

#DoEpicShit

155.3 Miles



— 2018 —

Athlete and Athlete Support  
Guide

# 2018 Event Schedule/Timeline



<b>April 2018-</b> *events below are tentative, dates/events will be posted on Project DM Facebook page			
<u>Date</u>	<u>Time</u>	<u>Event</u>	<u>Location</u>
April 24	530 pm	PDM Happy Hour	OHSO Brewery- Arcadia

<b>May 2018-</b> *events below are tentative, dates/events will be posted on Project DM Facebook page			
<u>Date</u>	<u>Time</u>	<u>Event</u>	<u>Location</u>
May 20	8 am	Optional Training Weekend/Hike	Flagstaff/Mt Humphrey
May 24	530 pm	PDM Happy Hour	OHSO Brewery- Arcadia
<b>MAY 24</b>		<b>REGISTRATION CLOSES</b>	
May 27	8 am	Optional Training Weekend/Hike	Flagstaff/Mt Humphrey

<b>June 2018-</b> *events below are tentative, dates/events will be posted on Project DM Facebook page			
<u>Date</u>	<u>Event</u>		
June 1	Athlete Guide Emailed to Athletes Athlete/SAG Info Form Emailed to Athletes		
<u>Date</u>	<u>Time</u>	<u>Event</u>	<u>Location</u>
June 9	5 pm	Pre-Race Dinner: Athlete Meeting/Package Pick Up Athlete/SAG Information form Due	Casa De Dirkman
June 10	8 am	Optional Training Weekend/Hike	Flagstaff/Mt Humphrey
<u>Date</u>	<u>Event</u>		
June 17	Confirmation of Charity Money from Athlete Due		
June 23	Car Decals applied- at Hotel in Roosevelt		
<b>June 24</b>	<b>RACE DAY **</b>		



# JUNE 24, 2018

*Welcome athletes,*

*Thank you for racing with us! We are excited to bring you the 4rd Annual Project Dirkman (DM). This event is about pushing oneself to their limits while supporting the vision of Project DM... helping others!*

*The race is an extreme triathlon that will physically and mentally challenge even the best athletes while raising awareness and money for our favorite charities.*

*Athletes will swim in Roosevelt Lake, ride through Payson up to Flagstaff's Lake Mary, run north through Flagstaff, and finish by hiking Mt Humphrey's to an elevation of 12,633 ft. #DOEPICSHIT*

*Join us Monday after the race at the Lumberyard in Flagstaff at 11:30am for the celebration after party!*



**2.4 Mile Swim**

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**126.5 Mile  
Bike**

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**26.4 Mile  
Run/Hike**

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**155.3 Total  
Miles**

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**17,000 ft  
Total Ascent**

**PROJECT DM  
XTREME  
TRIATHLON**

Founder:  
Dirk Ross

[www.ProjectDM.org](http://www.ProjectDM.org)

# GARAGE PARTY

**Saturday, June 9 at 5 PM**  
**Casa De Dirkman**

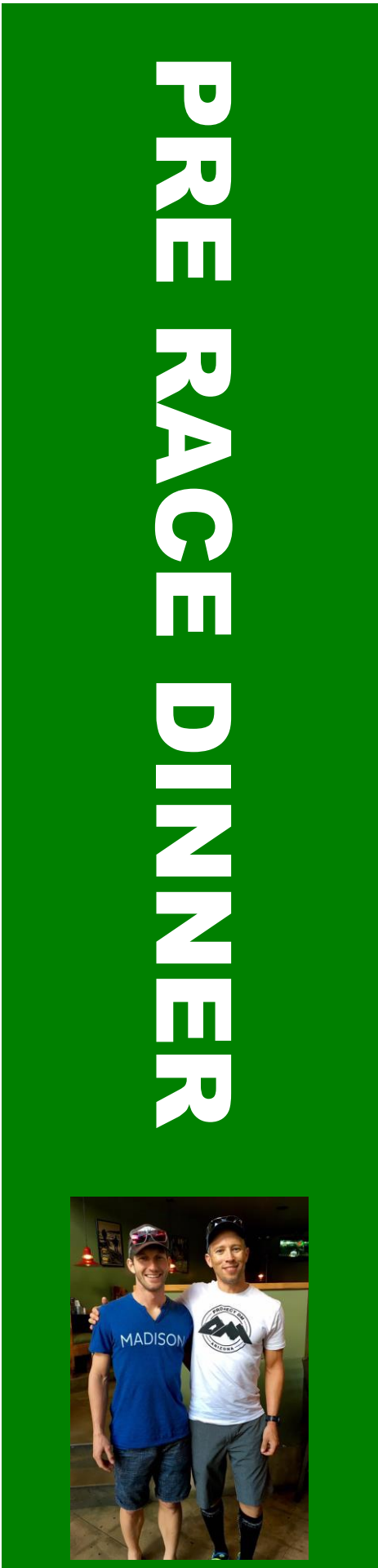
\*address provided with your RSVP

Let's kick off race weekend with some good food and great friends!

