

# 2013 XTERRA ATHLETE'S GUIDE



# Welcome to the 2013



Letter from your Race Directors:

We are stoked to have you back again this year, and to also have you racers who are new to XTERRA. XTERRA Portland was such a success last year that we decided to make it the most epic off-road weekend event in the Pacific Northwest.

Racing is our passion, especially off-road racing. We are honored to have the opportunity to hold this event out at one of Portland's hidden gems. We have put together a great event and hope that you and your friends and families have a great time. We highly encourage you to stick around after the race and enjoy the lake and picnic areas.

With plans in the works to add a mt bike race, cross race, kids race, and more for 2014, this event will grow to be the most epic weekend of off-road racing in the Western United States. Oh and next year, Hagg Lake is expected to open up 80 overnight camp sites by Boat Ramp A and has promised us a sizeable block of them especially for you and your family!

Please take a moment to carefully read through this packet of information, as well as staying updated on our website, Facebook, and Twitter. You are responsible for everything in this packet.

See you on the trail!

NW EPIC RACING, LLC

Lisa Kroth – Race Director  
Jake Linford – Race Director  
Shane Kroth – Race Director

# OUR SPONSORS AND PARTNERS

HUGE Thank You for all of our awesome sponsors. We encourage you to support our sponsor partners, especially the local companies. We have some new sponsors with us this year, but just as excited to have many of last year's back. Who isn't looking forward to the Papa Murphy's Pizza Trolley serving piping hot pizza for you hungry athletes, and for a small donation for your families too? Base Camp Brewery will also be out there serving some amazing frosty beverages for you 21+ participants and again for small donations from the spectators. Athlete's Lounge will be on hand with their expertise in triathlon apparel, gear and training and will have some last minute emergency essentials for sale



# SCHEDULE OF EVENTS

## PACKET PICKUP SCHEDULE OF EVENTS

### THURSDAY AUGUST 8, 2013

- 3:30pm – 6:30pm      Fit Right  
2258 NW Raleigh Street  
Portland, OR 97210  
(503) 525-2122
- 6:00pm – 6:30pm      Trail Run Race Meeting (Not Mandatory, but HIGHLY Suggested) – We  
will go over race day logistics, course, timing, awards and anything else  
you might want to ask.

### FRIDAY AUGUST 9, 2013

- 4:00pm – 7:00pm      Athlete's Lounge  
2671 NW Vaughn St  
Portland, OR 97210  
(503) 477-5906
- 5:00pm – 5:15pm      Race Meeting (Not Mandatory, but HIGHLY Suggested) - We will go over  
race day logistics, course, timing, and any other questions you might  
have. If you have not raced XTERRA Portland before we do suggest you  
try to make this meeting.
- 5:15pm – 6:00pm      Pro Panel – Come out and listen to and ask questions to pro triathletes  
Chris Bagg, Luke McKenzie, and Beth Walsh. This is your chance to get  
training tips, course tips, and just rub elbows with some REALLY fast  
athletes.

FOR YOUR CONVENIENCE, PACKETS FOR ALL EVENTS WILL BE AVAILABLE ON BOTH  
PACKET PICKUP DAYS. SATURDAY EVENTS CAN BE PICKED UP THURSDAY AND  
SUNDAY EVENTS CAN BE PICKED UP FRIDAY.

**\*\*\*MUST HAVE PHOTO ID AND USAT CARD (FOR USAT MEMBERS). ABSOLUTELY NO  
EXCEPTIONS! YOU WILL NOT BE ABLE TO PICK UP YOUR PACKET WITHOUT ID!**

# RACE DAY SCHEDULE

SATURDAY AUGUST 10, 2013

## RACE DAY FOR TRIATHLON/SPRINT/DUATHLON

TIME	EVENT
6:00am - 8:00am	Day of Race Registration (CASH ONLY) and Packet Pickup <b>***MUST HAVE PHOTO ID AND USAT CARD!</b>
6:30am - 8:30am	Transition Area Opens
8:00am	Day of Race Registration Closes
8:15am	Packet Pickup Ends
8:40am	Transition Area Closes - No Exceptions
8:40am	Race Briefing for ALL Athletes
9:00am	Point Series Triathlon and Duathlon Start (Mass Start)
9:30am	Sprint Triathlon Start (Mass Start)
9:45am(Flexible)	Kids Splash Pedal Dash (Must Pre-Register Your Child on Day of Race)
12:00pm - 12:30pm	Awards
12:30pm-1:30 pm	Raffle Games and Prize Giveaways (MUST BE PRESENT TO WIN)

SUNDAY AUGUST 11, 2013

## RACE DAY FOR HALF MARATHON/10k TRAIL RUN

TIME	EVENT
6:00am - 7:30am	Day of Race Registration (CASH ONLY) and Packet Pickup
7:30am	Day of Race Registration Closes
7:45am	Packet Pickup Ends
7:50am	Race Briefing
8:00am	Half Marathon Trail Race Start
8:00am-8:05am	10k Trail Run Start (1 minute waves)
9:30am - 10:00am	10k Awards
11:00am - 11:30am	Half Marathon Awards
11:30am - 12:30pm	Raffle (MUST BE PRESENT TO WIN)

# PRE RACE / REGISTRATION

## SAT AUGUST 10, 2013 - TRI'S/DUATHLON

Each participant MUST have both a photo ID and if a USAT member a (non-expired) USAT card. Note: all USAT members will receive a \$10 refund for cost of one day membership. No card, no refund. If you are not a USAT member you will need to sign the one day membership form.

