

# Relay Instructions

## SWIMMER

- ✚ On the day of race you must come to Don Ross Secondary School for the following:
  - *Body marking*
  - *Swim cap pickup*
  - *Velcro timing chip pickup*
- ✚ 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.
- ✚ The **buses** are available for transportation 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 as 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 own personal effects after the swim.

## CYCLIST

- ