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# Tech Guide

For passionate Trail Runners, Gravel Bikers, and Mountain Bikers

PRESENTED TO

**Central Oregon**

CONTACT

**Mudslinger Events**

[mike@mudslingerevents.com](mailto:mike@mudslingerevents.com) ~ 541-225-7946

The Bend Dirt Fest welcomes racers to take on one of three options:

- Half Marathon Trail Run
- 54-Mile Gravel Grinder or 35 Mile Gravel Grinder
- 39-mile Mountain Bike course

With both Open and Masters age groups available, you can challenge yourself in your preferred race. Solo competitors will be competing for the best individual time in their age group category and against all team members being scored for the overall.



For the latest info, [subscribe](#) to the Mudslinger Events newsletter for special offers and updates concerning the Bend Dirt Fest.

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# COURSE INFO

## HALF MARATHON:

This course offers the perfect mix of challenge and enjoyment. Our scenic west side loop takes you from the Athletic Club of Bend (ACB) on a 13.1-mile run/walk, ending with a celebration at the ACB. Whether you prefer running solo or forming a team of two or three with an MTB or Gravel Bike, the experience is unforgettable.

## GRAVEL GRINDER:

Gravel Cycling, Gravel Grinding, or Gravel Fondo are all names for this popular cycling discipline. Sponsored by Dirty Freehub, this 55-mile or 35 mile ride in central Oregon offers 3-5 hours of adventure! The timed portion of this course finishes 5 miles from town on Cascade Lakes Hwy, then you will ride back to the ACB, where friends and family can celebrate. Whether you prefer riding solo or forming a team of two or three with an MTB or Gravel Bike, the experience is unforgettable.

## MOUNTAIN BIKE:

The journey covers 36 miles, warming up on pavement before diving into the lively west side mountain bike trails for an exhilarating ride! Starting at the ACB then finishing the timed portion of this course 5 miles from town on Cascade Lakes Hwy. Participants will then ride back 5 miles to celebrate at the ACB with friends and family. Whether you prefer running solo or forming a team of two or three with an MTB or Gravel Bike, the experience is unforgettable.

**Note regarding e-bikes:** Unfortunately, we do not have a race category for e-bikes at Bend Dirt Fest. If you're coming with friends and family and would like to ride your e-bike, please check the COTA website for trails that allow power-assisted bikes.

# SCHEDULE

## THURSDAY

4pm - 6 pm: Packet Pickup, 10 Barrel Brewing West

## FRIDAY

3 pm - 6:30 pm: Packet Pickup TBD 2026

## SATURDAY

**PARKING OSU CASCADES** [Google Venue Map](#) [LINK](#)

6 am - 7:45 am: Final Packet Pickup, Athletic Club of Bend

6 am: Designated parking areas available 1/2 mile

### STAGING & STARTS from the Athletic Club of Bend:

7:45 am: Cyclists line up for final instructions

8 am: Cyclists **MASS Start** all riders. **NO Late starts** due to lane closures for safety. If you're late, you're not starting

8:35 am: Runners line up for final instructions

8:45 am: Runners **MASS Start** together up the ACB Trail

### FESTIVITIES & AWARDS:

10 am - 3 pm: Live Music and DJ

12 pm: Individual awards for the BDF TRAIL Run

1 pm BDF MTB age group Awards and Team Awards

1:15 pm BDF Oregon XC Series Awards

1:30 pm BDF Gravel Age Group awards

1:45 pm BDF OTC Series Finals awards



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# PACKET PICK-UP / WAIVERS

Yes, you can pick up for someone else or your whole team as long as everyone has signed the waiver. Be sure to give the correct plate or bib number and timing chip to each team member.

## Packet pickup will be at the following locations:

- Thursday from 400 pm until 6 pm at 10 Barrel Brewing West
- Friday from 4:00 pm until 6:00 pm, TBD 2026
- Saturday from 6 am until 8 am at the Athletic Club of Bend, Bend Dirt Fest Venue!
- Remember, no Parking is allowed at the ACB to allow normal membership parking
- The lower parking lot on Athletic Drive will be closed off from 7 am until 2 pm for your finish

## What will be in your packet:

Custom Bend Dirt Fest Socks for all, and custom Tri-Blend shirts available for purchase

- **For Runners:** **Bib Number** to be clearly displayed on the outside front of your shirt, AND a **Red Timing Chip** with a strap to be worn on your wrist.
- **For Bikers:** a **Number Plate** to be attached to your handlebars with red twist ties AND a **Red Timing Chip** to be attached to your right front fork with TWO zip ties.