We will do packet pick up also.

Please RSVP by June 1st

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# RACE DAY SCHEDULE

## Sunday, June 24

### Swim Start- 4am

Cholla Boat Ramp, Roosevelt Lake AZ

*\*Please arrive at 3:30am to set up kayak lights*

*\*Athletes will need to make arrangements with someone to get your vehicle from the swim start to T1 and set up your transition*

### T1- 6:20am Swim Cut Off

Bermuda Flat Boat Ramp, Roosevelt Lake AZ

### T2- 4:20pm Bike Cut off

Canyon Vista Campground, Flagstaff AZ

### T2.5- 9pm Run Cut off

Lower Parking Lot, Snow Bowl AZ

### Finish- Mt Humphrey's Peak, AZ

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# Course Routes

Links to maps (created on MapMyFitness)

## Swim (2.4 miles)

<http://snippets.mapmycdn.com/routes/view/895428155>

## Bike (126.5 miles)

[http://dynamic-assets.mapmyfitness.com/routes/view/710051019?host\\_canon=mapmyride.com](http://dynamic-assets.mapmyfitness.com/routes/view/710051019?host_canon=mapmyride.com)

## Run/hike (26.4 miles)

[http://dynamic-assets.mapmyfitness.com/routes/view/801788673?host\\_canon=mapmyrun.com](http://dynamic-assets.mapmyfitness.com/routes/view/801788673?host_canon=mapmyrun.com)

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**RACE DAY SCHEDULE**



## SWIM COURSE

powered by  
mapmyfitness



# Swim/Kayak Support

Each swimmer must supply their own kayak support. Only 1 kayak per swimmer.

Your kayaker will guide you along the shoreline on the swim route, so follow your kayaker- they know where they are going!

Lights front and back of the kayak and waterproof flashlight are **REQUIRED**. Your kayaker should plan to stay within 20-30 feet of their swimmer. We ask that you tell your kayaker to stay ahead of you so that you can see their red lights. And (of course) we will have lots of glow sticks!!

You will have 2hr 20 min to finish the swim- cut off will be approximately 6:20 am.

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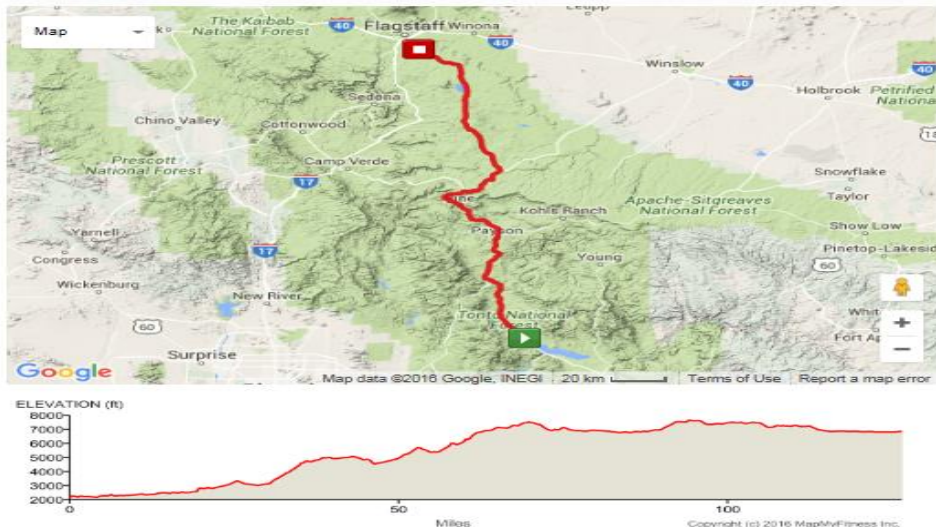


Swim map & info



## BIKE COURSE

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# Bike SAG Info

Each cyclist must supply their own SAG team (Support and Gear).

To ensure proper support and safety of each rider, you may not share SAG with another athlete.

Please wear a Road ID at all times. Front and rear light will be **REQUIRED** and must be reasonably bright and last the entire time of the ride. If you can, please carry your cell phone.

