



Dirty Duo Race Information 2022



Hello Dirty Duo Racers!

We are very excited that the 2022 Dirty Duo is a GO! During the recent down time, we have reviewed feedback from our past racers and have added a shorter distance bike event – 16K. This means that we not only have a run only, but we have a bike only, relay and solo event for the 16K distance. The 32K and 50K distances remain the same.

In addition, working with you to make this an even better event, we have taken the opportunity to incorporate suggested changes. Please read the following carefully as they will affect the March 12th Dirty Duo.

START TIME CHANGES

1. The 32K Run only, 32K Bike only, 16K Relay and 16K Solo now start at 09:00 a.m.
2. The 16K Run only and 16K Bike only now start at 11:00 a.m.

COURSE CHANGES

New maps reflecting the changes below have been updated on the Foretrails website as of February 27th.

1. We have re-routed all racers onto the Berm from the cemetery to the filtration ponds. This was to address congestion issues for each race start. Once you pass through the bark mulch path at the top of the cemetery you will be directed to cross Lillooet road onto the Berm by a marshal.
2. There are separate trails for bikes and runners to get to Buck trail from Bridle Path. Bikes will go down the “bike only” Empress Bypass and runners will continue along Bridle Path and then head down Fern Gulley. Denoted by different colors on the course maps.
3. We have removed the top of Buck, Powerline and Pingu trails. This section of the course has not been included in the last few races and we decided to keep it out. Racers will now climb Buck and turn left onto Baden-Powell.

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

Time	Item	Details
07:00 am	Racer Check-in Opens	
07:50 am	Race Debrief	For 08:00 start
08:00 am	Race Start:	<ul style="list-style-type: none"> • 50K* Run • 32K Relay (Runner starts) • 32K Solo (Runner starts)

Continued...

The Dirty Duo Race Information

Time	Item	Details
08:50 am	Race Debrief	For 09:00 & 09:05 starts
09:00 am	Race Start:	<ul style="list-style-type: none">• 32K Bike Only
09:05 am	Race Start:	<ul style="list-style-type: none">• 32K Run Only• 16K Relay (Runner Starts)• 16K Solo (Runner Starts)
10:50 am	Race Debrief	For 11:00 and 11:05 starts
11:00 am	Race Start:	<ul style="list-style-type: none">• 16K Bike Only
11:05 am	Race Start:	<ul style="list-style-type: none">• 16K Run Only
Awards	See below	

Reminders:

- ✓ ALL racers must check-in 30 minutes prior to race start. This includes racers who picked up their race package on Friday.
- ✓ All racers must be at start line 10 minutes prior to race start for race debrief.
- ✓ NO Dogs allowed on course.
- ✓ **Carry hydration 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 50K runners who may need more time - you MUST let us know in advance!**

COURSE INFORMATION

All races start and finish at Inter River Park – South Parking Lot

****We will have an early start (07:00 a.m.) for 50K runners requiring longer time to complete the course, but you MUST let us know in advance!***

Distance	Ascent	Decent	Terrain	Course Map
50K Run	2080m	2076m	↑ 51% ↓ 46% →3%	Map & Description
32K Run, Bike, Relay & Solo	1228m	1224m	↑ 51% ↓ 47% →2%	Map & Description
16K Run, Bike, Relay & Solo	547m	543m	↑ 49% ↓ 46% →5%	Map & Description

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. for 323K relay teams and 01:30 p.m. for 16K relay teams.

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, 32K racers and relay teams will see an aid station five times and 16K racers will see an aid station twice. Aid stations will have water, electrolyte drink, gels, chips, gummies, cookies and other treats. First Aid supplies are available at every aid station.

Aid Station locations:

1. East side of Twin Bridges bridge
2. Baden Powell & Mushroom junction
3. Old Buck & Empress junction

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

Supplies to Carry

We 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 11th, at 5-7 p.m. at Forerunners North Shore, 980 Marine Drive, North Vancouver.
- Race Day (Saturday, March 12th) 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

- Due to increased number of events now open for Dirty Duo, the depth of awards by gender/by event will be determined by number of participants in each 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.
- Due to pandemic protocols, award times will be immediately following the arrival of the top three, by gender in each event.

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. Depending on our supply we will have silicone cups available for purchase (\$10) at the registration table.

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.