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"So Much Care, So Close"



Kickapoo Reserve Dam Challenge

Race Instructions

October 6, 2018 La Farge, WI

Please read thoroughly—there is no pre-race meeting, and the race set-up has been adjusted due to flood impacts.

Special Announcement: The transition area is condensed - please read the following instructions!

Confirmation: If you registered online, you should have received an email confirmation from redpodium.com/wavepayments.com. It is your responsibility to check the accuracy of your registration via email or during check-in.

Check-in: Racers can pick-up race bibs and timing chip Friday night from 5-8 p.m. at the Kickapoo Valley Reserve (KVR) Visitor Center (GPS: 43° 35.74' N, 90° 37.65' W). Saturday check-in opens at 7:30am at the Bridge 14 Transition Area.

Step 1: Bridge 7 Boat Drop (GPS: 43° 40.32' N, 90° 35.64' W) - If using a KVR supplied boat, go directly to Step 2. If supplying your own boat, you must first deliver it to Bridge 7 before check-in/gear drop at the Bridge 14 Transition Area. Bridge 7 is located 2.5 miles north of Rockton on Highway 131. Race officials will assist you with your boat placement. **ONLY THOSE SUPPLYING THEIR OWN BOAT NEED TO DRIVE TO BRIDGE 7.** The KVR is not responsible for theft or damage of boats dropped on Friday night. There will be a preferred start boat drop area for the top ten overall finishers from 2017.

Step 2: Bridge 14 Transition Area Check-in/Gear Drop (GPS: 43° 37.33' N, 90° 37.33' W) – the Bridge 14 race parking area is located 3.5 miles north of La Farge on Highway 131 then 1.2 miles west on County Road P. Racers should park in parking lot and walk in your bike. If you did not check in Friday evening, you'll also need to check-in at the Bridge 14 Transition Area. NO vehicle access is permitted beyond the parking area. Be prepared to walk your bike and gear to the transition area.

Parking: Racers and spectators must park in main parking, which is located at County Road P/Old Hwy 131 Trail. Racers are required to ride their bike and carry gear from parking to the Bridge 14 Transition Area. This will reduce transition area traffic and increase safety. Limited space for short-term parking will be available at the Bridge 14 Transition Area. There is no long term parking at the Bridge 7 river start for racers.

Shuttles: Three large shuttle buses will transport racers from the Bridge 14 Transition Area to the Bridge 7 river start between 8:00 - 10:00am. The shuttle will pick up at the Bridge 14 Transition Area. Competitive racers will board between 8:00 - 9:00 am. Citizen racers will board between 9:00 - 10:00am. Spectators are allowed to board shuttle buses after all racers have been shuttled.

Staggered Start: Competitive Class racers will begin at 9:00am. Citizens Class racers will begin at 10:00am. One boat will enter the water every 30 seconds. Boats will enter the water based on order of line-up. Boat placement holds a racer's spot in line. Please stay with your boat so there are no issues regarding order. It takes about 2 hours to get all the boats in the water, so dress accordingly. Be courteous and patient—you're racing the clock!

Boat Course: The paddling leg starts at Bridge 7 and ends at Bridge 14. If using a KVR supplied boat, a volunteer will check your rental boat, paddle(s) and life vest(s) when you arrive at Bridge 7. If you would like your boat transported to the parking area at Bridge 14 after the canoe portion, be sure a volunteer flags your boat with your racer number. Boats are not requested to be transported to Bridge 14 parking and cannot otherwise be picked up until the race ends at 4:00pm. Racers using their own boat must supply their own paddles and life vests. State law requires one life vest for each person on board. Volunteers will assist with the line-up and start. Be considerate of your fellow racers and exit the river in the order you arrive. Race officials will help you out of the water and carry your boat onto land. Remember to yell your race number as you cross the timing platform. Teams will tag off with their biking member in the "relay zone" in the transition area. River bottom and banks are muddy and a change of shoes after the paddling leg may be desirable. An extra change of clothes is helpful if conditions are rainy. A changing tent and port-a-pottie will be available inside the transition area.