Note about the timing chips:

- **DO NOT LOSE IT! You will be charged \$100 for lost or unreturned chips**
- Each person has their own timing chip, do not switch with anyone
- All timing chips must be returned to the timing chip return after the finish line at the Athletic Club of Bend



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# TIMING

**The Bend Dirt Fest is a synchronistic timed competition, where all team members and solo participants compete simultaneously!**

All participants will be scored individually based on their own times. Additionally, you may choose to be part of a 2-person or 3-person team, where your time and that of your team members will be combined to compete against other teams.

Red timing chips will be given to you at packet pickup.

**You will be charged \$100 if it gets lost or is NOT returned.**

**If riding a bike:** Attach it to your bike using 2 zip ties to the right front fork.

**If running,** a strap will be provided to wear on your wrist.

**Each chip is assigned to a specific person; do not switch it with a teammate.**

Results will be posted **live**! Any protests must be taken to the results area on the day of the race. After Saturday, email your protest or question to [maria@mudslingerevents.com](mailto:maria@mudslingerevents.com).



# VOLUNTEERS

There are many volunteer opportunities for you or your friends and family who are there to support you. Volunteering can get a friend into the event!

[Visit this LINK and sign up!](#)



# DIRECTIONS/PARKING

Finding Bend is easy! Located in Central Oregon and served by the Redmond airport.

Drive times:

- From Portland: 3 hours
- From Boise: 5 hours
- From Seattle: 5 hours 30 minutes

The start and finish of the race is at the Athletic Club of Bend (61615 Athletic Club Dr, Bend, OR 97702), located just off of SW Century Drive.

No Parking is available at the Athletic Club. You can be dropped off prior to 7am, and or look to our upcoming designated parking lots at OSU Cascades 1500 SW Chandler Ave, Bend, OR 97702

**CAMPING:** The best option is to Camp at the Designated Snow parks at Meisner, Wanoga or Swampy Lakes and drive down to our designated parking in the am.



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# INDIVIDUAL CATEGORIES

**Race Age is calculated by how old you will be on December 31st of this year.**

Participants will compete for the best individual time in the categories below for the BDF with results pushed to the Oregon Triple Crown and Oregon XC Series for final series podiums.

## **Trail Run:**

- Junior Men 10-18
- Junior Women 10-18
- Open Men 19-29, 30-39, 40-49
- Open Women 19-29, 30-39, 40-49
- Masters Men 50-59, 60-69, 70+
- Masters Women 50-59, 60-69, 70+

## **Gravel Biking:**

- Junior Men 14-18
- Junior Women 14-18
- Open Men 19-49
- Open Women 19-49
- Masters Men 50-59, 60-69, 70+
- Masters Women 50-59, 60-69, 70+

## **Mountain Biking:**

### **200 Spots**

- Junior Men 14-18
- Junior Women 14-18
- Open Men 19-49
- Open Women 19-49
- Masters Men 50-59, 60-69, 70+
- Masters Women 50-59, 60-69, 70+

Parents, if you have a advanced junior, younger than 14, wanting to participant in the MTB or Gravel Grinder please email us.



# TEAM DIVISIONS

Our team divisions bring a fun and competitive aspect to the Bend Dirt Fest with ranking based on combined cumulative time for team members competing on the course simultaneously. Creating a team of two or three in our registration platform, Movemint, is easy. The first person or sponsor pays for a discounted entry, and there is space for your teammates' emails to send them a registration link. When you create your custom team name, remember your team password to send to your crew.

**Your age is based on how old you will be on Dec 31<sup>st</sup> of the event year.**

## **2-Person Team Divisions:**

- **Trail/Gravel** (one person runs, the other rides the gravel course)
- **Trail/MTB** (one person runs, the other rides the mountain bike course)
- **Gravel/MTB** (one person rides the gravel course, the other rides the mountain bike course)

## **Age Categories for 2-Person Team Divisions:**

(the ages of both team members, will be added together to form the combined age of the team. Ex: Sally is 55, Johnny is 45, they are a combined age of 100 for a Masters Mixed team. )

- **Open Men 99 years and under**
- **Open Women 99 years and under**
- **Open Mixed 99 years and under**
- **Masters Men 100 years and over**
- **Masters Women 100 years and over**
- **Masters Mixed 100 years and over**

## **3-Person Team Division:**

- **Trail Run / Gravel Grinder / MTB** (one person runs, second person rides the gravel course, and the third person rides the mountain bike course.)

