

# DAM CHALLENGE TRIATHLON RACE MANUAL

WHAT'S NEW

HOW TO

STEP-BY-STEP GUIDE



## WELCOME

*to the roadmap for everything Dam Challenge*

Welcome or welcome back! It has been a while. We are so happy to be able to welcome you to the Kickapoo Valley Reserve! This document contains everything you need to know about the Dam Challenge Triathlon. 2022 marks the 20th annual celebration of the best dam race around. We have taken the opportunity with the time away to better this already great race! Read on to learn more about the new routes, new transition and event site, event parking, food, fun and much more.

[VISIT THE DAM CHALLENGE WEBSITE](#)

# OPTIONAL VIRTUAL PRE-RACE MEETING

*Sunday, September 25, 2022 7pm*

*Zoom Link in email*

Brief overview of this racer manual, followed by Q&A session.

Meeting will be recorded and made available to all participants prior to race day.



## EARLY RACER CHECK IN & PASTA SUPPER

*When: Friday September 30, 2022*

*Time: 5pm to 8pm*

*Where: Kickapoo Valley Reserve Visitor Center*

*S3661 State Hwy 131 La Farge, WI 54639*

Everyone is welcome to attend the Friends of KVR annual Pasta Supper. Adults \$12/one plate, \$14 /two plates, children under 12 years old \$7.

Dinner music provided by the Guthries.

Contact the KVR Visitor Center with any questions 608-625-2960 or email [jackie.yocum@wisconsin.gov](mailto:jackie.yocum@wisconsin.gov)

## CAMPING

There will be event camping available for racers and their guests, Friday and Saturday night.

Camping for Dam Challenge racers will be at the event site in the designated camping area. (see map) This will be a group site. Firewood and porta pots will be provided.

Those camping can check in at the Visitor Center between 5pm and 8pm on Friday or with the camp host at the site. The cost is \$5 per night. The site can accommodate tents, and campers. Please be courteous when setting up and share the space. There is no electricity at the site. Please plan to turn generators off by 10pm for quiet hours.



TO CONTACT THE RACE DIRECTOR

608-625-2960 O | 608-639-0157 M [jackie.yocum@wisconsin.gov](mailto:jackie.yocum@wisconsin.gov)

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## BOAT DROP OFF

*When: Saturday, October 1, 2022*

*Time: 6am - 9am*

*Where: Landing 12 - take Hwy 131 North over the big bridge and turn onto Old 131 Trail just south of Rockton. Watch for yellow Dam Challenge signs.*

Racers are responsible for transporting their own boats to the race start at Landing 12. (see map) Racers should pull down the driveway toward Landing 12 and wait their turn to enter the loop for boat unloading. Please plan ahead and be ready to unload and keep your time in the unloading zone to a minimum. Place your boat in the appropriate line, behind boats already there. If you are renting a boat, it will be waiting for you at Landing 12 when you arrive on the shuttle. Choose your boat and place it in line. Each boat is required to have a lifejacket for each participant. Don't forget your paddles.

## PARKING AT MAIN EVENT

*Main event parking is located just off of Corps Road in a mowed hay field. Reference address S3803 Corps Road, La Farge, WI (see map) Follow white Dam Challenge signs to the Main Event parking from State Hwy 131 near the La Farge city limits. Please watch for bicycles as you near the event site. Spectators, racers, guests and volunteers all use General Parking. Parking is free. Volunteers will direct you upon arrival.*



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## RACE DAY CHECK IN

*When: Saturday, October 1, 2022*

*Time: 7am - 9:30am*

*Where: Main Event Site near S3803 Corps Road, LaFarge, WI*

Racers who did not participate in early check in on Friday, should check in at the racer tent, just inside the Main Gate, upon arrival.

Enter through Main event gate and the race check in tent will be immediately to your left. Pre and post race, ingress and egress to transition area is only through the racer tent. Spectators are not allowed in the racer tent or in the transition area.