If you don't not have an ID with you, you WILL NOT be able to pick up your packet. Each participant must be present to pick up their race packet.

**THIS INCLUDES RELAY TEAMS. SORRY, BUT NO EXCEPTIONS WILL BE MADE**

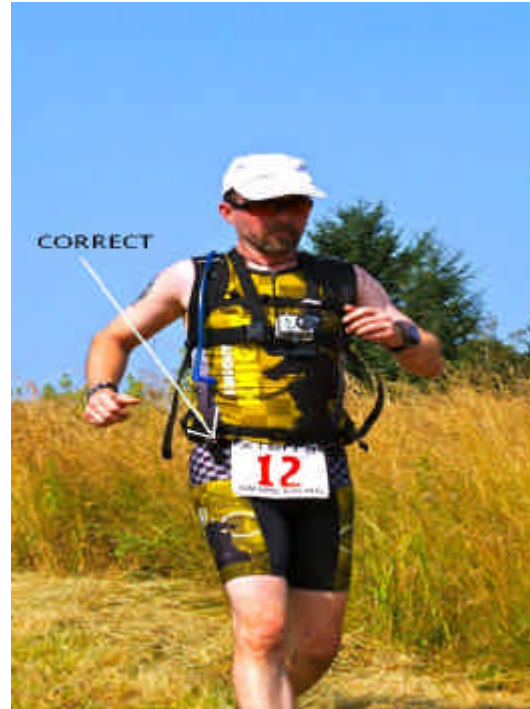
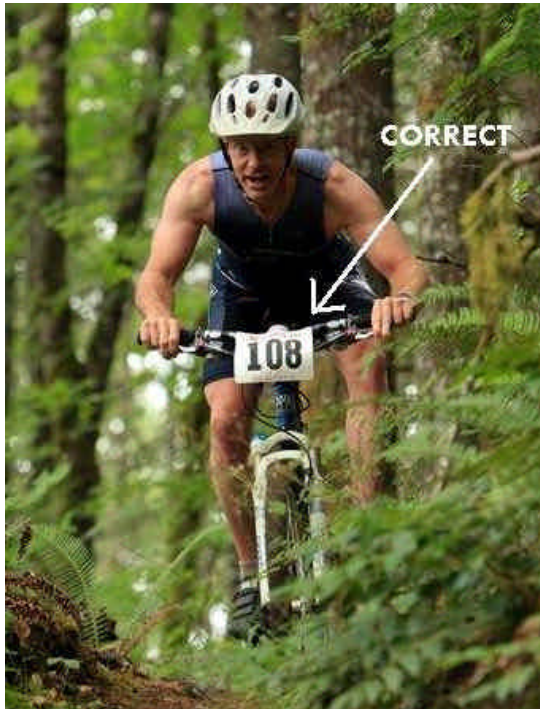
Packets must be picked up during one of the packet pickup times (Thursday Evening, Friday evening or Saturday morning for Triathlon/Duathlon) Please note, that Race Day morning can be crazy, so if at all possible, join us Thursday night at FIT RIGHT NW (Portland Location) or Friday pm at Athlete's Lounge.

## DAY OF RACE REGISTRATION / PACKET PICK UP / BODY MARKING PROCEDURES

- Ensure you have a Photo ID and a Valid USAT Card (If Applicable) with you prior to arrival.
- Upon arrival there will be a registration table set up under the pavilion at Boat Ramp "C". Please proceed here first if not registered. Again, day of race registration is CASH only.
- Check in at the packet pick up table. Show your Photo ID and USAT card (if applicable), and you will receive your registration packet. This will have Bibs, Safety Pins, Twist Ties. Triathletes will also receive a swim cap. Note timing chips will be on both bike bib and running bib. No ankle timing this year.
- Goody bag and T-shirt pick up table will also be under the Pavilion. Show your packet to the volunteer and they will hand you your goody bag and T-Shirt if you ordered one.
- Body Marking – After you receive your packet, proceed to body marking as you enter the transition area where we will write your number on your left arm and age group on your calf.
- Tattoo station - If you would like a temporary XTERRA tattoo, we will have a tattoo station to take care of you. We like you tatted up. The more the better.