## **Age Categories for 3-Person Team Division:**

(the ages of all three team members, will be added together to form the combined age of the team. Ex: Sally is 55, Johnny is 45, Chad is 49, they are a combined age of 149 for an Open Mixed team.)

- **Open Men 149 years and under**
- **Open Women 149 years and under**
- **Open Mixed 149 years and under**
- **Masters Men 150 years and over**
- **Masters Women 150 years and over**
- **Masters Mixed 150 years and over**

# TEAM INFO

**Your unique FUN team name is how we know who we are combining together for your team score. Without this team name being the same for all members, we will not know who you want on your team. Optional, of course, and if at any time after you register you want to add a team member, use that registration category available through the registration platform.**

## **Things to think about when creating your team:**

- Determine who is stronger in each particular discipline.
- Who will be your team captain? Please identify yourself when you register which is usually the first person to use the Team registration which has a built in discount with Movemint.
- What will your FUN team name be? Try to keep your team name under 15 characters to have it adequately displayed.

Sign up online and pay for a whole team, or if someone signs up as a Solo and later wants to combine forces, we can do that. Simply email us! If you register as a team you save more money per signup. And remember to list your Team Name EXACTLY the SAME for each member.

Each person in your team will be issued an individual timing chip to track your overall team times. Team results are calculated through the timing software. Do not switch timing chips with your team members, and don't mix them up.



# START/CUT-OFF TIMES/Aid Stations

**All times will be calculated based on the following start times:**

- **8:00 am** MTB and GRAVEL Riders - MASS Start Athletic Club of Bend
- **8:45 am** Trail Runners - MASS Start with a loop in the Athletic Club of Bend

**We give generous cut-off times! No early starts are available for this event.**

**Cut-off times leaving the aid stations: Gravel has a dedicated aid station and shares an aid station with the MTB riders.**

- Trail Runners must reach Aid 1 at mile 2.8 by 9:45 am (21 minutes per mile)
- Trail Runners, 2.7 and 10.5 Rimrock aid! Water only at mile 4.2. A hydration pack or water bottle is highly recommended.
- Gravel Riders must reach Aid 1 at mile 23 by 10:45 am for the first cut-off
- Gravel Riders must reach Aid 2 at mile 28 by 11:30 am (8.0 miles per hour)
- MTB Riders must reach Aid 1 at mile 19.1 by 11 am (6.9 miles per hour)

## **Aid Stations**

- Aid stations are fully stocked from our Nutrition partner, Hammer Nutrition
- Water is available, including light snacks and treats.
- If you have special dietary restriction,s please consider dropping a **drop bag** the morning of the event by 7 am at the Athletic Club of Bend. Please place your drop bag adjacent to the UHAUL parked in the lower parking lot.
  - Drop bags should be small and labeled with your last name, race number and discipline you are participating in (Run/Gravel/Mtb).



# RESULTS / AWARDS / PRIZES

All participants will receive a custom finisher award, plus all divisions will have age group awards three deep for all Solo and Team Divisions. We will have a cool finisher award in 2026.

All results will be live on-site, with your result texted to you, including all the details of your race.

Results will be posted online at [Mudslinger Events Results](#) and [E8 Timing](#).

## Awards:

11:15am: Individual awards for the Trail Run

1 pm: All other awards, including teams, Oregon XC Series and OTC Awards



## Central Oregon Trail Alliance – COTA

We all know that being a mountain biker equals a commitment to giving back. Mudslinger Events has set up a special link for all of our Bend mountain biking events, on the Bend Dirt Fest Registration page. [Please support!](#)



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# COURSE INFO BDF

**This is a fun event for riders and runners of all abilities and ages from 10 to 100 years. Please be aware that due to logging, trail work, and other factors, the loops are subject to change for logging or other considerations.**

The **Trail Run** is a mix of sweet, twisty, fun trail after a bit of paved path, starting and finishing at the Athletic Club of Bend.

Rimrock is the only aid adjacent to the Haul Trail at mile 2.7 and 10.7. We have water at mile 4.2 for proper hydration.

