

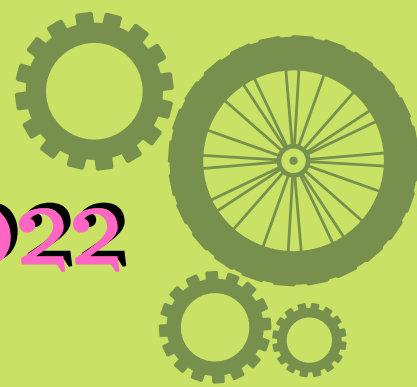


KICKAPOO VALLEY RESERVE

# DAM CHALLENGE

## Saturday, October 1, 2022

RACE INSTRUCTIONS AND INFORMATION



**CONGRATULATIONS—YOU'VE SIGNED UP FOR THE BEST DAM TRIATHLON IN THIS SIDE OF THE KICKAPOO! PLEASE READ THOROUGHLY—THERE IS NO PRE-RACE MEETING, AND INSTRUCTIONS VARY EACH YEAR.**

Historically, this race has attracted a wide range of racers from competitive athletes to those interested in a new challenge, and participants with a wide range of ages and abilities. Some have raced the Dam Challenge for over a decade, and new racers also join each year. Some racers endeavor to tackle all three legs of the race solo, and others look forward to teaming up with pals to divvy up the challenge. Everyone finishes with a major sense of accomplishment and a deeper appreciation for the Driftless landscape. The Kickapoo Valley Reserve welcomes you, Vernon County welcomes you, The Dam Challenge welcomes you! Join in as we celebrate 20 years of Dam Challenge.



### DAM CHALLENGE 2022

Celebrating 20 years by making this Dam great race even better! Awesome new & improved route, live music and local flavor, food and festivities, a real celebration, bringing your favorite race back, stronger than ever! Gather with us & bring your friends!

**TRIATHLETE: A PERSON WHO DOESN'T UNDERSTAND THAT BEING GOOD AT ONE SPORT IS HARD ENOUGH**

### CONFIRMATION



If you registered online, you should have received email confirmation via Red Podium. It is your responsibility to check the accuracy of your registration via email. If you have not received confirmation, please contact the Race Director 608-625-2960

**EITHER YOU RUN THE RACE, OR THE RACE RUNS YOU**

### CHECK IN



Racer check in opens Friday, September 30, 2022 at the Friends of KVR - Dam Challenge Spaghetti Supper inside the Kickapoo Valley Reserve Visitor Center. Racers can also register on Saturday, October 1, 2022 at the event. Upon check in, racers should expect to receive their race number, timing chip and swag.

- The Kickapoo Valley Reserve Visitor Center is located at S3661 State Highway 131, La Farge, Wisconsin 54639. GPS: 43° 35.74' N, 90° 37.65' W.
- Race Main Gate is located at: KVR Maintenance Building S3803 Corps Road, La Farge, WI 54639 GPS: 43.592062, -90.638428

### GENERAL RACE INFORMATION

2022 Dam Challenge will be using a new and improved race route. Improved parking, beautiful route, the "whole show" in one location. Let's just say, we are putting the Dam in the Dam Challenge! Be sure to check out the event map and updated race route information.

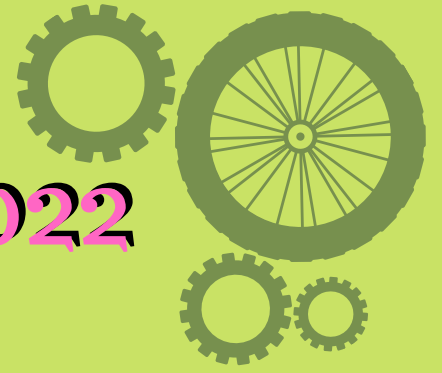
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RACE INSTRUCTIONS AND INFORMATION

### PARKING



The Main Gate Race entrance is located on Corp Road at the Old 131 Trailhead. Use this address for your navigation device: S3803 Corps Road, La Farge, WI 54639. Ample racer and spectator parking will be at this location. A shuttle will be provided from the main event location to the race start. No all day parking will be available at race start. Kickapoo Valley Reserve parking permits are not required on race day.

### RACE START - LEG 1 - RIVER LEG

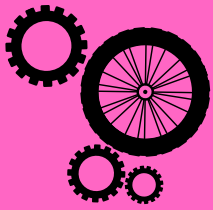


The paddling leg starts at Landing 12 and ends 7 miles downstream at Bridge 18. Racers using their own boat must supply their own paddles and life vests. State law requires one life vest for each person on board. Be considerate of other paddlers. River bottom and banks are muddy and a change of shoes after the paddling leg may be desirable. An extra change of clothes is helpful if conditions are rainy. Canoes and kayaks are available locally. Search "Kickapoo River Canoeing" for rental options.

IT IS SUPPOSED TO BE HARD, THE HARD IS WHAT MAKES IT GREAT



### LEG 2 - BIKE LEG



The bike route starts and ends at transition and is 14.5 paved miles of trail & road riding through the Kickapoo Valley Reserve and surrounding hilly Driftless area. The route takes you through the valleys and over the ridge in one of Wisconsin's most scenic rural landscapes. Steep climbs and rapid descents provide the ride of a lifetime! Be on the lookout for road apples! Roads will be open to vehicles, so you must obey traffic laws. Stay alert, and stay to the right. Bike helmets are required; For safety reasons, bikers are advised not to wear headphones. The bike route will be marked by blue signs and blue pin flags.

### RACE FINISH - LEG 3 - RUN LEG



The trail course is a 3.5 mile loop with elevation changes that starts and ends at transition. The course consists of a natural surface and grass trail that leads racers through open prairies and wooded trails. The Run route will be marked with red signs and red pin flags.

THE VOICE IN YOUR HEAD THAT SAYS YOU CAN'T DO THIS IS A LIAR

JOIN US AS WE CELEBRATE 20 YEARS OF THE BEST RACE THIS SIDE OF THE KICKAPOO! NEW IMPROVED ROUTE THAT PUTS THE DAM IN DAM CHALLENGE

Registration opens June 15, 2022

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