



Dirty Duo Race Information 2026



Hello Dirty Duo Racers!

NO DETOURS FOR 2026!!

We are very excited that the 2026 Dirty Duo is here! Following is information about the race that you, racers, should know. Please read as part of your race day preparation.

COURSE UPDATES 2026

1. Metro Vancouver has confirmed that the **Seymour River pipeline bridge will be open** for the race.
2. The 35K route is back to the 2025 route to ensure the correct distance.
3. Relay Teams – Swap bib just before crossing the finish line (there will be a sign).

SCHEDULE OF EVENTS

Race Day

Time	Item	Details
06:30 am	Racer Check-in Opens	
07:20 am	Race Debrief	For 07:30 start
07:30 am	Race Start:	<ul style="list-style-type: none">• 35K Run• 15K Relay (First Runner starts)
07:50 am	Race Debrief	For 08:00 start
08:00 am	Race Start:	<ul style="list-style-type: none">• 25K Run
08:50 am	Race Debrief	For 09:00 start
09:00 am	Race Start:	<ul style="list-style-type: none">• 15K Run
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.
- ✓ **Bring your own silicone cup** or refillable drinking vessel.

COURSE INFORMATION

All races start and finish Inter River Park, North Vancouver. Drive down Inter River Park Drive (off Lillooet Road). Take the first left at the bottom of the hill, then right into the parking lot. The start is near the bathrooms and the BMX track area.

Elevation gain and course profile are on the *Map & Description* for each distance.

Note: We will have an early start (7:00 a.m.) for runners requiring longer time to complete the 35 km run, but you MUST let us know in advance. This is not for fast runners.

Course Changes

1. We are staying with the 2025 route for all distances, including the 35K.

Distance	Ascent	Decent	Terrain	Course Map
35K Run	1527m	1524m	↑ 48% ↓ 46% →6%	Map & Description
25K Run	954m	953m	↑ 51% ↓ 45% →4%	Map & Description
15K Run & Relay	596m	593m	↑ 49% ↓ 46% →5%	Map & Description

Cut-off Times

The course closes at 2:30 p.m.

Relay Teams

- Obviously, second relay runner does not start until first relay runner on the team crosses the finish line.
- One race bib for 15K Relay teams. Swap race bib at the finish line.
- Send us an [email with the order of your runners](#) (whose running first, whose running second) so that we can label your individual times within the relay. (dirtyduo@trailwhispererbc.ca)

Aid Stations

There are two aid stations in total, however you will be passing some aid stations 2 times depending on race distance as follows: 35K racers will see an aid station four times, 25K racers will see an aid station three times and 15K racers (& relay) will see an aid station twice. Aid stations will have water, electrolyte drink, gels, bars, chips, gummies, cookies and other treats. First Aid supplies are available at every aid station.

Aid Station locations:

1. Fisherman's & Bridle Path junction
2. Mushroom & Upper Dales

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

- We would like to thank [Tailwind Nutrition](#) for providing electrolytes to keep our runners hydrated on race day.
- [Huma Chia Energy Gel](#) is the gel of choice at our aid stations on race day. Thank you, Huma!

Supplies to Carry

1. **Racers must carry some water and fuel.** There are a few long stretches between some of the aid stations with some great climbs and you may need the hydration and fuel.
2. **Silicon cup.** We are a cupless race at aid stations and the finish line. Bring your own silicon cup or packable water vessel. We will have silicon cups with handles available for \$5 at the package pickup table.

Race Bibs

Race Bibs must be visible on your front.

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

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 20th, 2025, at 5-7 p.m. at the [Running Room](#) North Vancouver.
- Race Day (Saturday, March 21st) at the race start 45 minutes before your race start time.

Race Day Check-in

EVERYONE MUST CHECK IN 30-45 minutes before race start, even if you do 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 do not leave valuables in your dry bag,

Please ensure your race number is marked on your dry bag.

Awards

- Top three by gender category for the 15K, 25K and 35K.
- Top three relay teams.
- Every racer will receive a finisher medal at the finish line.
- Award times will be shortly following the arrival of the top three, by gender category in each event.
- Every racer will receive a race souvenir at package pickup.

Cup-less

All Trail Whisperer Race 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. There will be *one* emergency cup at aid stations, but you will have to share with everyone else who forgot their silicone cup...YUCK!

We will have silicone cups available for purchase (\$5) 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](#).

Navigation and Live Tracking

[RunGo](#) navigation and live tracking, for racers and spectators, is free for The Phantom Run. Check out the [instructions](#) for use.

Hotel Nearby

The Holiday Inn and Suites is in walking distance 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.
- Parking is also available at Capilano University.
- Do not park at Jaycee House or the Equestrian Center – you will be towed.
- CARPOOLING IS RECOMMENDED.

Our Sponsors

Thank you to all our sponsors for their support. Your generosity help make our races successful, happy events for both our racers and volunteers.