The **Gravel** and **MTB** riders both depart from the Athletic Club of Bend 30 minutes before the Trail Run. You will ride 5 miles with flaggers assisting on the way out of town and once on Cascade Lakes Hwy, the Gravel and MTB routes split. Gravel Cinder Cone road race and MTB west side of Bend singletrack. We may be racing all the way back to the Athletic Club of Bend in 2026, but as of August 1<sup>st</sup> we do know that the remote finish works well for the MTB and Gravel portion.

The course is heavily marked to avoid getting lost. There are correct ways (arrow signs) and wrong ways ("X NO" signs). The gravel route has 5 mile markers on orange candlesticks, plus added signage for upcoming aid stations.

You must yield at all road crossings in the Trail Run on your way out and back on the Haul Trail.

You will cross two significant Forest Service roads, and cars and trucks will not stop! Look, listen, and keep rolling! Advanced warning signs will be placed, but nothing will stop anyone from driving on the roads that you intersect.

Ham radio control is located in three positions on the course and at the base.

Adventure Medics will be on course and at base for a quicker response time.

It is ALWAYS up to the rider to know the course, from our **Map Page** at Ride With GPS

Do not litter on the course! Unload your used gels in the aid station area.

BE AWARE: the course is open to ALL riders, not just those participating in the event.

Please note that you should check current trail closures and know that many times we need to update the loops given logging and other necessary trail activities that could impact the routes: <https://bendtrails.org/trails-of-central-oregon/bend-trail-map/> **Back to TOC**

# VENUE MAP



# VENDORS / MUSIC / BEER

**Get ready for an epic day of adventure, community, and good vibes at the Bend Dirt Fest! Whether you're hitting the trails or just soaking in the scene, there's something for everyone to enjoy.**

**Vendors:** Explore an awesome lineup of local and regional vendors offering the latest gear, apparel, crafts, and more. It's the perfect opportunity to shop, discover new favorites, and support small businesses!

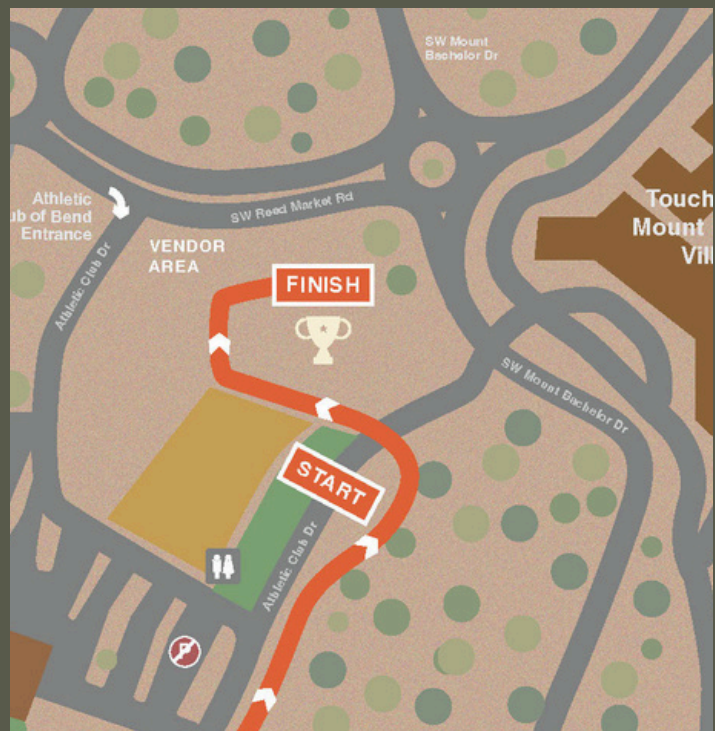
**Live Music:** Feel the energy as local bands and musicians take the stage, keeping the festival spirit alive. Kick back, relax, and let the tunes fuel your adventurous spirit!

**Beer for the 21+ Crowd:** Cheers to good times with 10 Barrel Brewing. Sip on a cold one while mingling with fellow adventurers and celebrating the great outdoors. We will supply over 21 bracelets for this post-event beverage.

