib numbers) will be allowed in Transition Area.
- Park only in legal parking spaces and please do not park on SW Columbia Avenue on the bike course. Cars will be towed at owner's expense if they need to be towed. Bend Parks & Rec parking lot at Riverbend Park will closed at 6am and not re-open until 11:00 am. If you need to leave before noon, please do not park there. There is parking at the dog park and across the street from Riverbend Park in the gravel lot. Parking is also available at Summit Bank on the corner of SW Columbia St. and SW Colorado Ave.
- Accurate Timing: Make sure timing chip is on ankle and visible. Do not have wetsuit covering it. Yes, it does make taking the wetsuit off more challenging, but it helps to ensure an accurate swim time.
- Thank the volunteers when you ride and run by them. They make events like this possible!

Relay Team

There is one race-packet for each relay team.

ALL relay team members must be present to pick up race packet. All members of the relay team will receive a shirt and finisher's medal.

Exchanges between team members must follow the rules below:

- Swimmer will leave with the swim wave as designated on your race packet envelope
- There is only one timing chip for each relay team. The timing chip must be given to the next person on your relay team and act as a "baton" to pass between teammates
- Cyclist and runner must be in the transition area waiting for teammate. The cyclist must have bike racked (but helmet can be on) before the runner hands off timing chip to cyclist

Safety and Medical

There will be 2 paramedics from **Adventure Medics** on site. There is a FIRST-AID TENT set up outside of the transition area where they will be stationed. There will also be a paramedic on a motorcycle on the bike course, a paramedic on electric mountain bike on the run course, plus 2 EMTs on paddleboards on the river. If you have an emergency please swim over or raise your hand out of the water to the paddleboarders and they will paddle over to you.

Race Rules

The Deschutes Dash Triathlons, Duathlons, and Aquabike are USA Triathlon sanctioned races. Please refer to the USAT rule book and/or official on race day with any questions. It is each athlete's responsibility to know and understand the rules. A complete rulebook is available on the USATriathlon.org website.

USA Triathlon Commonly Violated Rules:

Helmets **MUST** be on and the chin strap fastened before mounting bike.

Every bike must have bar end plugs on handlebars and on aero bars (if using).

No iPods/headphones may be worn anywhere on the race course. **This rule is in effect for all events, including 5k and 10k runs!**

No outside assistance other than that offered by race and medical officials may be used (e.g., no one can help you change a flat tire).

No drafting is allowed on the bike course. Bikes must be three bike lengths clear of the space between you and cyclist in front. If you move into this zone, you must pass within 15 seconds.

There is no glass containers allowed in the transition area.

Age group athletes will participate in the age group division corresponding to the athlete's age on December 31 of the year of the event (e.g., if you are 39 and turn 40 before Dec 31, 2019, you will be competing in the 40-44 age group).

Swimmers may rest against a buoy, boat, kayak or stand on the bottom as long as the object is not used for forward momentum.

Awards and Categories

Finisher's Medals---EVERY athlete will receive a finisher's medal!

The overall TOP 3 men and women in each race will receive an award. The OVERALL MASTER (athlete over 40) men & women in Olympic Triathlon and Sprint Triathlon will receive an award.

Please reach out to us at info@deschutesdash.com if you have any other questions.