

Deschutes Dash Multisport Event 5k & 10k

Race Instructions & Details:

Welcome to the 18th Annual Deschutes Dash Multisport Event 5k & 10k. We are excited to bring you 11 different events on Saturday, July 10, 2021. 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.

Packet Pick Up:

Friday, July 9, 2021 9am-6pm

Location: Princess Athletic-945 NW Wall Street Bend, OR

**Please note, there is no race day packet pick up*

Race Packet Info

Deschutes Dash race packet contains 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

Body Marking—Multisport Athletes Only (not required 5k & 10k)

Athletes are required to body mark themselves prior to arriving at the race to minimize contact with volunteers. Per USA Triathlon Competitive Rules, athletes should have visible body markings that display their race number and that will not be covered up by any type of race kit, compression sock or arm band. Numbers should be drawn prior to application of sunscreen or lotion.

Race Numbers should be placed in the following locations on the body: one vertically on each bicep in between the shoulder and elbow. Athlete age on 12/31/21 on back of calf. (you do not need to mark your legs)



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

RACE DAY SCHEDULE OF EVENTS:

6:00 AM	Transition Area Opens
7:30 AM	Race Announcements
7:55 AM	Transition Area Closes-everyone must be out of transition area
8:00 AM	10k and Olympic Duathlon Start
8:05 AM	5k and Sprint Duathlon Start
8:10 AM	Olympic Triathlon, Relay & Aquabike Start
8:25 AM	Sprint Triathlon, Relay & Aquabike Start
8:40 AM	Try A Tri Start

**Times are Subject to Change*

Course Information

Swim Course – Triathlons, Relays and Aquabike

750 meters (Sprint Distance), 1500 meters (Olympic Distance)

The swim course is in Wickiup Reservoir. The Deschutes River was dammed in 1949 in the Wickiup Area to store water for irrigation. We expect the water temperature to be around 63 degrees. Wetsuits are recommended.

The course will be a “diamond” shape. You will head toward the first orange buoy and site your way to the 2nd orange buoy. At the 2nd buoy you will turn and head back towards the large yellow buoy. Olympic distance athletes will turn at the yellow bouy and do a 2nd lap. Sprint Athletes and Try a Tri will head straight to the boat ramp once they pass the yellow buoy. Maps are on the website.

The Swim Start is a self seed time trial start where 2 swimmers will enter the water at the same time. This means no mass start. Swimmers will line up based on their estimated time. Faster swimmers will go first. An example of swimmers lining up based on time: (Olympic Triathlon under 25 minutes, under 30 minutes, under 35 minutes, etc—Sprint Triathlon under 15 minutes, under 20 minutes under 25 minutes, under 30 minutes, etc)

It's highly recommended to get wet before plunging into the pristine 63 degree water. Jumping in without getting wet, can startle and surprise you. To minimize that feeling, get in before the start.

There will be two (2) EMTs on paddleboards and 4 Lifeguards on the water. If you have an emergency please swim over or raise your hand out of the water to the EMT/lifeguards and they will paddle over to you.

Bike Course – Triathlons, Duathlons, & Aquabike

12 miles (Sprint Distance), 23 miles (Olympic Distance)

Both bike courses are an out-and-back. The terrain is rolling on asphalt roads through a large ponderosa forest, with views of Mt. Bachelor and South Sister. The course takes you past Twin Lakes and Crane Prairie Resorts. Certified Flaggers and volunteers will be staffed at intersections and the turn around for your safety, but we ask that you ride defensively and please be aware of other vehicles and cyclists on the road.

Please make sure you have water on your bike since there are no aid stations on the bike course.

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 each intersection. 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 an out and back course on a packed gravel road.

There will be 2 aid stations on the course. The first aid station is at the 1.5 mile mark (5k turn around) and the second station will be at the 3 mile mark or 10k turn around.

Aid stations will be supplied with water, Hammer Heed (electrolyte drink), and Hammer Gel.

Transition Area (Triathlons, Duathlons Aquabike)

The transition area is located in the upper parking lot of North Wickiup Boating Site. 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.

ALL GEAR MUST BE IN A BAG. We will provide 2 transition bags. The *Hammer Nutrition Bag* you receive at packet pick up should be used for all your bike items-Helmet, shoes, nutrition, sunglasses, etc. The *Footzone* bag should be used for all your running items, race belt, running shoes, visor/hat, nutrition, etc. Each bag should be labeled with your race number and placed under your bike in transition. If you have your own transition bag, yes you may use it. We are trying to maintain a clean transition area. You may keep your helmet on your bike and shoes clipped in (for the experienced triathlete).

Wetsuits may be left out after your swim.

Bike racks will be set up with bib number ranges – please rack your bike in the rack that corresponds to your bib number.

Footzone Aid Stations

There are 3 Aid Stations at the event. Two (2) on the run course, one (1) in Transition at the “run out” exit.

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

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

COURSE CUT-OFF TIMES

Sprint Distance Events & Try A Tri—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 12:45 am.

Olympic Distance Events-The race will officially end 5 hours after the last athlete enters the water. Aid station stops, transitions, etc., will be included in your total elapsed time. Approximate time 1:30 pm.

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

Important Race Details!

- 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).
- We 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.
- Parking will be limited and only on NF 4262. We ask that you do not enter from Century Drive. Please drive around and park head in, and only on the right hand side. We must leave room for emergency vehicles.
- 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 and 4 lifeguards on paddleboards on the water. 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.

*Deschutes Dash is made possible this year with a special use permit through the US Forest Service