**Driver Rules:** Absolutely NO blocking of traffic for athletes. Violations will result in a DQ and permanent ban of the athlete/SAG crew from the race. SAG vehicles must be completely off the road when stopping for support. Only 1 vehicle per athlete for SAG. All other vehicles need to proceed ahead of athletes to the next transition area.

\*Please see Bike/SAG Support Rules in this guide for support instructions and safety details

You will have 10 hours to finish the bike- cut off is approximately 4:20pm

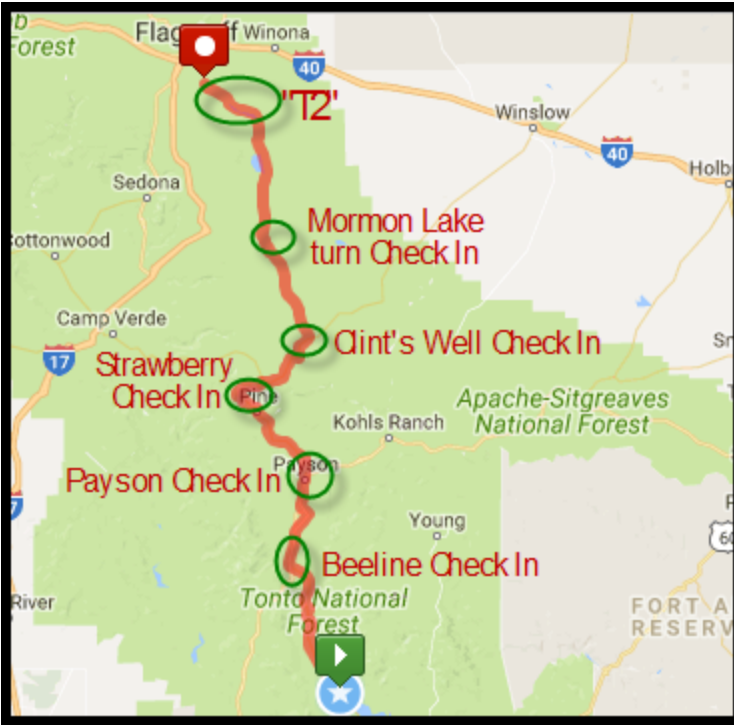
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Bike map & info







## Bike Turn-by-Turn and Check In Points

*\*Phone #s for check in to race Safety and Support will be provided*

AZ-188 N to AZ-87 (mile 24- **Beeline check in**)

AZ-87 N to Payson/AZ-260 (mile 40- **Payson check in**)

AZ-260 W to Strawberry (mile 59- **Strawberry check in**)

Strawberry/AZ-260 to AZ-87 N to Clint's Well (mile 78- **Clint's Well/Lake Mary Rd check in**)

Left on Lake Mary Rd N to Mormon Lake Rd Turn (mile 105- stay on Lake Mary, **Mormon Lake Rd turn check in**)

Continue on Lake Mary Rd N to Canyon Vista Campground- **T2** will be on the right, look for the Project DM flags and Zoot tent (mile 126)

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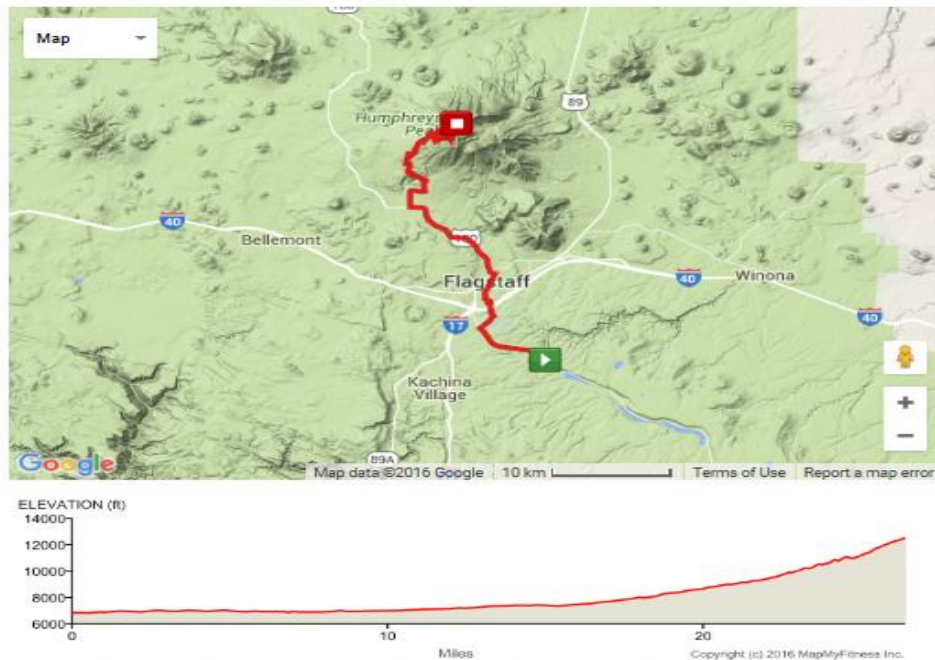


**Bike Check Points**



## RUN COURSE

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# Run Support

Each runner must supply their own SAG team (Support and Gear). To ensure proper support and safety of each runner, you may not share SAG with another athlete.