- **BIKE BIB** - You will receive a number for your bike (the heavier stock paper) with 3 twisty ties. Place these on the front of your handle bars: It will have a timing chip on it.
- **RUNNING BIB** – Affix your number to a race belt, shirt, shorts, or running skirt. It **MUST** be visible on the front of your body as you cross the finish line.

**DO NOT SWIM WITH YOUR RUNNER'S BIB.** There is a timing chip on there that could get damaged.



- **SWIM CAP**- You will be given a swim cap at packet pickup. Swim caps are mandatory for the swim. No exceptions. You may write your number on your swim cap if you want to or have family members write good luck quotes. These are yours to keep, we do not need these back.
- **TIMING** -Timing will be done with two chips. One is affixed to the bike bib and the other to the running bib for the Saturday races. **\*\*Note – no ankle chips this year.**

## **SUN AUGUST 11, 2013 – 10k / HALF MARATHON**

Each participant must pick up their own packet and sign waiver

Packets must be picked up during one of the packet pickup times (Thursday Evening, Friday evening, or Sunday morning day of race). Please note, that Race Day morning can be crazy, so if at all possible, join us Thursday night at FIT RIGHT NW (Portland Location).

### **DAY OF RACE REGISTRATION / PACKET PICK UP**

- Ensure you have a Photo ID with you prior to arrival.
- Upon arrival there will be a registration table set up under the pavilion at Boat Ramp "C". Please proceed here first if not registered. Again, day of race registration is CASH only.
- Check in at the packet pick up table. Show your Photo ID, and you will receive your Bib and safety pins.
- After check in, proceed to race bag and T-shirt pick up table, also be under the Pavilion. Show your bib to the volunteer and they will hand you your goody bag and T-Shirt (if you ordered one.)
- Tattoo station - If you would like a temporary XTERRA tattoo, we will have a tattoo station to take care of you. We like you tatted up. The more the better. He/She who has the most gets a prize!