**Bring your friends, family, and your sense of adventure! Let's make memories, celebrate community, and enjoy everything that makes Bend Dirt Fest a good day on the trails.**

**Parking for all, including Families, at OSU Cascades only!**

**10 BARREL  
BREWING CO**



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# GENERAL SAFETY



**At Mudslinger Events, your safety is our top priority. While we strive to create a controlled and well-supported experience, there are always risks on the course. We appreciate the support of Bicycle Accident Law, Matt Scarborough, as our presenting sponsor. "With you on every Ride"**

**Traffic & Cars** – Obey all road rules from start to finish, runners need to be aware of crossing all cross streets out and back from the Athletic Club of Bend.

**Loose Corners & Stop Signs** – Approach turns and intersections with caution.

**Dogs, Elk, and Wildlife** – Be alert for unexpected obstacles, including other humans.

**Terrain & Conditions** – Gravel roads, loose corners, heat, and weather can impact your day.

**Our events have a strong safety record, but incidents can happen. Please read the following guidelines to help us keep you—and everyone else—safe!**

## **Participants: Your Responsibilities:**

- **Helmets are required for Bikes** – Anytime you are on your bike at this event, you must be wearing a helmet. No exceptions.
- **Visibility Matters** – For events, we recommend a taillight and reflective clothing to increase visibility. Riding to the event and back to your local accommodation is just as serious as the actual event.
- **Pre-Ride Notification** – If you plan to run or pre-ride before the event, let someone know your route.
- **Run Maintenance** – Make sure your shoes are trail-related and have the traction needed for the event.
- **Bike Maintenance** – Have your bike professionally checked before the event to ensure it is in safe working condition.
- **No Outside Support** – Friends or personal support vehicles are not allowed. We can't have extra cars congesting the course or aid checkpoints. You are welcome to walk or ride to a position on course, as long as you do not cause a safety issue or impede the participants or others enjoying the area not associated with the event.
- **Emergency Protocol** – If you witness a crash, report it to race personnel with the participants race number and approximate location. If you decide not to complete the event, please check in with event staff at the venue and return your timing chip.
- **Stay Aware** – No personal music while running or riding. Being able to hear other participants and vehicles is critical for safety. Pay attention to course markings, Pink arrows and Yellow No X markings, multiple ribbons Orange and Red stripped along the route. Trail Run will have mile markers placed, Gravel 5 mile markers and MTB significant signage at critical areas.

# GENERAL SAFETY Cont.



## Participants: What You Need to Know

### Flaggers & Course Marshals

- Many flaggers are certified professionals, but they cannot physically stop traffic, they can only signal to drivers. Participants should always verify for themselves that it is safe to proceed.
- If you are volunteering at an intersection, arrive on time and be fully prepared before participants reach your station.

### Crash Response

- If the participant is unresponsive, injured, or unable to move, immediately report their race number and location to event personnel or call 9-1-1. Emergency services may take 1-2 hours to reach the site depending on location and severity.
- In remote areas, search and rescue may be deployed if vehicles cannot access the injured participant. If you have to stay with an injured person we will comp your next race entry.
- Mudslinger Events uses radio communication and Garmin InReach units for emergency support. Volunteers may also be positioned on bikes or motorcycles for on-course assistance. In Bend, Oregon Cell reception is good and we will have 5-6 sweep runners and personnel staged along the routes.

### Aid Stations & Rider Well-Being

- Aid stations are stocked with water, Hammer Nutrition products, and more! Encourage participants to hydrate and refuel.
- If a participant appears injured or in distress, please check in and report to event personnel at the aid stations.

### Final Reminders

- Run smart - Ride smart - Be aware of your surroundings at all times.
- Follow event rules and respect fellow riders, volunteers, and event staff.
- Report any medical needs at the aid stations or finish area if you require attention beyond minor scrapes.

# BIKE SAFETY

## ALWAYS FOLLOW: THE RULES OF THE ROAD



**No personal music is allowed at any point during the event.**

The most important rule of this race is: BE RESPECTFUL!! It is on YOU to follow the rules, to show consideration for others, and to be a good example for others to follow.

**You will be on open roads where you must follow the rules of the road!**

**Please be aware of your surroundings at all times!** Look listen and be aware. Advanced warning signs will be placed, but nothing will stop anyone driving on the roads that you intersect. SLOW and STOP as needed before any intersection.

Mountain Biking and Gravel Cycling is all about passing SAFELY!

When you come up behind another rider (10ft-15ft) and are significantly faster, please call out your desire to pass, which side you are passing, and say thank you! If you are the rider being overtaken, PLEASE find a safe place to move over so the other rider can pass safely. **In most cases riders want to pass on your left.**

You should come prepared to be in the woods with the proper gear, clothing, and tools, but mountain bikers, watch out for each other!