## YOUR GEAR

There is no gear drop off area.

Racers are responsible to walk their bikes from parking through the racer tent, to transition. Stay off of blacktop - this is the race route, do not ride your bike on the race route prior to the race. **Enter transition ONLY through the MAIN GATE**

Racers should arrive at racer check in with their bike, helmet, shoes; all of the gear they wish to have in transition. Please try to keep extras to a minimum. Remember bike helmets are required to be worn by every racer.



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## TIMING THE RACE

*Your timing chip is embedded in your race bib! DO NOT LOSE YOUR RACE BIB! Bibs must be worn during the race for your time to be recorded.*

Timing mats will be used to record split and total time as you enter and exit transition and as you cross the finish line. Racers should be careful not to cross ANY TIMING MAT prior to the start of the race! Race officials and the official timer will be onsite to answer any questions.

## RACE ROUTE ASSISTANCE

Volunteers wearing yellow safety vests will be stationed throughout the race route to provide assistance and aid racers. In addition to route volunteers each leg of the race will have directional signage at intersections and periodic mile markers. The Paddle route signage is yellow. The bike route signage is blue and the run route signage is red. There will be a sag wagon on the bike course throughout the day. An ambulance will be stationed at the Main Event site.



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## TRANSITION AREA PRE-RACE

After checking in, racers will enter the transition area. Bike racks will be labeled Citizen and Competitive. Please choose a spot on the appropriate rack. Double check your gear as you should not leave transition during the race. Transition area will have porta pots, hydration station, bike maintenance station, team tag off zone and a changing tent. Once your gear is set, make your way to the shuttle for transport to race start.

## SHUTTLE

A shuttle bus will run between transition and Landing 12 (race start) from 7:30am to approximately 10am. Take only the items you need on the paddle portion of the race with you to Landing 12. Race reminders will be announced on the shuttle bus. Masks will be available for use on the shuttle bus. Wearing of masks is not required but recommended on the shuttle bus. Spectators may ride the bus both ways. Racers get shuttle priority.



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## LANDING 12 RACE START

Upon arrival at the Race Start (Landing 12) go to your boat. If you have rented a boat, grab a rental boat and put it in line. **DO NOT MOVE OTHER RACERS BOATS.** Volunteers will be there to direct you. Stay with your boat and move forward as the line moves. At the end of the paddle section, there will volunteers available for transporting personal boats to boat pick up zone near parking, if you want your boat taken to the boat pick up area, a volunteer will tie a flag on your boat with your bib number, prior to entering the water at the race start. More on post race boat pick up later.....

## OFFICIAL RACE START

The official Race Start of 2022 Dam Challenge Triathlon will be at 9am sharp at Landing 12 on the Kickapoo River. Competitive racers will start first, followed by citizen racers. There will not be a preferred start for any previous race top ten finishers this year. We are starting fresh! Good luck and have a great and safe race! You are racing the clock.



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## PADDLE 7

Racers will paddle 7 river miles from Landing 12 to Bridge 18. Upon arrival at Bridge 18, volunteers will be in the river to assist racers in exiting the river. Racer boats will be carried by volunteers to a designated safe land location near the river access. Racers should head up the trail to transition area to continue the race. The team tag off zone is in transition.

## PEDAL 14

The bike portion of the race leaves transition and heads down Old 131 Trail and over the covered Bridge 18. There is no vehicle traffic on Old 131 Trail to County Road P. Once on County Road P and for the remainder of the bike route, racers will be riding with vehicle traffic. No roads will be closed for the race. Volunteers will be at intersections to assist.

The bike route makes a counter-clockwise loop and ends at transition. There will be a sag wagon on the route. The bike route will be marked by blue signage.





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## RUN 3.5

Leaving west from transition, the run route follows West Ridge Trail through open prairies and woodlands. There is moderate elevation change on the run route with a climb at the beginning and a decent at the end. There will be a water station midway on the route. Volunteers will be on the route to assist racers. The run route is natural surface, dirt and grass.