# THE COURSE

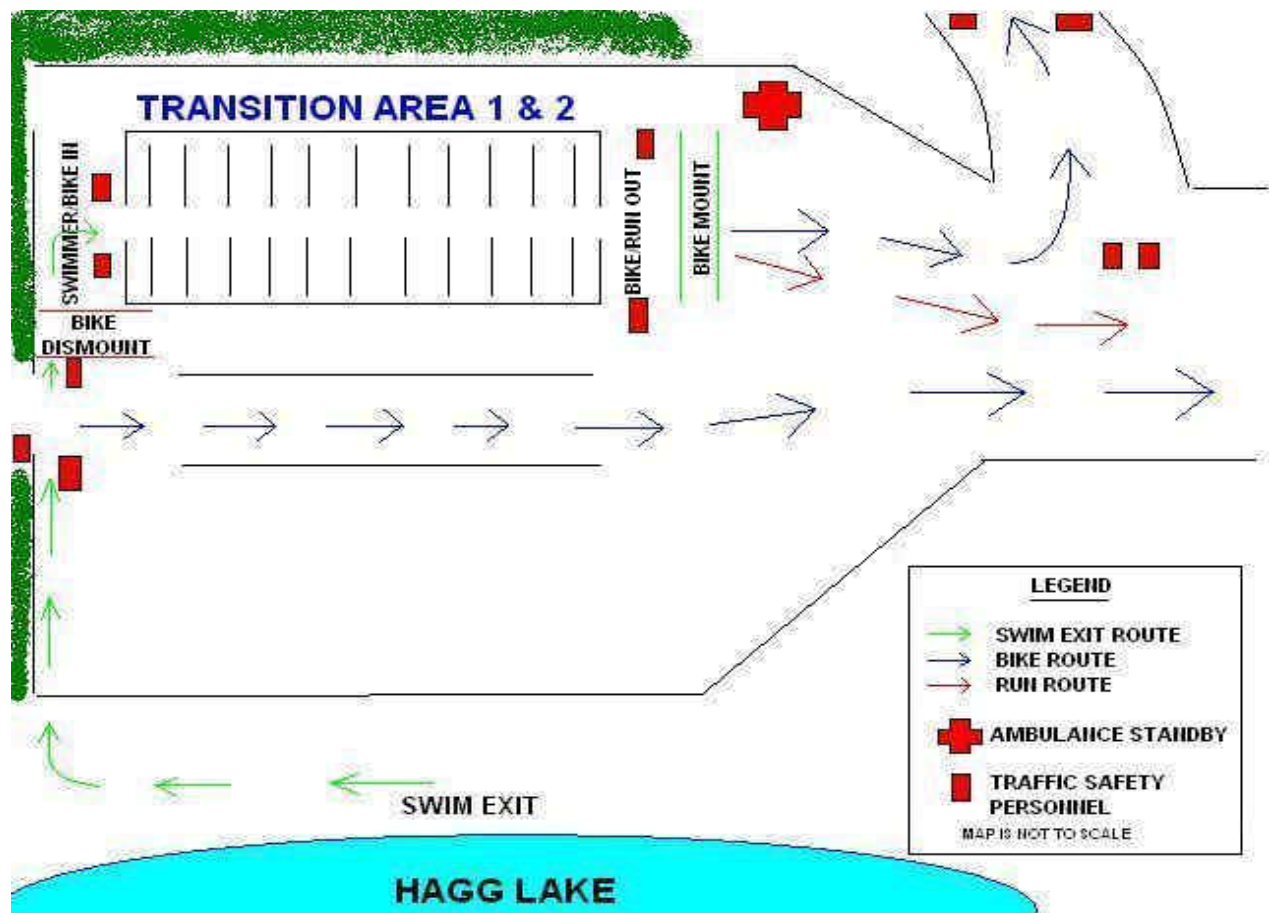
**POINT SERIES (FULL) TRI  
DUATHLON  
SPRINT TRI  
SATURDAY AUGUST 10, 2013**

## TRANSITION ZONES

There will only be one transition zone in the upper parking lot of Boat Ramp C for T1 and T2. There will be an approximately 200m run from the swim to T1. Swim/Bike in is on the South End and Bike/Run Out is on the North end.

Duathletes: Duathlon starts outside of transition area in a LeMond style start. You will not enter transition until you drop your bike off to begin your run.

Please Note: Athletes only in transition area.



## SWIM COURSE

### Point Series Tri

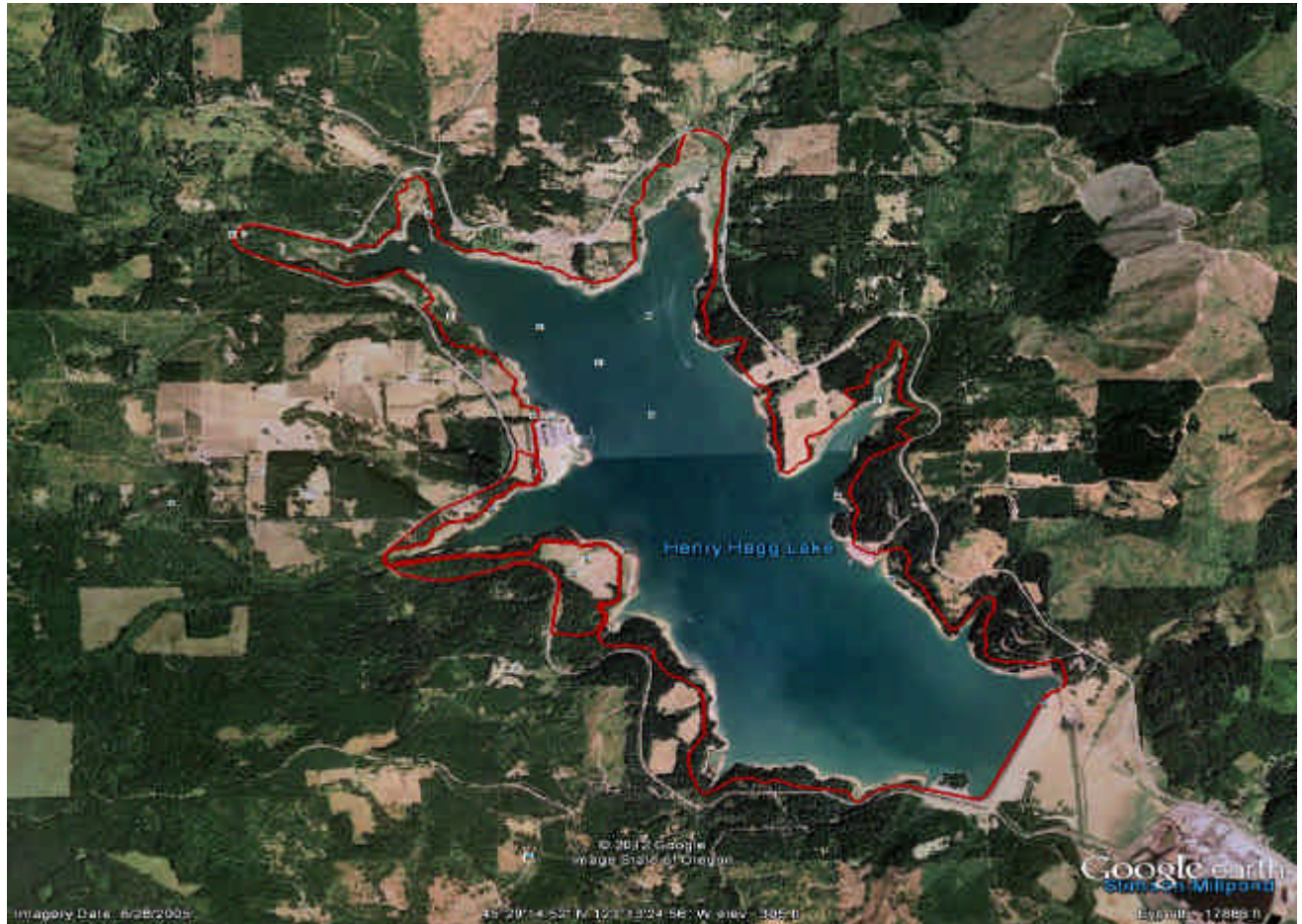
Two clockwise 500m loops around triangle shape course with a short 25ft beach run between each loop. Beach entry. Buoys will always be on your right.