You will be running thru the town of Flagstaff, so there are many places to stop for food or water as well. We suggest you carry a cell phone and some cash with you.

**Driver Rules:** Absolutely NO blocking of traffic for athletes. Violations will result in DQ and permanent ban of the athlete/SAG crew. SAG vehicles must be completely off the road when stopping for support. Only 1 vehicle per athlete for SAG. All other vehicles need to proceed ahead of athletes to the next transition area.

\*Please see Run/SAG Support Rules in this guide for support instructions and safety details

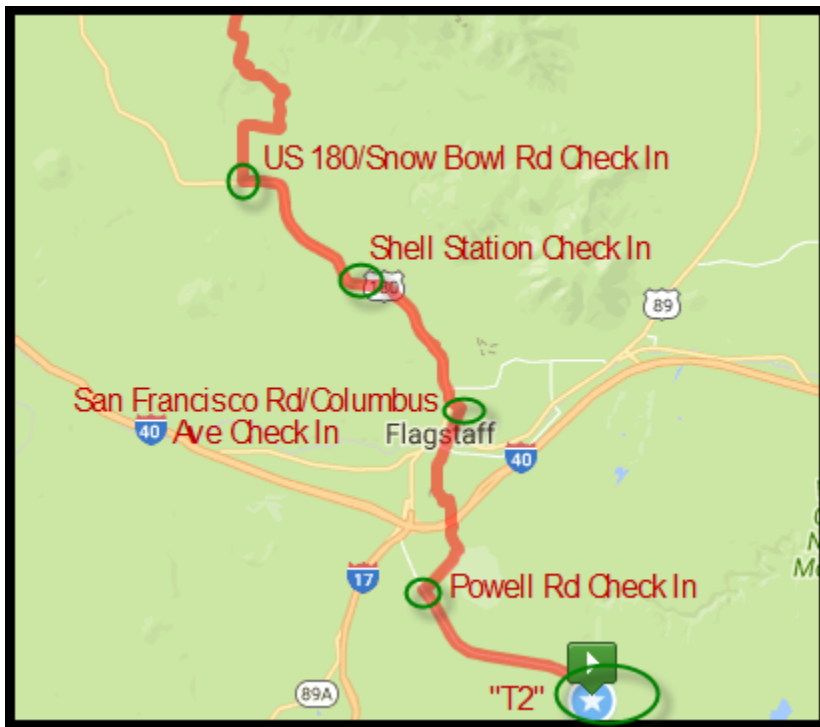
You will have 6 hrs 40 min to complete the run- cut off is at 9pm to be at the Snowbowl lower parking lot.

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Run map & info





## Run Turn-by-Turn and Check In Points

*\*Phone #s for check in to race Safety and Support will be provided*

Lake Mary Rd W to EJW Powell Rd- turn right (**mile 4 check in**)

EJW Powell Rd t S Lone Tree Rd- turn left

S Lone Tree Rd to E Pine Knoll Dr- turn left

E Pine Knoll Dr to S San Francisco St- turn right

S San Francisco St to E Columbus Ave- turn left (**mile 9 check in**)

E Columbus Ave to US 180 (they merge), continue on US 180 to the Shell Station (**mile 11.5 check in**)

Continue on US 180 to N Snow Bowl Rd- turn right and head up to the trailhead (**mile 15 check in**)

Trailhead is 7 miles from N Snow Bowl Rd turn

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Run map & info





# Hike info

## Hike Support

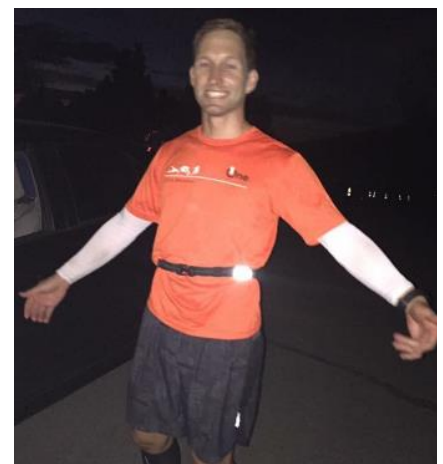
Everyone doing the full event will need a buddy (**REQUIRED**) on the mountain (hike portion) that is not doing the race. Athletes must stay with their buddies at all times. Athlete and Buddy must each have a cell phone and spare portable charger (or phone battery).