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Bike Course: Biking is the second leg of the race. The bike course is a loop that starts and ends at the Bridge 14 Transition Area. Roads will be open to vehicles. Bikers must obey traffic laws. Bike helmets are required. Racers without helmets will be disqualified. Drafting is not allowed. Volunteers will be posted at all major intersections. Stay alert to traffic and keep right. **RACERS MUST DISMOUNT YOUR BIKE BEFORE CROSSING THE TIMING PLATFORM.** Remember to yell your race number as you cross the timing platform. For safety reasons, racers are not allowed to wear headphones on the bike route. Teams will tag off with their running member in the "relay zone" in the transition.

Run Course: Running is the last leg of the race. The run course is a loop that starts and ends at the Bridge 14 Transition Area. The course consists of dirt/grass trail, blacktop, a former road bed and some gravel. Racers must return timing chips to volunteers at the finish. The run course will be wet in places.

Race Bibs: Race bibs are provided by Road ID. Fasten the race bib to the front of your shirt with the pins provided. Your race number will be written on your arm during check-in so that it can be easily seen. Please yell your race number when you cross the timing mats. Team members who canoe will have their team's number marked on their arm at check-in.

Timing: Timing chips will be provided by Pickle Events. Please use the strap provided to attach the chip to your ankle. Teams will receive one chip that will be transferred to the next team member during tag off in the "relay zone" in the transition area. Racers must return chips to volunteers at the finish line. Racers will be fined \$30 for lost timing chips.

Restrooms: Portable toilets will be at the Bridge 14 Transition Area and the Bridge 7 boat start.

Water Stations: There will be water stations at Bridge 7, Bridge 14 Transition Area, and two on both the bike and run routes. Water and energy drink will be available.

First Aid: The La Farge Ambulance Squad will be stationed at the Bridge 14 Transition Area. Volunteers at water stations along the bike and run courses will have ability to communicate with race officials at the Bridge 14 Transition Area.

Sag Wagon: Flag down the "sag wagon" truck if you need help or are unable to complete the race. The truck is only available on the bike route.

Finish Line: Free recovery food will be available for all racers at the Bridge 14 Transition Area.

Results: Paddle, bike, run, and transition times will be recorded by timing mats at the main Bridge 14 Transition Area. Results will be posted periodically as racers finish the race and will also be available at www.pickleevents.com and <http://kickapoovalley.wi.gov/damchallenge>.

Awards: Historically the competitive class award ceremony starts at 1:30pm and the citizen class award ceremony starts at 2:30pm. Awards will be given to the top three racers in each category: Individual Racer-Tandem & Solo Boat - Citizen/Competitive, Male/Female, Youth (<18), Adult (18-39), Master (40-55), Elite (56-69), Guru (69+). Relay Teams - Citizen/Competitive.

Concessions: Warm beverages and baked goods will be available for purchase at the Bridge 14 Transition Area. Food is available at the Rockton bar and at restaurants and grocers in La Farge.

Bike Maintenance: Bluedog Cycle will offer bike maintenance at the Bridge 14 Transition Area.

Spectators: Spectators must park in the parking lot near Bridge 14. Spectators can board the shuttles from Bridge 14 Transition Area to Bridge 7 for the race start once all racers have been shuttled. If a driving personal vehicle, suggested river viewing spots are Bridge 8 and 9, boat landings 10 and 12. Parking at river start is available along Highway 131, north of Bridge 7, past the guardrail.

Photos: The La Crosse Area Camera Club will shoot the race. Visit <http://kickapoovalley.wi.gov/damchallenge> to view photos.

Weather: If weather is questionable (thunder/lightning), we will wait for the "all clear" from local authorities and then proceed. Should the river stage be deemed dangerous, the event will become a duathlon with a staggered bike start.

Personal Property Policy: The Kickapoo Valley Reserve is not responsible for lost or stolen items.

GOOD LUCK & HAVE FUN! Contact the KVR at (608) 625-2960 or kickapoo.reserve@krm.state.wi.us with questions.