### Sprint Tri

One loop around 500m triangle shape course. Beach entry. Buoys will always be on your right.



## BIKE COURSE



### Point Series

Course begins with a short 3 mile mini-loop. Begin by exiting transition area and exiting Boat Ramp "C" turn left on SW West Shore Dr. You will be on the left shoulder going against traffic. **USE CAUTION! At Sain Creek Bridge, course becomes 2-way bike traffic.** This one mile road section will bring you to course entrance (it will be well marked), where you will drop in to Hagg Lake Trail and follow it North (Left). This short section will bring you back to Boat Ramp "C", at which time you will cross the entire parking lot to the North end and pick up the trail again. **There will be traffic, so please watch out for cars.** Follow the markings on the trail around the lake.

#### CAUTION:

- **BOAT RAMP A CROSSING:** Please pay attention to vehicles and boat trailers. You may have the right of way, but not if they can't see you.
- **DAM CROSSING:** The dam will have traffic on it. You must stay as far right of the cones as possible for you safety.

### Sprint Triathlon/Duathlon

Course is same as the Point Series Triathlon/Duathlon, but without the 3 mile mini loop. Right out of transition, you will ride to the North end of the parking lot and connect to the trail there. Then proceed as above.

### Course Markings

Follow the Red XTERRA Arrows, White XTERRA Flagging Tape, Other Flagging Tape, and chalk markings. It is HIGHLY recommended that you pre-ride the course before the race. The course will be marked by Friday late morning, but you can pre-ride anytime you want.

### Aid Stations

There will be at least one aid station on the bike course at Boat Ramp "A". There will be water, Gatorade and Powerbar Products. Volunteers will hand you cups of water/Gatorade as you pass by, but if you want to refill your water bottle, you must stop. Temperatures can top 90 degrees on race day, so it is the athlete's responsibility to ensure they have enough water on them. In the case of extreme heat, a 2<sup>nd</sup> aid station will be available at the turn around section of the run course. This can be used as water bottle refill if needed.

