



Kickapoo Valley Reserve Dam Challenge Triathlon October 1st, 2022

Race Description:

The Kickapoo Valley Reserve Dam Challenge Triathlon invites participants to compete among the rugged hills of scenic southwestern Wisconsin's rural countryside and the Kickapoo Valley Reserve. Paddle 7 (seven) miles down the winding Kickapoo River along rock outcroppings and through diverse landscapes. The river route begins at Landing 12 and ends at the Bridge 18 Transition Area. Road bike 14.5 (fourteen and one half) miles through the hilly Driftless area. The route takes you through the valleys and over the ridges in one of Wisconsin's most scenic rural landscapes. Steep climbs and rapid descents provide the ride of a lifetime! The route begins and ends at the transition area. Trail run 3.5 (three and one half) miles within the Kickapoo Valley Reserve. The route starts and finishes at the transition area. Proceeds from this event benefit Kickapoo Valley Reserve Education Programs.

Registration:

The race will be limited to the first 500 registrants. Register early to guarantee your spot! Canoe and kayak rentals available while supplies last. No same day registration. Registration must be complete by September 1, 2022 in order to guarantee a racer t-shirt.

Categories:

Individual Racer-Solo Boat - Individual completes all three legs and accrues an individual time. Individual paddles a solo kayak or solo canoe. No paddling partner.

Individual Racer-Tandem Boat – Individual completes all three legs and accrues an individual time. Individual paddles with another individual racer or non-racing person in a canoe or double kayak. Must supply own paddling partner.

Team- Both racers paddle together in a canoe or double kayak. One racer bikes, and one racer runs. Times are not averaged. Team accrues one total time.

Classes:

Citizen - A new or recreational racer with limited race experience or training time.

Competitive - An experienced racer that trains and has above-average ability.

Award Categories:

Awards will be given to the top finishers in each category.

Location:

La Farge is approximately 50 miles southeast of La Crosse, 100 miles northwest of Madison, 180 miles northwest of Milwaukee, and 225 miles southeast of the Twin Cities. Visit <http://kvr.state.wi.us> for directions.

GPS Coordinates -

Race Start, Landing 12: 43.637332041250865, -90.60275090008292

Transition and Bridge 18: : 43.59248308342906, -90.63604809883692

KVR Visitor Center: 43.59583747788022, -90.62748786812912

REFUND/CANCELLATION POLICY

Registration fees are non-refundable, and may not be deferred or otherwise transferred for any reason, including race cancellation. If the Kickapoo River is deemed unsafe, the race will become a bike/run duathlon and only boat rental fees will be refunded. If the race is canceled due to severe weather, only boat rental fees and camping fees will be refunded.

Additional Information:

- Race proceeds benefit the Education Program at the Kickapoo Valley Reserve.
- Bike helmets and life vests are required.
- Life vests and paddles are supplied with boat rentals.
- No headphones or drafting on bike route.

Questions:

Check out the FAQs at <http://kvr.state.wi.us/damchallenge>, call (608) 625-2960 or email kickapoo.reserve.dam.challenge@gmail.com

2022 Kickapoo Reserve Dam Challenge Registration Form

STEP 1: CHOOSE CATEGORY

Individual Racer-Solo Boat - Completes all three legs and accrues an individual time. Paddles a solo kayak or solo canoe. No paddling partner.

Individual Racer-Tandem Boat - Each Racer completes all three legs and accrues an individual time. Paddles with another individual racer or non-racing person in a canoe or double kayak. Must supply your own paddling partner.

My paddling partner's name (Individual Racer-Tandem Boat Only): _____

(Paddle with another individual racer OR bring a non-racer. Non-racing paddle partner does not pay registration fee)

Team - Racers paddle solo or together in a canoe or double kayak. One racer bikes, and one racer runs. Times are not averaged. Team submits one total time. Teams can consist of 2 or 3 racers plus paddle partner (optional).

STEP 2: CHOOSE CLASS Citizen Competitive

STEP 3: CHOOSE SUBCLASS (Individual Racers Only)

Gender: Male Female Non-Binary **Age on Race Day:** _____ **Birth Date (MM/DD/YY):** _____

STEP 4: PROVIDE CONTACT INFORMATION

Name: _____

Address: _____ **City:** _____ **State:** _____ **Zip:** _____ **Phone:** _____

Email: _____ **Shirt Style:** Unisex Female Youth **Shirt Size:** S M L XL XXL

Emergency Contact Name: _____ **Emergency Contact Phone:** _____

Have you raced Dam Challenge before?: Yes No **If yes, how many?:** _____

Team Information - Please submit one form per team. **Team Name:** _____

Name: _____ **Address:** _____ **City:** _____ **State:** _____

Zip: _____ **Email:** _____ **Shirt Style:** Unisex Female Youth **Shirt Size:** _____

Emergency Contact Name: _____ **Emergency Contact Phone:** _____

Have you raced Dam Challenge before?: Yes No **If yes, how many?:** _____

Name: _____ **Address:** _____ **City:** _____ **State:** _____

Zip: _____ **Email:** _____ **Shirt Style:** Unisex Female Youth **Shirt Size:** _____

Emergency Contact Name: _____ **Emergency Contact Phone:** _____

Have you raced Dam Challenge before?: Yes No **If yes, how many?:** _____

Name: _____ **Address:** _____ **City:** _____ **State:** _____

Zip: _____ **Email:** _____ **Shirt Style:** Unisex Female Youth **Shirt Size:** _____

Emergency Contact Name: _____ **Emergency Contact Phone:** _____

Have you raced Dam Challenge before?: Yes No **If yes, how many?:** _____

STEP 5: DETERMINE FEE(S)

Registration \$65 per person

Rental Fee Do you need to rent a canoe or kayak? Yes, standard canoe (\$45) Yes, solo kayak (\$35)
 No (I supply OR my paddling partner already reserved)

Camping Fee (\$5/person/night) Will you be camping at the KVR? No Yes (Friday) Yes (Saturday)

Registration Fee = \$ _____

Rental Fee = \$ _____

Camping Fee = \$ _____

Optional Donation = \$ _____

Total Enclosed = \$ _____

Refund/Cancellation Policy: Registration fee of \$65 is non-refundable, and may not be deferred or otherwise transferred for any reason including race cancellation.

(to Friends of KVR for KVR Education Programs)

(Make checks payable and mail completed entry form to:
Friends of Kickapoo Valley Reserve, S3661 State Road 131, La Farge, WI 54639)