



Dirty Duo Race Information



Hello Dirty Duo Racers!

There is a slight change to the 30K and 50K courses. Work on Empress Bypass is complete, so the 2019 detour has been removed. In addition, there is nothing “white” in the forecast (we don’t say the “S” word anymore) so we have put Mushroom and Dales back on the course. This will avoid going down Powerline to Forever After and provide more fun for everyone!

The long-range weather forecast is show rain with possibility of some sun. Being Vancouver, this could and will likely change, so please come prepared for anything and bring some warm, dry clothes and shoes to change into after your race. We will have hot soup waiting for you at the finish line, along with ciabatta, peanut butter/cream cheese, cookies, oranges, bananas and hot beverages!

Following is information about the race that you, racers, should know. Please read as part of your race day preparation.

SCHEDULE OF EVENTS

Race Day

07:00 am	Racer Check-in Opens
08:00 am	Race Start – 50K*, Relay & Solo (Runner starts)
10:00 am	Race Start – 30K Bike
10:05 am	Race Start – 30K Run
1:00 pm	Race Start – 15K Run
2:30 pm	Awards – 30K Bike & 30K Run
3:00 pm	Awards – 15K, 50K, Solo & Relay

Reminders:

- ✓ ALL racers must check-in 30 minutes prior to race start. This includes racers who picked up their race package on Friday.
- ✓ NO Dogs allowed on course.
- ✓ **Carry water and fuel.** There is a lot of climbing between some of the aid stations.
- ✓ *We will have an early start (7:00 a.m.) for slower runners doing the 50K run - **you MUST let us know in advance!**

COURSE INFORMATION

Note for 2020: Work on Empress Bypass is complete, so the 2019 detour has been removed. In addition, there is nothing “white” in the forecast (we don’t say the “S” word anymore) so we have put Mushroom and Dales back on the course. This will avoid going down Powerline to Forever After and provide more fun for everyone!

Distance	Ascent	Decent	Terrain	Course Map
50K Run	2065m	2063m	↑ 50% ↓ 46% →4%	Map & Description
30K Run, Bike, Relay & Solo	1229m	1226m	↑ 50% ↓ 46% →4%	Map & Description
15K Run	543m	537m	↑ 49% ↓ 45% →6%	Map & Description

The Dirty Duo Race Information

Cut-off Times

- Cut-off time for the 50K Run completion of first loop is 12:30 p.m. at the Twin Bridges aid station.
- Cut-off time for the Solo and Relay Teams for bike heading out on course is 1 p.m. at the Twin Bridges aid station.
- The course closes at 4:30 p.m.

Relay Teams

All bike riders of relay teams still waiting for their runners to return to the finish/start area will be sent onto the course at 11:30 a.m.

Aid Stations

There are three aid stations in total, however you will be passing some aid stations twice depending on race distance as follows: 50K and solo racers will see an aid station ten times, 30K racers and relay teams will see an aid station five times and 15K racers will see an aid station twice. Aid stations will have water, electrolyte drink, gels, chips, blocks or chews, cookies and other treats. First Aid supplies are available at every aid station.

Aid Station locations:

1. East side of Twin Bridges bridge (you will pass this aid station twice)
2. Baden Powell & Mushroom junction
3. Old Buck & Empress junction

Call out your bib numbers at all aid stations. This is for safety reasons.

Supplies to Carry

We do ask that 50K, 30K, relay teams and solo racers carry some water and fuel. There are a few big climbs between some of the aid stations and you may need the hydration and fuel.

Marshals

Marshals are located at various points along the course to help keep you on course. Please listen to the marshals at street crossings. We are not allowed to stop traffic, so they are there to help you cross the road and keep you safe! There will be signage (and flagging) at intersections with no marshals.

Volunteers

Please remember to thank our wonderful volunteers for helping to make this a great event!

EVENT INFORMATION

Package Pickup

- Friday, March 6th, at 5-7 p.m. at Forerunners North Shore, 980 Marine Drive, North Vancouver.
- Race Day (Saturday, March 7th) at the race start 30 minutes before your race start time.

Race Day Check-in

EVERYONE MUST CHECK IN 30 minutes before race start, even if you did package pickup on Friday. This is for safety reasons. If you do not check-in, it will be like you were never here.

Dry Bags

- Dry bags, with a change of dry, warm clothes and shoes, may be dropped off near the registration table at the race start.
- Please ensure your race number is marked on your dry bag.

Awards

- Awards will be presented for top three by gender, by event.
- Draw prizes. Please check the randomized list near the registration table following the race to see if you have won a draw prize!
- Every racer will receive a race souvenir at package pickup.
- Award times:
 - 2:30 p.m. for 30K Bike and 30K Run
 - 3:00 p.m. for 15K, 50K, Solo and Relay Teams

Cup-less

All Foretrails Run Series events are now cup free events, meaning you'll need to pack your own container for fluids at aid stations and at the finish line. For example, a foldable cup or packable style bottle.

Race Day Rules & Etiquette

We are a community minded event and want our racers, along with volunteers, family, friends and other community members who are enjoying the North Shore trails to have a great experience. To help us with this goal, please review our [Race Rules and Etiquette](#).

Hotel Nearby

The [Holiday Inn and Suites](#) is about 1.5K from the start & finish line.

Parking

- There is a parking lot at Inter River Park and limited parking on the Road. Drive down Inter River Park Drive (off Lillooet Road). Take the first left turn, then the first right into the parking lot.
- Do not park at Jaycee House – you will be towed.
- CARPOOLING IS RECOMMENDED.

Trail Maintenance

If you are looking for volunteer hours for future races, Foretrails is hosting trail maintenance days on March 14th, May 30th and weather permitting, November 21st, 2020. If you are interested in joining in to help maintain our trails, drop us an email at foretrails@forerunners.ca.