



# MISSOURI BREAKS TRIATHLON



**Race Start is at 8:00AM, July 7, 2018 at the canoe launch in Fort Benton, MT**

*Thank you for helping the Friends of the Missouri Breaks Monument and the Bureau of Land Management to celebrate the 50<sup>th</sup> Anniversary of the Wild & Scenic Rivers Act and the National Historic Trails Act. The Upper Missouri River Breaks National Monument holds 149 miles of Wild & Scenic River and two major historic trails: the Lewis & Clark National Historic Trail and the Nez Perce Trail. The monument is unique in that much of the area has been protected so that it remains as it was over 100 years ago. So have fun and enjoy your trip through history.*

## THE COURSE (MAP PROVIDED)

**It is the race participant's responsibility to "proof" the course for your own safety.**

**River Portion:** The river portion consists of a 20-mile paddle from Fort Benton to the Wood Bottom boat launch. Life jackets are required to be worn for all participants. There will be a chase team following the race participants to ensure that everyone makes it off of the river.

**THERE WILL NOT BE ANY AID STATIONS ALONG THE RIVER PORTION OF THE RACE.**

All boats must be washed and certified by FWP. The boat wash will be at the Interpretive Center in Fort Benton on Friday and Saturday.

- Friday, July 6<sup>th</sup>: 2pm to 8:30pm @ the Interpretive Center
- Saturday, July 7<sup>th</sup>: 6AM to 8AM @ the Interpretive Center

The river has been highly active with flows over the past month, pay close attention to debris and other hazards in the water. When you reach the Wood Bottom transition zone, Race Staff and Volunteers will be there to direct you through the zone. These folks will wrangle your boat into a secure holding area. You are responsible for getting your boat after the race. **ALL BOATS NOT PICKED UP BY 3PM WILL BE SHUTTLED BACK TO FORT BENTON AND LEFT AT THE BLM - INTERPRETIVE CENTER.**

**Run Portion:** The run will take participants from the Wood Bottom boat ramp up to the top of Rowe Bench and straight East to the Decision Point parking lot, which is the Transition Zone to bike. The road is dirt. There is a substantial climb out of the river bottom then flat with a few rollers and a downhill to the transition zone.

Once you reach the top of the hill there will be two way traffic with runners and bikers on the Rowe Bench Road. It is the race participant's responsibility to **STAY TO THE RIGHT** unless passing another participant through this portion of the course. Race officials and volunteers will be staged along the course to direct and give warning to oncoming racers.



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2018



As you reach the Decision Point Transition Zone Race Staff and Volunteers will be there to direct you through the zone. **PLEASE BE ALERT THERE WILL BE A LOT OF RACE TRAFFIC THROUGH THIS AREA.**

**Bike Portion:** Starting at Decision Point the route will head back down through Wood Bottom all the way to the end where participants will hit a turn around and return to Decision Point. The route will then take you across Rowe Bench Road to the highway. The Rowe Bench Road is dirt and unmaintained. Once you hit the highway portion please be conscientious of others and the law enforcement officers that are guarding the highway. Traffic will not be completely stopped only slowed through this section of the race. Obey traffic rules: **STAY TO THE RIGHT.** There is a sizeable shoulder to accommodate riders. The highway portion has the longest hill of the entire race so brace yourself.

Once you reach the top of the hill and make the turn down toward Fort Benton it is all downhill. This will be a very fast section of the race. On one of the steepest downhill sections of the course you will cross several railroad tracks. The road surface here is very uneven – **BE CAREFUL.** Race Officials and hazard markers will be at this point to warn participants of the tracks.

As you come into the downtown area to the finish be sure that you come all the way across the finish line. The chip timers that are activated on you will record your time when you cross the line.

## SAFETY

We want everyone to finish the race healthy and safely. It is up to the race participants to monitor health and wellness while on the course. There will be medical staff and aid stations on the course. If you get in trouble or need to step out of the race please step off the course and a roving team will attend to you or pick you up.