Need mechanical help? Walk the direction of the course to the next radio checkpoint, aid station, or finish line. Do not leave the course, or you may become lost. Check in with the Event Staff at the finish that you have returned safely.

## Tips on Mountain Bike riding in Central Oregon

Please remember the first 3-5 hours of the event will be busy on the trail. Be cautious at the beginning so you can enjoy the whole event.

- Skidding causes erosion. Control your speed.
- Keep Single-track SINGLE. Most vegetation is fragile and very sensitive to trampling. Use passing lanes whenever possible.
- Some trails can become crowded. Reminder, cyclists are required to yeild to all other trail users. Runners, dog walkers, families, equestrians, recreational cyclists, and racers all share the same trails. Please be courteous to other users. You are NOT any more entitled to use these trails than anyone else even though it's a race.
- Fast short knobs on your tires are a good choice here. Trail conditions can get loose, so your front tire could have a bit more bite depending on your handling abilities. 2.0-2.6.
- Walking is totally allowed if it gets technical, just let others know your dismounting before you brake suddenly.
- There are no on-course hand-ups or outside support!
- Short-cutting the course is not allowed.



# MEDICAL SUPPORT

Adventure Medics will be onsite to assist you with scrapes and cuts. Dehydration is always a concern, so please hydrate and know your limits.

EMT's can be dispatched at any time, but depending on where you crash it may take up to 30 minutes to get to you. If evacuation is needed, Search and Rescue will take another hour at least.

For life-threatening emergencies, call 911 if you have service. Otherwise, send someone to the nearest checkpoint with your race number and details of the injury.

If you need a lot more than a bandage, we reserve the right to send you to the hospital or call 911, so be safe.

Critical care is something we very seldom need. Air transport is expensive costing over \$20,000 in quite a few cases. Please sign up for Air Link in Bend or **Firemed** for ground transport. Also please consider signing up for <https://www.getspot.com> when registering or for a monthly plan outside of registering if you have a high deductible insurance plan.



# REFUNDS / TRANSFERS

**NO REFUNDS**, only credit or transfer to an event in the same calendar year such as the Ring of Fire MTB while space exists, or Alsea Falls XC.

Bike Reg offers a registration protector to buy into when you register. This is optional insurance for registration fees and is purchased when registering for the event. If you are concerned about possible registration refunds, we highly recommend you purchase this insurance and please check the conditions out when registering.

## Transfers:

**Until one week before the event,**

You can get credit and choose that option through Bike Reg at a 75% Credit.

**Until the Sunday before the event,** you can transfer to a friend. Sign the new person up under the transfer category for \$15.00. Make sure they are listed under the correct Team Name.

**After Monday, before the event, nothing is available.**

## Ending the race early:

In the case of catastrophic failure lasting more than 6 hours due to weather or another extenuating circumstance that prevents the ongoing scoring of the event or creates a racing environment that is deemed too dangerous for the participants, the race may be ended. Final results will be calculated based on each team's placement at the call time as determined by that team's last completed lap. This rule is intended to be exercised as a last resort, only in the most dire of situations, when no other means is available to continue scoring the event or when the potential for serious harm or loss of life becomes imminent. For Central Oregon the majority of reasons for a potential delay or cancelation would be fire and or lightning. PLEASE NOTE NO REFUNDS FOR A PARTIAL EVENT OR ANY CIRCUMSTANCE BEYOND OUR CONTROL.

## Cancelling the event:

If the event is not allowed to happen due to severe weather or any other reason, including permits, fire, flood, war, terrorism, or pandemic - NO refunds will be issued through Mudslinger Events. We do purchase insurance for some of these covered occurrences and would attempt to utilize it in the situation that an event gets canceled and cannot be rescheduled. Canceling an event would not take place until we are sure we are unable to proceed.

# RULES

This event is under a special event permit with the  
US Department of Agriculture US Forest service  
Bend-Fort Rock Ranger District.



"In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability. (Not all prohibited bases apply to all programs.)

Rules for Cycling from the [Oregon Bicycle Racing Association](#)

**LEAVE NO TRACE, PACK OUT WHAT YOU PACK IN  
GIVE 8 HRS OF YOUR TIME OR MONEY TO YOUR  
LOCAL TRAIL GROUP EACH SEASON!**