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COLLEGE SCHOLARSHIPS
MY RACE
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IT STARTS
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AND HAS
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MY RACE
CROSSES
FOUR
BRIDGES
IN FOUR
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MY RACE HOSTED THE SENIOR GAMES
TRI, ATTRACTING 300 TRIATHLETES
FROM ACROSS THE COUNTRY
MY RACE
HAD ITS
TELEVISION
DEBUT
ON THE
VERSUS
NETWORK
IN 2009



CONSULTANCY

FRESH AIR SPORTS

Deschutes Dash Weekend

July 17-18, 2010



2010 WEEKEND SPORTS FESTIVAL BEND OR 

USA TRIATHLON
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USA TRIATHLON CONSULTANT: BRIAN OEHLER

FRESH AIR SPORTS

Deschutes Dash Weekend

Overview

There is one thing all athletes who have participated in this event would agree upon: this is the best swim course ever. Not because it's challenging, and not because it's long; instead, it's quite the opposite. With a strong current pushing the point-to-point river swim, the only way athletes don't PR on this swim course is if they swim upstream the whole way.

Combine the friendly current with Fresh Air Sports' outstanding crew of staff and volunteers; set both of those against the beautiful backdrop of Bend, and you'll understand why the Deschutes Dash Weekend attracts so many athletes on an annual basis.

Course Layout

Featured Course: Swim

Even before the start of the first swim wave, the race staff showers athletes with, "the current is strongest in the middle of the river". Athletes get a chance to test this statement even before the race starts, warming up with some endless swimming into the current. And once they start, there's no stopping them. In fact, spectators oftentimes have to jog along the river just to watch.

Bike

It's only logical that a course with such a forgiving swim would have another leg to torture the athletes. And if the rush from the swim gets them amped up about the race, after going through transition it's sheer willpower that will have to get them through the first half of the bike. The course is a constant uphill, with long, straight roads to test their morale. Then once they hit the turn around, it's all downhill from there. Literally.

Run

If flat courses and inspirational rivers are your thing, this is the course for you. Small paved walking paths lead the athletes along the river, with well-run aid stations led by enthusiastic volunteers keeping them hydrated along the way.

Transition

Transition is set up in a grassy area just meters from the river, with soft and hard barricades enclosing your most valuable triathlon possessions. Well-placed signage indicates the flow, and volunteers are everywhere to help out in case you're focus is elsewhere.

Event Profile

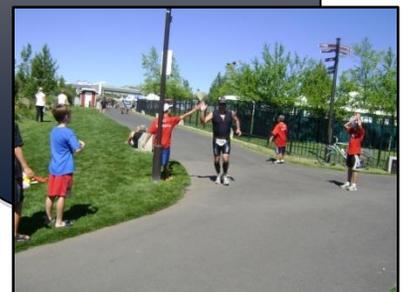
Race Director: Gina Miller

Location: Bend, OR

Date: July 17-18, 2010

Years sanctioned: 4

Discipline(s) offered: Sprint Triathlon, Olympic Triathlon, Duathlon, 5K



Featured Aspect: Location

In the sport of triathlon, it is fairly common to find a course along the ocean, or even in a lake. But a race set along a river is fairly unique, and makes for an awesome race for athletes and spectators alike.

Spectator bridges careen across the river at multiple spots, giving spectators a bird's eye view on the swim. And on the bike and run, the scenery for those used to bigger cities is very inspiring.

Conclusion

The Weekend is a great opportunity for those new to the sport or weak in swimming, although the water typically necessitates wetsuits. The race staff and its volunteers are excellent at putting on a safe, well-planned event, and the environment combines to create the ultimate tri-fecta.

If you haven't been to a river swim, now is the time to check it out. And if you have been to a river swim, then you know that they are hard to find. Come to Bend, and do the Deschutes Dash. When you're done, if you haven't quenched your thirst for swimming, you can always grab an inner tube and float down the river.



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Why to Do It: TOP 10

10. Run alongside the river
9. The swim is very fast
8. Warm up before with endless swimming upstream
7. You can literally float through the entire swim course
6. Neat awards incorporate bike chain-design
5. Finish line is on a bridge over the river
4. It's in Bend
3. Challenging "out" on the bike
2. Exceptionally informative volunteers
1. The swim course - for both athletes and spectators