

Clackamas River Runoff

Trail Run/Off-Road Duathlon/Off-Road Triathlon

Participant Race Information

Schedule

- ◆ Friday
 - 10:30AM – 5:00PM Packet pick-up and registration at Alder Creek Kayak & Canoe
 - 5:00PM – 8:30PM Mountain bike course open. Bikes **MUST** be kept at a slow speed. This is for route familiarization only. Hikers, bikes and volunteers may be encountered at any time.

- ◆ Saturday
 - 7:30AM Bike and kayak transition areas open
 - 7:45AM - 8:45AM Packet pick-up at Park Shelter E
 - 8:45AM DU/TRI pre-race instructions in starting area
 - 9:00AM DU/TRI start - individuals and teams
 - 9:45AM Trail run pre-race instructions in starting area
 - 10:00AM 15K trail run start
 - 10:15AM 8K trail run start
 - 12:30PM Awards

Access Road Closure

The access road down to the start/finish line in the north day use area will close at **8:55AM** just before the start of the triathlon and duathlon as the cyclists use the road for part of the course. The road will remain closed until approximately **10:00AM**.

All 8K and 15K runners must be in the start area prior to 8:55AM or you will miss your 10:00AM and 10:15AM start times.

Park Entry

You'll need to pay \$3 for a pass at the Park entrance. **Please obey the park speed limit.** Event parking is allowed in any of the lots in the north day use area.

General Rules

Each participant (including each team member) will receive a colored wristband in their race packet. **You MUST place this wristband around either of your wrists prior to the start of the race. You will not be allowed access into the transition areas without it.** You will be asked to show your wristband before you remove any equipment from the transition area. The number on your wristband must match the race number on your equipment. You must pick-up your equipment before 2:00PM on Saturday.

You must be present to claim awards. We will not be mailing unclaimed awards.

Family, friends and spectators are asked to please not drive along the course during the race. This is necessary for the participants safety and enjoyment and will impact our ability to maintain a permit for the course. Be aware that the access road in and out of the north day use area will be closed during the mountain bike segment as the cyclists use the road for part of the course. Recommended viewing areas are anywhere in the north day use area and in the south area by the kayak put-in.

Run Course Rules

- There will be normal vehicular traffic in the park so be cautious anytime the course intersects the road.
- You may walk at any time. Please stay to one side of the trail to allow others to pass.
- There are several water stations on the course. Each will have water and sports drink. You may toss your cup to the ground when done drinking.
- Do not cross any course barriers.
- Stay on the marked course.
- No headphones may be worn.

Bike Course Rules

- There will be normal vehicular traffic in the park so be cautious anytime the course intersects the road. Although the course is closed to hikers, it is possible for someone to stray onto the course. Be alert at all times and prepared to stop.
- You may use either a mountain bike or cyclo-cross bike.
- ANSI or CPSC certified helmets are required. Gloves and eye protection are highly recommended.
- You may walk your bike at any time. Please walk to one side to allow other to pass.
- There are NO water stations on the bike section. Participants are responsible for carrying their own water.
- No assistance is allowed. Participants are responsible for their own repairs on the course.
- No blocking is allowed. Move to one side of the trail to allow others to pass.
- Only one bike at a time may cross the bridges on the course.
- There are several sharp corners on the course marked with a "SLOW" sign and orange flags. SLOW DOWN UNTIL YOU ROUND THE CORNER!!
- You must maintain control of your bike at all times. Do not ride beyond your skill limits.
- You must COMPLETELY dismount your bike prior to entering the transition. Riding your bike in the transition area will result in **immediate disqualification**.

Kayak Course Rules

- This is an open course. There will be normal river traffic so be cautious.
- You may use an inflatable kayak, canoe, sit-on-top kayak, or decked hard shell kayak. All boats must be no longer than 13 feet and no oarlocks are permitted.
- Lifejackets are required and must be secured before you enter the water.
- Helmets are required for decked hard shell kayakers and highly recommended for all paddlers.
- No assistance is allowed. Participants are responsible for their own repairs on the course.
- Know and obey the required route down the river. Ask the Race Director if you are uncertain.
- Exit your boat at the take-out and proceed immediately to the finish line. Volunteers are responsible for moving your boat from the river edge to the post race pick-up area.
- Your race number must be visible when you approach the finish line.

General Safety

- Notify any course official if you are in any type of distress.
- This is a tough course and it's likely to get warm....stay hydrated and consider your nutritional needs.
- Be particularly cautious of trail ruts, loose rock, gravel and tree roots.
- Inspect your equipment and be certain it is in race ready condition.
- Obey the directions of the race officials. This is particularly important anywhere the course intersects or follows the park roads.