

RACE INSTRUCTIONS

GENERAL - This is a **TWO** transition triathlon.

You **MUST** **either** ride your bike to Alice Lake (a three kilometre route with a steady climb and one steeper climb in the park) or take the bus shuttle to the park after loading your bike into the moving truck provided. We recommend taking the shuttle and do your warm-up prior to loading. The buses and trucks will operate as paired units so the shuttle bus carrying the athletes will be followed by the truck with their bikes. You may help unload your bike at the park and can then set up in the swim/bike transition.

Bike and helmet checks are recommended but not mandatory.

SWIM 1.5 km

Each swimmer must wear the swim cap provided. If you are weak swimmer please advise the body marking crew and they will provide you with a special colour swim cap. **NO PUBLIC NUDITY PLEASE.**

The swim will go in four waves at **three-minute** intervals:

- **1st wave - Men 39 years and under;**
- **2nd wave - Men and Women 40 and over;**
- **3rd wave - Women 39 years and under;**
- **4th wave - Relays**

NOTE: There will be a moment of silence in memory of Bob McIntosh. Please be ready for the announcement prior to the first wave leaving.

Swimmers who take longer than 50 minutes may not be able to complete the course.

A kayak will lead the swimmers around an L-shaped course. There will be other kayaks in the water, lifeguards around the lake and a search & rescue vessel in the center of the lake. If you get into difficulties, roll over on your back and put your arm in the air. You can hold onto the pontoon at approximately the halfway point.

Place your wet suit and ALL belongings in the numbered bag provided and it will be returned to the infield at Don Ross Secondary.

BIKE 37 km

Approved helmets must be worn and fastened properly before leaving the transition area and not removed until you have racked your bike in the bike/run transition area. **Please wear your race number on your back.**

All cyclists are individually responsible to follow traffic laws and are solely responsible for the consequences of any violations. Given the direction and location of the bike course riders must only overtake ON THE RIGHT.

The number of laps is four plus. The best way to count laps and avoid confusion is to ride up the Highway 99 hill four times and **then** ride to the school to finish in Transition Two.

CAUTION: the bike descent from the park is fast. The first 200 metres of the bike course has **four speed bumps**. There is one tight corner where you will be told to slow down, and although Highway

99 will be closed you will be told to slow down as you approach the intersection. The RCMP will be controlling the intersection, but caution is required. The lap course contains three tight corners where you will be told to slow down. Use caution on all corners and be aware of people overtaking.

Drafting is not allowed. A rectangle of five by two metres must be left between riders. You may enter this space only to pass and take no more than 15 seconds. If you are being passed, you must overtake or drop back to a distance of five metres. **Penalized drafters will have a two-minute penalty added to their overall time. A second infraction will result in disqualification.**

Course marshalls will be stationed at all intersections.

There will be **NO bike security after 1:30 p.m. in the bike/run transition area. Bikes can only be retrieved on presentation of your race number.**

No tandems are allowed.

RUN 10 km

Please wear your race number on your front. Runners must obey all direction markings and race marshalls.

The course is ambulance accessible.

If you withdraw from the race at any time, it is the athlete's responsibility to report to the timing officials and notify them.

TRANSITION AREA CONDUCT

Please note that ITU Rule G.1, c) states:

Competitors must ensure all unused personal equipment stays within their transition area and is not discarded on the field of play or LEFT IN THE SPACE OF ANOTHER COMPETITOR.

Therefore competitors WILL BE REQUIRED TO MOVE any container that race officials rule to be excessive for the individual athlete space provided.

AID STATIONS

Water and energy drinks will be provided at all aid stations.

There will be aid stations at:

- Alice Lake
- Three aid stations on the two loop five kilometre run course.

Race Schedule

Sunday, July 10th, 2011

6:30 a.m. Volunteers arrive.

7:00 a.m. Run Transition at Don Ross Secondary open.

7:30 a.m. Race package pick-up.
Body marking, chip timing attachment and cap distribution at DON ROSS Secondary School **NOT** Alice Lake.

7:30 a.m. First bus for athletes, and truck for bikes, will leave.
This will be repeated every 15 minutes until **9:00 a.m.**

7:45 a.m. Bike Transition open at Alice Lake. First bus and truck to unload.

8:30 a.m. Race package pick up closes.

9:00 a.m. Last bus and truck to Alice Lake.

9:20 a.m. Final Race instructions. **Moment of silence for Bob McIntosh.**

9:30 a.m. Start.

1:30 p.m. Awards at DON ROSS SECONDARY SCHOOL Track.
(Approx.)

- No showers are available at DON ROSS Secondary.
- Please remember to thank our volunteers. Without them the event would not be possible.
- Spectators may travel to and from the lake by bus IF THERE IS ROOM. The bus leaves the lake after the last cyclist has left the transition area.
- Limited parking is available at the park entrance.
- The race timing company (Race Headquarters) will charge you for any lost chip timer.
- Dogs are not allowed at Alice Lake.
- There is no vehicle access to Alice Lake. Spectators may use the limited parking at the park entrance and walk up the hill into the park.