



# Dirty Duo Event Changes & Race Information 2023



Hello Dirty Duo Racers!

Well...the snow is creating havoc once again! We are facing deep snow on the upper trails and very narrow single-track conditions on many other trails. Also, no vehicles are allowed on the park service roads (even the Parks vehicles), which is severely impacting our ability to provide racer aid and support at key positions.

Racer safety is our first priority and after discussions with our local permitting authority, we have made the following decisions:

1. **All bike events for 2023 Dirty Duo are cancelled. Racers have the option to switch to a run event or defer their entry to next year.**
2. **50K run event will be converted to the 32K run event. Aid station support for the 50K runners has been impacted and affects racer safety.**
3. **All runners must carry crampons or cleats sufficient for snow.**
4. **Twin Bridge aid station is relocating to the Filtration Ponds. S**

Start times for events will also change.

- **32K Run start will be 0800 hrs**
- **16K Run start will be 0900 hrs.**

Thank you for your understanding and if you have any questions, please send an email to [foretrails@forerunners.ca](mailto:foretrails@forerunners.ca).

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"> <li>• 32K Run</li> </ul>
08:50 am	Race Debrief	For 09:00 starts
09:00 am	Race Start:	<ul style="list-style-type: none"> <li>• 16K Run</li> </ul>
Awards	See below	

## The Dirty Duo Event Change & Race Information

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### 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.

## COURSE INFORMATION

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

Distance	Ascent	Decent	Terrain	Course Map
50K Run (Now 32K run)	2080m	2076m	↑ 51%   ↓ 46%   →3%	<a href="#">Map &amp; Description</a>
32K Run,	1228m	1224m	↑ 51%   ↓ 47%   →2%	<a href="#">Map &amp; Description</a>
16K Run,	547m	543m	↑ 49%   ↓ 46%   →5%	<a href="#">Map &amp; Description</a>

### Cut-off Times

- The course closes at 4:30 p.m.

### Relay Teams

No relay teams for 2023.

### Aid Stations

There are three aid stations in total, however you will be passing some aid stations twice depending on race distance as follows: 32K racers 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. By the Filtration Ponds off Lillooet Road
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 ALL racers carry some water and fuel. There are a few big climbs between some of the aid stations and you will 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 10<sup>th</sup>, at 5-7 p.m. at Forerunners North Shore, 980 Marine Drive, North Vancouver.
- Race Day (Saturday, March 11<sup>th</sup>) 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.
- Award times will be shortly after 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.