If for some reason Mt Humphrey's is not accessible, the alternate route for the hike portion will be to hike the service road to the top of the ski lifts. The top of Mt Humphrey's is 12,633 ft in elevation.

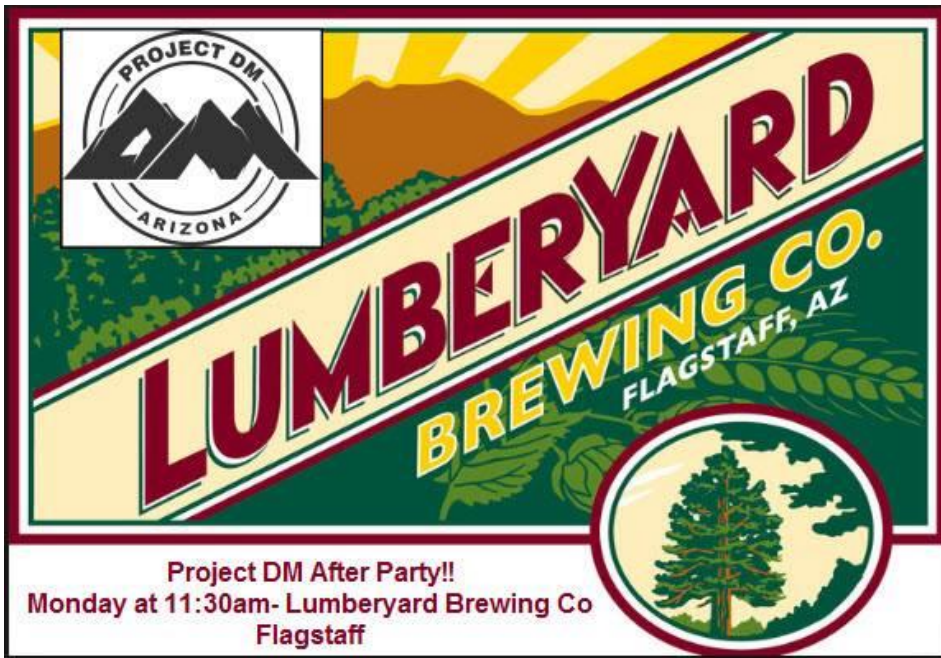
Due to the colder conditions at the top of the mountain, **all Hikers (including Support Crews)** must show they have a headlamp, flashlight, mylar/foil emergency blanket, water (2-3 bottles), nutrition, gloves, beanie, jacket and long sleeve. The hike will likely take 5-6 hours round trip so please plan accordingly for water and food.

\*All hike requirements will be verified by a Project DM Safety and Support staff before proceeding up the mountain.

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**POST RACE GRUB**

# Project DM After Party!!

**Monday, June 25 at 11:30 AM**  
**Lumberyard Brewing Co.**  
5 S San Francisco Street, Flagstaff AZ 86001

Let's celebrate our awesome day of racing,  
fabulous cheering and providing amazing support  
during Project DM by having lunch together... we  
all earned it!!

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# Project DM Vision

Hello Project DM Athletes!

As you know, one goal of this crazy dream that is “Project DM” is the vision to help others who cannot do the things we all can do. Please help us fulfill this important vision!

Project DM has given careful thought to the charities chosen this year. These charities have great meaning to many of the athletes racing. During registration, please indicate which of the charities you will be raising money for or donating directly to. You will be required to send confirmation of monies collected. Once you have reached the \$200 (or more) fundraising goal, please email your donation information to Dirk at the link below (from the Project DM Website).

<http://projectdm.org/contact-us/>

You are all amazing athletes, I know you will do well on race day! Thank you for being giving people with a huge heart to help!

