

## Relay Instructions

### SWIMMER:

- On the day of race you must come to Don Ross Secondary School to be body marked, pick up your swim cap and Velcro timing chip.
- If you are a weak swimmer, please advise the body marking crew and they will provide you with a special swim cap.
- The timing chip must be worn on your ankle.
- After body marking the buses will then take you to the lake for the start of the race.
- **Swimmers are not permitted in the swim/bike transition area prior to the start or at anytime during the race.** You may place dry clothing and other personal effects in the handoff area where directed by race officials.
- **Upon exiting the lake you MUST hand off the Velcro timing chip to your cyclist in the designated area.** Please move out of this area after your timing chip exchange in order to keep the area free of congestion.
- After all of the swimmers have exited the lake the bus will then transport you back to Don Ross Secondary.
- You are responsible for handling your personal effects.

### CYCLIST:

- **Wear your race number on your back.**
- On the day of race you must come to Don Ross Secondary School to be body marked.
- The buses will take you (and the moving vans will take your bike) to the lake for you to set up the swim/bike transition in the designated relay transition area.
- **Riders must cease using their wind trainers and have their bikes racked by 9am.**
- **The swimmer must pass on to you the Velcro timing chip, which is to be worn around your ankle**
- **Once you have completed your portion of the race AND RACKED YOUR BIKE in the designated relay area, you must then pass on the timing chip to your runner at the hand over area.**
- Approved helmets must be worn and fastened properly before leaving the transition area and not removed until you have racked your bike in the designated relay area
- You will be asked to leave the transition area with your bike by the southwest exit once your runner has left the transition. This is to cut down on congestion within the transition area.

### RUNNER:

- **Wear your race number on your front.**
- **You DO NOT NEED TO BE BODY MARKED!!!**
- If you pick up your race package before race day you do not need to be at Don Ross Secondary until after the start of the event but you should be at the bike/run transition area in good time for your cyclist's arrival.
- **Your cyclist MUST pass on to you the Velcro timing chip which must be worn around your ankle.**
- There is a bus that can transport you to Alice Lake to watch the start and the swim, **however if you go to Alice Lake to watch your swimmer there is NO guarantee that the**

**bus will get you back to Don Ross Secondary in order to make the hand off from your cyclist to you.** If you go up to Alice Lake to watch the start/swim you must not enter the swim/bike transition area at anytime prior to or during the race  
**- THERE ARE NO PERSONAL VEHICLES ALLOWED INTO ALICE LAKE!!!!**

Due to the number to people within Alice Lake Park during the event we have been asked by park staff that all pets be left at home. Thank you for you co-operation.

### **AID STATIONS**

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

#### **There will be aid stations at:**

- **Alice Lake**
- **Two aid stations on the two loop 5 km run course.**

## Race Schedule

**Sunday, July 10<sup>th</sup>, 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 into the park.