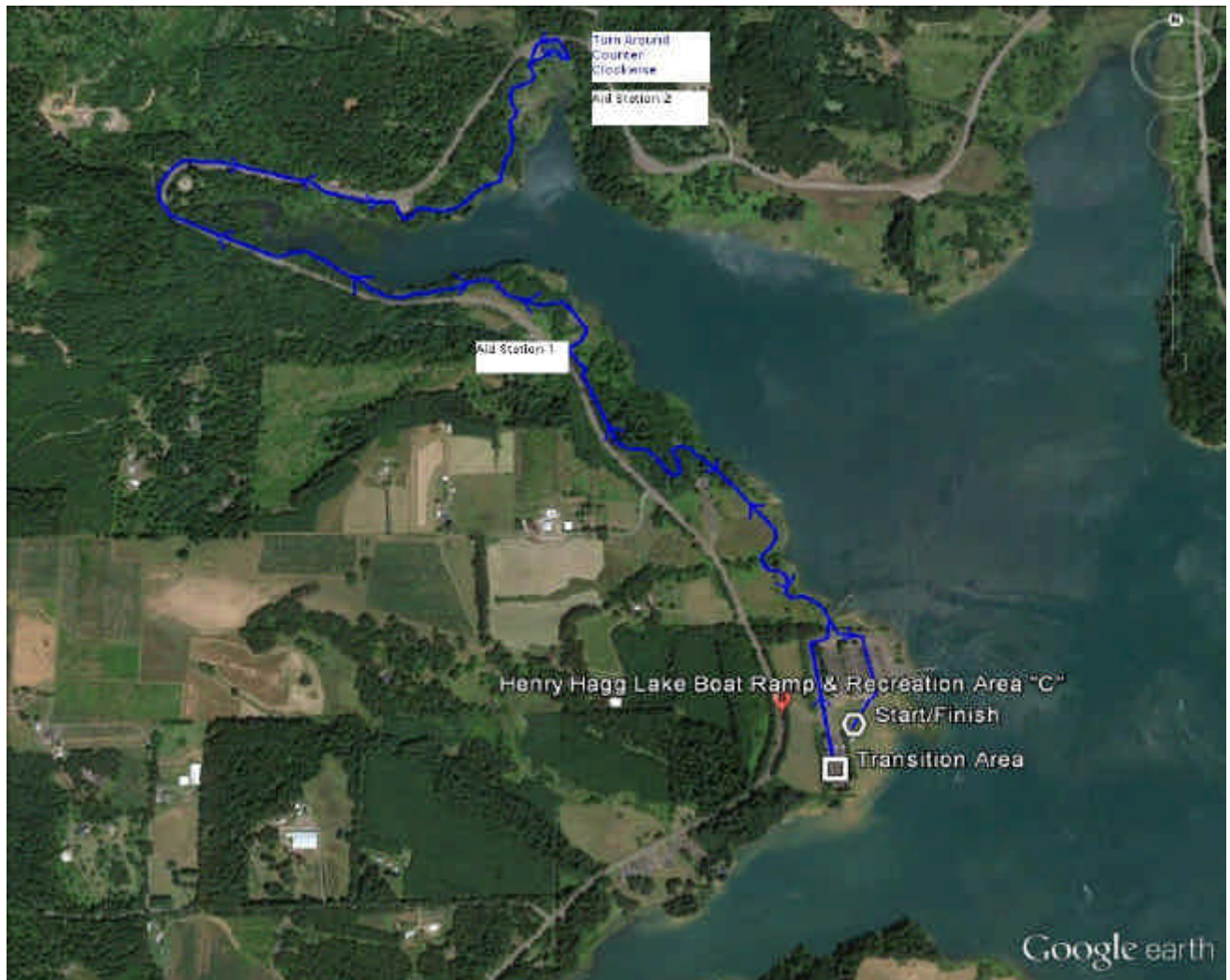
## RUN COURSE

### Point Series Tri/Duathlon:

New Run Course - After exiting Transition, runners will proceed across Boat Ramp "C" where they will connect to the trail on the other side. You follow the same trail as you did on your Mt Bike, pop out on West Shore Drive, and turn RIGHT (Sprint Tri goes left). This will take you over the bridge and up a small hill. You will then re-enter the trail for ½ mile until you reach the turnaround point. There will be volunteers marking your bibs to keep you honest, so please slow down enough to let them mark you. Please make sure you get marked, or you get to run it again. You then go back the way you came.

### **CAUTION:**

This is an out and back course, so there will be cross traffic with other racers. Please be courteous and do not blow them over. Stay to the right as much as possible. Use extreme Caution as the trail can become narrow in sections.



## Sprint Tri

After exiting Transition, runners will proceed across Boat Ramp "C" where they will connect to the trail on the other side. You follow the same trail as you did on your Mt Bike, pop out on West Shore Drive, and turn LEFT. Then head up the road for approximately 1/3 mile. Turn into the small dirt parking lot, and reconnect to the trail bringing you back to the finish.



## Course Markings

Follow the Blue XTERRA Arrows, White XTERRA Flagging Tape, Other Flagging Tape, and chalk markings.

## Aid Stations

Point Series Tri/Duathlon - there will be a total of 2 aid stations on the course, but you will hit one of them twice. All will be stocked with water and Gatorade. Aid station one will be at approx. mile 1 and 4. And Aid station 2 will be at mile 2 ½ at the turn around.

Sprint Tri - there will be one aid station, but you will hit it twice at approximately mile 1 and 2.

**HALF MARATHON  
10K  
SUNDAY AUGUST 11, 2013**

**10k**

The 10k course has changed a little since last year. It is a lollipop shaped out and back course. From Boat Ramp C, runner will head South on the trail and cross the Sain Creek Picnic area and pick up the trail again. You will then pop out on to the road and cross the bridge (please stay on the sidewalk while crossing the bridge). Reconnect to the trail just past the bridge and run for approximately 2 miles at which point you will take an old service road back up to the main highway, and turn RIGHT. Stay to the far right of the shoulder for 1/3 mile and then drop into a meadow. You must follow the course markings. **NO CUTTING PERPENDICULAR ACROSS THE MEADOW!** The course will take you through a small shaded road and out onto meadow number 2, where again follow the course markings to get you back on the trail and head back the way you came. Follow course Red/Blue arrows/Flagging Tape/Chalk Markings



Aid station – there will be one aid station with water/Gatorade at mile 3 at the top of the service road. There are water fountains in Sain Creek Picnic area if you fell you need the extra water.

## HALF MARATHON

Starting at Boat Ramp "C", you will cross the entire parking lot to the North end and pick up the trail. Follow course Red/Blue arrows/Flagging Tape/Chalk Markings.

### **CAUTION:**

- **BOAT RAMP A CROSSING:** Please pay attention to vehicles and boat trailers. You may have the right of way, but not if they can't see you.
- **DAM CROSSING:** The dam will have traffic on it. You must stay as far right of the cones as possible for your safety.