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Charities





# Hotels

## Swim Start- Tonto Basin:

Most folks will be staying at this location on Saturday night to make it to the swim start by 3:30 am

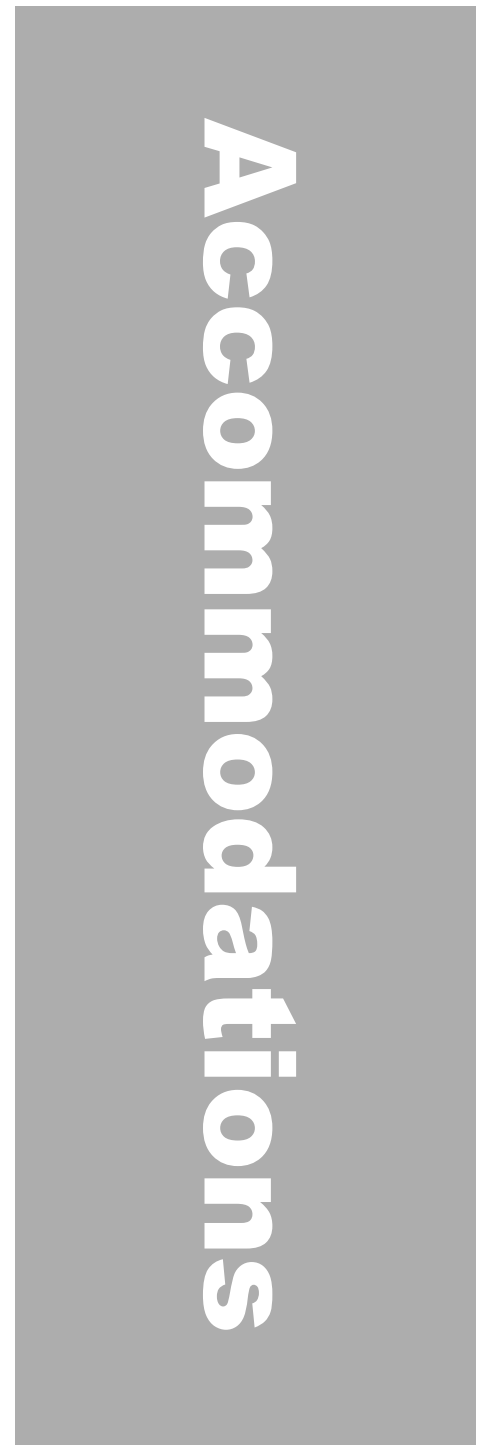
Roosevelt Lake Tonto Basin Inn- AZ-188, Tonto Basin, AZ 85553 (928) 479-2891 tontobasininn.com Prices for Fri night stay- subject to change Kitchen w/Jacuzzi Bathtub- \$70 Kitchen- \$65 Regular- \$55

## Race Night- Flagstaff

Ski Lift Lodge & Cabins  
6355 US-180, Flagstaff AZ 86001  
(928) 774-0729

A block of rooms will be set up. To get the discounted rate, please call (928) 774-0729 and mention "Project DM room block".

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# Swim/Kayak Support

## Rules

### Athlete/Swimmer Rules

- The swim will start in the dark- Athletes are required to wear the White Project DM swim cap for visibility
- Wetsuits are recommended, but not required.
- Water temps will likely be in the high 70's to low 80's
- A glow stick will be provided to put under the swim cap
- Glow sticks will be provided to each athlete to wear on each wrist (required), and on ankles (optional)
- No fins, gloves, paddles, or flotation devices (including pull buoys) of any kind are allowed
- The swim course will close 2 hours and 20 minutes after the start. Each athlete will have 2 hours and 20 minutes to complete the 2.4 mile swim. Individual athletes who take longer than 2 hours and 20 minutes to complete the swim will receive a DNF
- Athletes will need to make arrangements with someone to get your vehicle from the swim start to T1 and set up your transition

### Kayaker/Support Rules

- Each swimmer must supply their own kayak support. Kayak support CANNOT be shared
- Lights front and back of the kayak and a waterproof flashlight is REQUIRED.
- Your kayaker should plan to stay within 20-30 feet of their swimmer, and stay ahead of you so that you can see the red lights.
- The Kayaker is responsible for knowing their swimmer glow stick color and guiding their swimmer along the shoreline on the swim route.

**Swim Start is at  
approximately 4:00 am  
Swim Cut off is at 6:20 am**



# Bike/SAG Support

## Rules

### Athlete/Cyclist Rules

- Each cyclist must supply their own SAG team (Support and Gear).
- No Exceptions. To ensure proper support and safety of each rider, you may not share SAG with another athlete.
- In the case an athlete needs to contact their SAG or Race Directors, athletes are asked to carry their cell phone with them on the bike (it can be turned off to save cell life).
- All athletes and SAG will be checked for proper bike and SAG equipment before leaving T1