**Aid Stations** will be located at the two transition zones and on the bike and run portions of the course. There will **NOT** be aid stations on the river portion of the course. Aid stations will consist of Race staff, water and some fruit. Participants are responsible for their own nutrition during the race. Take advantage of the transition zones to stretch and hydrate. There is little to no shade out there.

The run and bike portions of the course will have Race Officials and law enforcement present. There will be signage and/or people at every corner of the race.

**Natural Hazards:** The Breaks is a wild area and wildlife are ever present. Be snake aware. Rattlesnakes are a common site in the Breaks. Give snakes space do not taunt or bother them. Rattlesnakes are highly poisonous.

Weather is a constant change maker in the Breaks. Rain can completely change road conditions in a matter of minutes. The river has experienced high water events over the past month. Please be attentive to hazards in the water.



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## POST RACE

After the last competitor finishes an awards ceremony will take place. Medals will be given to the winner of each category. The community of Fort Benton is hosting a post-race party, Boats, Blues and Brews. We encourage all participants to stay and have some fun. There will be live music and micro brews to help relieve your sore muscles. Come and celebrate your hard earned day in the Breaks and thank the community with your patronage.

## CAMPING

There is camping available several sites in Fort Benton. Campsites for tents are around \$10 per night. The fairgrounds just west of town near the canoe launch, which is where the starting line will be, is the largest spot but will not have all the amenities of a formal campground. Please be respectful of other campers. Try and maintain quiet hours starting at 10pm. There are bathrooms and limited showers. Please clean up after yourselves and take care of your trash.

Other campgrounds in Fort Benton will have all of the necessary hook-ups and amenities (including showers) that a normal RV park will have. They have tent sites available as well for around \$10 per night:

- D&S RV Park
- Benton RV Park
- Canoe Launch

## THE TOWN OF FORT BENTON

The town of Fort Benton, often referred to as the “Birthplace of Montana,” is situated on the banks of the Missouri River, and is a haven for history buffs and recreationists looking to experience the monument and all that it holds. Head downtown to find restaurants and shops. The levee downtown is where steamboats used to come into town. Fort Benton was the last stop on the steamboat routes giving it the namesake as the “world’s innermost port.” Fort Benton played a key role in the westward expansion and is now listed as a National Historic Landmark.

We are excited to hold the Missouri Breaks Triathlon in this historic town. Please give the community your thanks and patronage.

## THE UPPER MISSOURI RIVER BREAKS NATIONAL MONUMENT

Designated in 2001, the Upper Missouri River Breaks National Monument is Montana’s best kept secret. The Monument is managed by the Bureau of Land Management and protects 149 miles of Wild & Scenic Missouri River and 378,000 acres of uplands. Much of the monument is still as it was when Lewis and Clark made their way through the area over 100 years ago. More information on the monument can be found at the BLM – Interpretive Center.



## **The Friends of the Upper Missouri Breaks Monument**

### **Our Mission**

Dedicated to protecting and preserving the Upper Missouri River Breaks National Monument through stewardship, advocacy, and education.

### **Stewardship**

FMB works closely with the Bureau of Land Management (BLM) to create meaningful stewardship and volunteer events that directly benefit the monument. Projects include everything from invasive species removal to bird surveys and cottonwood gallery restoration.

### **Advocacy**

FMB has been an unwavering advocate for the National Monument since it was established in 2001. We encourage our members and citizens to speak up about protecting our public lands.

### **Education**

FMB and the BLM are engaged in developing and delivering programs and curricula to area youth and communities to help connect them to the monument.

### **Join us Today**

Our membership is the backbone of our stewardship, advocacy, and education work. By becoming a member, you will receive quarterly print newsletters, special notices about upcoming FMB events and accomplishments, and volunteer opportunities. Most importantly, by becoming a member you will be helping to protect and preserve the Upper Missouri River Breaks National Monument for generations to come. Visit our secure website ([missouribreaks.org/donate/](http://missouribreaks.org/donate/)) or mail a check to make your donation and become a member today. There will be donation buckets at the finish line and at the Interpretive Center.

***Thank you to all of you who have donated through the registration process.  
FMB could not do the work we do without your support.***