

RACE INSTRUCTIONS

This is a two transition triathlon!

For that reason you **must either** ride your bike to Alice Lake (a 3 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, i.e. 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

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. Wet suits will be allowed.

The swim will go in four waves at **3 min.** 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 this announcement prior to the first wave leaving.

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

A kayak will lead the swimmers around an L-shaped course. There will be 4 other kayaks in the water, 8 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, put your arm in the air. You may hold onto the raft at the approximate half-way point but not to any 'forward moving devices' such as a kayak. Lifeguards and officials have the right to pull out a swimmer they feel may be suffering from fatigue or hypothermia.

Place your wet suit and ALL belongings *you wish to see again* in the numbered bag provided, **tie it securely** and it will be available for pickup on the infield at Don Ross Secondary.

BIKE

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.

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 bike course is essentially 4 laps. The best way to count laps and avoid confusion is to make sure you ride up the Hwy 99 hill 4 times ... then continue to transition #2 at the school.

CAUTION: the bike descent from the park is fast. The first 200 metres of the bike course has three 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 intersection will be controlled by a professional flagging company and the RCMP, 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 7 X 3 meters 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 5 meters. **Penalty might be time or stop and go. Second violation might result in disqualification.**

Course marshalls will be stationed at all intersections. Ambulances and search and rescue personnel will monitor the course.

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.

RUN

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

Search and rescue personnel will monitor the course which 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 Gatorade will be provided at all aid stations.
- ✚ 1 aid station at Alice Lake
- ✚ Two aid stations on each 5k loop of the run course so **4 opportunities for water and/or Gatorade on the run** in all.

PLEASE NOTE

- ✚ **Showers are not available** at DON ROSS Secondary.
- ✚ **Thanks 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.
- ✚ Make sure all **timing chips** are handed in. The race timing company (Race Headquarters) will have to charge athletes for any missing timing chips.
- ✚ **Dogs are not allowed at Alice Lake.**
- ✚ There is not vehicle access into Alice Lake. Spectators may use the limited parking at the park entrance and walk into the lake.

Race Schedule

Sunday, July 13th, 2008

- 6:30 am Volunteers arrive
- 7:00 am Run Transition at Don Ross Secondary opens
- 7:30 am Race package pick-up
Body marking
Timing chip pickup
Swim cap pickup
All of the above at Don Ross Secondary School NOT Alice Lake.
- 7:30 am First bus for athletes, and truck for bikes, will leave.
This will be repeated every 15 minutes until 8:30 a.m.
- 7:45 am Bike Transition opens at Alice Lake. First bus and truck
to unload
- 8:30 am Race package pick up closes
- 9:00 am Last bus and truck to Alice Lake
- 9:20 am Final Race instructions & moment of silence for Bob McIntosh.
- 9:30 am Race Start
- 1:30 pm Awards at DON ROSS Secondary School Infield