### **Bike Cut off is at 4:20 pm**

### SAG/Vehicle Rules

- Driver Rules: Absolutely NO blocking of traffic for athletes. Violations will result in a DQ and permanent ban of the athlete/SAG crew from the race.
- Only 1 vehicle per athlete for SAG. All other vehicles need to proceed ahead of the athletes to the next transition area.
- SAG vehicles must be completely off the road when stopping to provide support.
- SAG should provide support when the athlete arrives (if needed) and then wait approx 15-20 min before heading forward. SAG should then drive to their cyclist, check on their progress, and drive ahead 3-5 miles and park off the road to wait for their cyclist.
- SAG must check in with Race Safety and Support when their athlete gets to each of the 5 check in points (see Bike Turn-by-Turn and Check In Points listed earlier in this manual)
- SAG vehicles should carry with them their athletes nutrition/fuel, water/electrolytes, bike pump, extra tubes and Co2 cartridges, change of clothes for the run (if applicable), and all items needed for the run (if athlete is doing the run portion).
- SAG must reply to text messages from Race Directors/others promptly.
- All SAG vehicles must have a basic first aid/emergency kit

# Run/SAG Support

## Rules

### Athlete/Runner Rules

- Each runner must supply their own SAG team (Support and Gear).
- No Exceptions. To ensure proper support and safety of each runner, you may not share SAG with another athlete.
- Runners are encouraged to carry a cell phone with them.

### **Run Cut off is at 9 pm-**

**No One will be allowed on the mountain to hike after 9pm for safety reasons.**

### SAG/Vehicle Rules

- Driver Rules: Absolutely NO blocking of traffic for athletes. Violations will result in a DQ and permanent ban of the athlete/SAG crew from the race.
- Only 1 vehicle per athlete for SAG. All other vehicles need to proceed ahead of the athletes to the next transition area.
- SAG vehicles should carry with them their athletes nutrition/fuel, water/electrolytes, change of clothes for the hike (if applicable), and all items needed for the hike (if athlete is doing the hike portion).
- SAG vehicles must be completely off the road when stopping to provide support.
- SAG should provide support when the athlete arrives (if needed) and then wait approx 15-20 min before heading forward. SAG should then drive to their runner, check on their progress, and drive ahead 3-5 miles and park off the road to wait for their runner.
- SAG must check in with Race Directors when their athlete gets to each of the 4 check in points (see Run Turn-by-Turn and Check In Points listed earlier in this manual)
- SAG must reply to text messages from Race Directors/others promptly.
- All SAG vehicles must have a basic first aid/emergency kit

# Hike/SAG Support

## Rules

### Athlete/Hiker Rules

- Each hiker racing must supply their own SAG team (Support and Gear).
- Everyone doing the full event will need a buddy on the mountain (hike portion) that is NOT doing the race. Buddies cannot be shared.
- Athletes must stay with their buddies at all times.
- In the case an athlete needs to contact their support or race Safety and Support, athletes are asked to carry their cell phone with them during the hike (it can be turned off to save cell life).
- Athlete and Buddy must each have a cell phone and spare portable charger (or phone battery).
- If for some reason Mt Humphrey's is not accessible, the alternate route for the hike portion will be to hike the service road to the top of the ski lifts. The top of Mt Humphrey's is 12,633 ft in elevation

### Hike Start Cut off is at 9 pm-

No One will be allowed on the mountain to hike after 9pm for safety reasons.

### Make it an EPIC Day!!

### SAG Hiker Rules

- SAG support must be experienced hikers, preferably hike Mt Humphrey before, able to carry supplies and has a knowledge that they will not get elevation sickness.
- Due to the colder conditions at the top of the mountain, **all Hikers (including Support Crews)** must show they have the following:

Headlamp(s)  
Flashlight  
Mylar/foil emergency blanket  
Water (2-3 bottles)  
Nutrition  
Gloves  
Beanie  
Jacket and long sleeve.

- The hike will likely take 5-6 hours round trip so please plan accordingly for water and food.
- All hike requirements will be verified by a Project DM Safety and Support staff before proceeding up the mountain.
- SAG must reply to text messages from Race Directors/others promptly.









## Project DM Athlete/SAG Support Information

\*Please submit the following information to Project DM Race Coordinators no later than 2 weeks prior to race day

<b>Athlete Name</b>				<b>Athlete Age</b>	
<b>Athlete Phone #</b>		<b>Email</b>			
<b>Athlete Emergency Contact Name &amp; Phone</b>					
<b>Emergency Contact Relation to Athlete</b>					
<b>Allergies or Medical Information we need to know about?</b>					

<b>Kayaker Name</b>					
<b>Kayaker Phone #</b>		<b>Email</b>			
<b>Kayaker Emergency Contact Name &amp; Phone</b>					
<b>Allergies or Medical Information we need to know about?</b>					

