



**October 7th, 2023**

**Race Description:**

The Kickapoo Reserve Dam Challenge Triathlon challenges participants to compete among the rugged hills of scenic southwestern Wisconsin's rural countryside and the Kickapoo Valley Reserve. Paddle seven miles down the winding Kickapoo River along rock outcroppings and through diverse vegetation. The river route begins at Landing 12 and ends at the Bridge 18 Transition Area. Road bike 15 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! Trail run three miles within the Kickapoo Valley Reserve. The run route follows West Ridge Trail through open prairies and woodlands. There will be volunteers at each transition and along the route to assist, and a water station along the run route. Proceeds from this event benefit the Kickapoo Valley Reserve.

**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.

**Categories:**

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.

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.

Relay (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 three racers in each category for males, females, non-binary, in different age ranges, in each class. There are no gender or age award subdivisions for relay teams.

**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. KVR Visitor Center: S3661 State Hwy 131 La Farge, WI 54639.

**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 cancelled due to severe weather, only boat rental fees and camping fees will be refunded.

**Additional Information:**

Race proceeds benefit 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 our FAQs at <http://kvr.state.wi.us/damchallenge>, call (608) 625-2960 or email [kickapoo.reserve@krm.state.wi.us](mailto:kickapoo.reserve@krm.state.wi.us).

# 2023 Kickapoo Reserve Dam Challenge Registration Form

## STEP 1: CHOOSE CATEGORY

- Individual Racer-Tandem Boat - 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 own paddling partner.
- Individual Racer-Solo Boat - Completes all three legs and accrues an individual time. Paddles a solo kayak or solo canoe. No paddling partner.
- 2- or 4-Person Relay Team - Two 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.

## STEP 2: CHOOSE CLASS Citizen Competitive

## STEP 3: CHOOSE SUB-CLASS (Individual Racers Only)

Identify as:  Male  Female  Non-Binary Age on Race Day: \_\_\_\_\_ Birth Date (MM/DD/YR): \_\_\_\_\_

## STEP 4: PROVIDE CONTACT INFORMATION Name: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone: \_\_\_\_\_

Email: \_\_\_\_\_ Shirt Style: (optional) 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?: \_\_\_\_\_

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

(Paddle with another individual racer OR bring a non-racer. Only one individual racer needs to pay boat rental fee.)

Relay Team Information - Please submit one form per team. Team Name: \_\_\_\_\_

Name: \_\_\_\_\_ Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_

Zip: \_\_\_\_\_ Email: \_\_\_\_\_ Shirt Style:(optional) 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:(optional) 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:(optional) 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 (\$30)  Yes, solo kayak (\$30)  
 No (I supply OR my paddling partner already reserved)

Camping Fee (\$10/unit/night) Will you be camping at the KVR?  No  Yes (Friday)  Yes (Saturday)

Registration Fee = \$ \_\_\_\_\_

T-shirt Fee = @\$15 each = \_\_\_\_\_

Rental Fee = \$ \_\_\_\_\_

Camping Fee = \$ \_\_\_\_\_

Optional Donation = \$ \_\_\_\_\_ (to the KVR Education Program)

Total Enclosed = \$ \_\_\_\_\_ (Make checks payable and mail completed entry form to:  
Kickapoo Valley Reserve, S3661 State Hwy 131, La Farge, WI 54639)

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