Aid Stations – there will be at least 4 aid stations on the course stocked with water/Gatorade and Power Bar products. More will be added in case of extreme heat. It is recommended to carry water.



# COURSE REROUTE



**NORTHWEST  
TRAIL ALLIANCE**  
*Ride, Connect, Build, Advocate*



Northwest Trail Alliance has been working diligently to improve the trail system at Hagg Lake. In the 12 months since last year's race, they have completed two different re-routes. Both of these are on the north end of the lake and will bypass sensitive habitat. It will also bypass "the swamp", forest of death, and the long steep climb in the ravine next to the huge black berry bushes.

The second section which was completed in late 2012, is in great shape and has added a very fun downhill. It is hard packed and very rideable.

The first section, however, was just completed a couple of weeks ago. This section is very soft with some small roots sticking out. We have attempted to cut out as many as possible, but you must use caution going through this area. You will know it when you get there. But next year, it will be amazing!

Northwest Trail Alliance (formerly Portland United Mountain Pedalers) is an all-volunteer, non-profit organization based in Portland, Oregon. They are one of the Northwest's leading mountain bike advocacy and trail stewardship groups. Created in 1988 as a grassroots club of local riders, focused on maintaining bike access to Forest Park, they have grown into a regional advocacy group, stewarding trails and advocating for trail access across a wide radius around Portland.

These guys are amazing and can use all the support you can offer. Learn more about them at [www.nw-trail.org](http://www.nw-trail.org)

# RULES AND PENALTIES

- **BIKES** - This is a mountain bike triathlon. No other hybrid forms will be allowed on the course. This includes Cyclocross bikes.
- **HELMETS** – Only helmets approved by the US Consumer Product Safety Commission (CPSC) may be used in USAT Sanctioned Events. Helmets **MUST** be worn at all times while on your bike. Before, During, and **AFTER** the event. Chin straps – must be buckled at all times when on a bicycle. Please do not unbuckle your chin strap unless you are off the bicycle and it is placed on the rack.
- **OUTSIDE ASSISTANCE** – No assistance other than that offered by race and medical officials may be used.
- **TRANSITION AREA** - All equipment must be placed in the properly designated bike rack. All participants must return their bicycles to an upright position in their designated bike rack. No person shall interfere with another's equipment or impede the progress of another participant. All bar ends must be solidly plugged. Use **ONLY** bike racks assigned to your race (i.e. Sprint Triathletes us only racks marked "Sprint")
- No glass of ANY kind in transition area! **REPEAT –NO GLASS!**
- **DRAFTING:** It's a mountain bike race. Drafting really doesn't work in the forest.
- **PASSING/BEING PASSED:** Slower riders PLEASE allow to be passed. Faster riders must make their passing intention clear by yelling the side you intend to pass. Please be respectful and safe when passing.
- **CUTTING COURSE:** Cutting of the course will **NOT BE TOLERATED**. The course will be well marked, and you are responsible to pay attention to the course markings. This will result in a DQ. It is highly recommended that you pre-ride the course in the days leading up to the race. If you have questions about the course, please feel free to email us.
- **SAFETY:** While on the highway/road, you **MUST** stay to the right of the cones, unless notified by volunteers differently. With the exception of the first mile of the bike ride, riders will be going with traffic. These can be busy roads, and though we will have certified flaggers, you are still asked to obey the rules of the road and stay as far out of the lane of traffic as possible. While on the **RUN** you will also be running against traffic, however there is a good size shoulder to run on to keep you out of the traffic lanes. Please run as far to the left of this as you can.

- **HEADPHONES:** These are NOT permitted. That includes MP3, iPod, iPhone, iPad, iMac, or any of the i's, Sony tape players, portable 8 track players, or pocket size phonographs. You may sing if you want to.
- **WETSUITS:** Each age group participant shall be permitted to wear a wetsuit without penalty in any event sanctioned by USAT up to water temps of 78 degrees Fahrenheit. Pros temps above 68 degrees, wetsuits will be prohibited. Age group participants may wear a wetsuit at their own discretion for temps between 79-84 degrees Fahrenheit; however those participants who wear a wetsuit within such temp ranges shall NOT be eligible for prizes or awards. Above 84 degrees, wetsuits are prohibited.
  - **WATER TEMPS AVERAGE AROUND 70-72 Degrees at Hagg Lake.**
- **ABANDONMENT:** All personal equipment and belongings taken out onto the course must stay on the athlete the entire time. No garbage, clothing, air canisters, tubes, gel packs, water bottles, etc. shall be thrown on the course. There are facility trash cans at several of the locations on the course. Please respect the venue and keep it clean.
- **LOST AND FOUND:** We will send out an email if there is any lost and found items after the race is over. Items not claimed within two weeks will be given to charity.