<b>SAG Support Driver Name(s)</b>					
<b>SAG Phone #(s)</b>		<b>SAG Email(s)</b>			
<b>Make/Model/Color of SAGE Vehicle</b>					
<b>SAG Emergency Contact(s) Name &amp; Phone</b>					
<b>Allergies or Medical Information we need to know about?</b>					
<b>Additional people in the SAG vehicle...Please provide their Name, Phone #, Email and Emergency Contact information</b>					

<b>Run Support Name</b>					
<b>Run Support Phone #</b>		<b>Email</b>			
<b>Run Support Emergency Contact Name &amp; Phone</b>					
<b>Allergies or Medical Information we need to know about?</b>					

<b>Hike Support Name</b>					
<b>Hike Support Phone #</b>		<b>Email</b>			
<b>Hike Support Emergency Contact Name &amp; Phone</b>					
<b>Allergies or Medical Information we need to know about?</b>					



# Project DM Volunteer Support Information

\*Please submit the following information to Project DM Race Director no later than 2 weeks prior to race day

<b>Volunteer Name</b>			
<b>Volunteer Phone #</b>		<b>Email</b>	
<b>Volunteer Emergency Contact Name &amp; Phone</b>			
<b>Allergies or Medical Information we need to know?</b>			

<b>Where are you volunteering?</b>			
	<b>Swim Start</b>		<b>T1 Bike Rack Support</b>
	<b>T1 Shoreline Support</b>		<b>T2 Set up and Support</b>
	<b>Run Support</b>		<b>Hike Support</b>
	<b>T2.5 Trailhead Support</b>		<b>Mtn Top Set up and Support</b>

<b>What timeframe can you provide support?</b>	
<b>Make/Model/Color of SAG Vehicle</b>	
<b>Additional Information:</b>	

# In Case of an Emergency

## Hospital/Medical Centers

<p><b>Banner Payson Medical Center</b>              807 S Ponderosa St              Payson, AZ 85541              (928) 471-3222</p>	<p><b>Flagstaff Medical Center</b>              77 W Forest Ave              Flagstaff, AZ 86001              (928) 779-3366</p>
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## Police/Emergency

<p><b>Tonto Basin Fire District Station #1</b>              373 S Old Hwy 188              Tonto Basin, AZ 85553              (928) 479-2203</p>	<p><b>Gila County Sheriff's Office</b>              Roosevelt Lake Substation (Gila County)              28449 N Highway 188              Roosevelt, AZ 85545              (928) 467-2515</p>
<p><b>Payson Police Department</b>              303 N Beeline Hwy #B              Payson, AZ 85541              (928) 474-5177</p>	<p><b>Gila County Sheriff's Office</b>              Payson Substation (Gila County)              108 W Main Street, Ste A              Payson, AZ 85541              (928) 474-2208</p>
<p><b>Payson Fire Dept Station #11</b>              (on Hwy 87/before 260)              400 W Main St              Payson, AZ 85541              (928) 474-5242</p>	<p><b>Payson Fire Dept Stations #12</b>              (along 260 on way to Pine/Strawberry)              108 E Rancho Rd              Payson, AZ 85541              (928) 472-5120</p>
<p><b>Pine Fire Dept Station #41</b>              6198 Hardscrabble Mesa Rd              Pine, AZ 85544              (928) 476-4272</p>	<p><b>Strawberry Fire Dept Station #42</b>              8543 Fossil Creek Rd              Strawberry, AZ 85544              (928) 476-2313</p>
<p><b>Flagstaff Police Department</b>              911 E Sawmill Rd              Flagstaff, AZ 86001              (928) 779-3646</p>	<p><b>Mormon Lake Fire Department</b>              1067 Mormon Lake Rd              Mormon Lake, AZ 86038              (928) 354-2231</p>
<p><b>Flagstaff Fire Dept Station #6</b>              (Lake Mary Rd)              3877 Lake Mary Rd              Flagstaff, AZ 86001</p>	<p><b>Flagstaff Fire Department</b>              (Downtown Flagstaff)              211 W Aspen Ave              Flagstaff, AZ 86001              (928) 213-2500</p>
<p><b>Flagstaff Fire Dept Station #5</b>              (on 180 toward Snow Bowl)              2525 N Fort Valley Rd              Flagstaff, AZ 86001              (928) 213-2551</p>	<p><b>Arizona Snow Bowl Lodge</b>              9300 N Snow Bowl Rd              Flagstaff, AZ 86001              (928) 779-1951</p>
<p><b>Flagstaff Ranger Station</b>              5075 US-89              Flagstaff, AZ 86004              (928) 526-0866</p>	<p><b>Mogollon Rim Ranger District</b>              (928) 477-2255</p>