The run route will be marked by red signage.

## FINISH LINE

The Finish line is located at the Main Event site. There will be bleachers for spectators. Timing chip will be embedded in race bibs. Racers can keep the race bibs and do not need to turn anything in. A hydration station and porta pots will be located in transition. And of course this is where the race ends and your bragging rights start!



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## RACER RECOVERY

Racer recovery food will be provided in the same tent as you checked in. Please be mindful of other racers on the bike route as you cross the blacktop to the recovery tent. Post race festivities will be adjacent to racer recovery tent. There will be no vehicle access to transition. Again, watch for bikes when crossing over the blacktop to the Main Event area.

## AWARDS

Awards ceremony will be held at 1pm or sooner if all racers are off the course.

The awards ceremony and raffle winners announcements will be held in the Main Event tent (where the live music will be playing)



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## POST RACE BOAT PICK UP

There will be no vehicle access to Bridge 18 boat take out. Personal boats that were flagged at the Landing 12 race start will be hauled by volunteers on a canoe trailer from Bridge 18 to the designated boat pick up area near the event Main Gate. If you wish to transport your own boat, please be prepared to carry it or bring a wheeled cart to assist in the transport to your vehicle. Boat hauling by volunteers will begin after the last racer comes off the river. For security, racers will be asked to show their bib number to receive their boat. Stay off the bike route as you transport your boat. Be courteous of other racers.

## LOST & FOUND

Items left at the event will be gathered and stored at the Kickapoo Valley Reserve Visitor Center after the close of the race. Items can be picked up there.

There will also be a lost and found station in the racer tent during the event. Stop by and be prepared to describe your lost item.



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## FOOD & BEVERAGE

In addition to racer recovery food, there will be food trucks and beverage vendors at the event. Racers, spectators, guests and volunteers are encouraged to patronize these vendors.

## LIVE MUSIC & VENDORS

Celebrating 20 years of Dam Challenge will include Live Music all day. There will also be a variety of vendors (many of them sponsors) at the event that everyone is welcome to check out.



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## AFTER PARTY

There will be an After Party held at Twisted Raven Lounge on Main Street in LaFarge after the race. There will be live music and food and drink specials for racers. Everyone is welcome to attend. There is no cover charge at the After Party.

## OFFICIAL RESULTS

*Official race results will be posted on the Dam Challenge website.*

*<http://kvr.state.wi.us/Events/Annual-Events/DamChallenge/>*

*Unofficial results will be posted at the event.*



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## PHOTOS

Photos will be taken throughout the race by volunteers. All photos received by Race Coordinators will be shared with racers via google photos after the album has been compiled. An email will be sent to racers with the access information.

## VOLUNTEERS

Please be sure to thank the volunteers of this event. The Dam Challenge simply couldn't be accomplished without them so generously sharing their time to make the event a success and keep everyone safe and on course.



## SPECTATORS

Spectators are welcome and encouraged to cheer on the racers. We do ask that spectators stay in designated areas and off the race routes. There is a viewing area of the race start at Landing 12 near Old 131 Trail gate. Be kind and respectful of the racers and stay out of their way.



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## PETS

Well mannered dogs are welcome to attend Dam Challenge. Please keep them on leash and under control at all times. Unreasonable dogs will be asked to leave the grounds. Clean up after them in all areas. Leashed dogs are allowed to accompany racers on the race route at the handlers own risk.

## SAFETY REMINDERS

- *The KVR is not responsible accidents or for lost or stolen items. Consider locking your vehicles in parking.*
- *Bikes should obey all traffic signs. No roads will be closed.*
- *Spectators should stay off of the race route.*
- *Bike helmets are required to be worn by every racer.*
- *A life jacket must accompany each boat, Wearing it is highly recommended.*
- *Ambulance and first responders will be onsite at the event.*
- *Dial 911 in the event of an emergency*



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