For a complete list of rules, please refer to the most up to date USAT competitive Rules at:  
<http://www.usatriathlon.org/about-multisport/rulebook.aspx>

**PLEASE BE SAFE, TREAT YOU FELLOW RACERS AND VOLUNTEERS WITH RESPECT,  
THANK YOUR VOLUNTEERS, AND HAVE A BLAST!**

# KIDS SPLASH/PEDAL/DASH



While the athletes are out on the course, the kiddos can participate in a race of their own.

**SPLASH** – A quick run through the shallow waters of the lake shore, and then off to the bike. Don't worry, we will provide the swim caps.

**PEDAL** – A few loops around the Boat Ramp "C" Pavillion Parking Lot. Don't worry, there will be no cars or adult athletes on this course.

**DASH** – Off the bike, your little runner will then foot it on a short course to the finish line, the actual finish line, where they will receive a finisher's medal.

**REGISTRATION** – There will be a registration table under the pavilion to sign up for the race. A day membership for USAT is required for the race at no charge, but you will need to fill out the paperwork and sign a waiver. Your little athlete will then get a swim cap, a bib (sorry only runners bibs), and a tattoo. We will body mark them too if the parents say okay.

The kid's event is for family and friends of registered athletes. This is a fun run more than a race, in which last year the ages ranged from 1- 8 yrs old; and even for one little athlete was clothing optional.

# EVENT VENUE INFORMATION

## **Henry Hagg Lake**

50250 SW Scoggins Valley Road  
Gaston, OR 97119

### **DIRECTIONS FROM PORTLAND:**

Take Hwy 26 West to Exit 57 (Glencoe Road). Take LEFT at top of the over pass (Heading South on Glencoe Road). 1 ¼ mile take a RIGHT on Zion Church Road at the traffic light. Stay on this road for approx. 3 ¾ miles (note: Zion Church Road seamlessly turns into Cornelius Schefflin Road). At first Round about, do ¼ turn. At second Round-About take ¾ turn to Martin Road. Stay on Martin for 1 ¾ mile. At stop sign, take a left turn on Quince St. (Hwy 47). Stay on Hwy 47 for approximately 5 ¾ mile. Look for signs to Scoggins Valley and Henry Hagg Lake on the right. Turn Right on Scoggins Valley Road and proceed 3 miles to the Park's Entrance.

### **INSIDE THE PARK:**

Parking passes are \$6 and are available at the entrance of Boat Ramp "C". Please do not go through the toll booth. Stay on the main road for approx ¼ mile and take a LEFT on West Shore Dr. This will take you over the dam. Boat Ramp "C" is 3 ½ miles after the Dam. You can't miss it!

**GPS NOTE:** Many GPS units will bring you via the Hillsboro route. Though this will get you to the right place and shows less miles and might even be less confusing, it is MUCH slower, due to traffic and traffic lights. If you are going to use this route, please give yourself and extra 20-30 minutes to the lake versus what your GPS says.

Lodging –

**HOTELS/MOTELS** – The closest towns for hotel options are:

Forest Grove – 15 Minutes Away  
Cornelius – 15 Minutes Away  
Hillsboro – 25-30 Minutes Away  
Beaverton – 30-45 Minutes Away

**CAMPING** – Unfortunately there is no camping allowed this year at Hagg Lake - They are scheduled to open 80 camping sites for 2014 though.

# PARKING

**DO NOT** go through toll booth. A lot attendant will have parking passes for sale for \$5 at Boat Ramp C. All vehicles will require these. Pre registered volunteers will also get free pass.



# VOLUNTEERS

We are still in need of volunteers for both race days. Remember, \$10 refund for athlete's who bring volunteers that are willing to help when/where needed. Please follow link to sign up genius to register as volunteer.

The more volunteers the better the race!

A HUGE Thank you to everyone who has already signed up and committed to helping us!

Saturday August 10, 2013 - <http://www.signupgenius.com/go/8050A4DADA62DAB9-xterra>

Sunday August 11, 2013 - <http://www.signupgenius.com/go/8050A4DADA62DAB9-xterra2>

# MARK YOUR CALENDARS



**AUG 8-10, 2014**

THE 2014 XTERRA PDX EPIC OFF ROAD WEEKEND IS SET!

THIS WILL BE AN ALL WEEKEND EVENT. WITH MANY MORE RACES AND ACTIVITIES. SO MANY WE HAVEN'T EVEN THOUGHT OF ALL OF THEM YET.

IF ALL GOES AS PLANNED THERE WILL BE CAMPING NEXT YEAR. THEY ARE OPENING UP 80 CAMP SITES AT HAGG LAKE, AND BLOCKING A CHUNK FOR US. WE WILL OFFER FIRST DIBS TO THOSE WHO REGISTER EARLY. THERE WILL BE EARLY PRICING AND PERKS FOR THOSE WHO REGISTER EARLY.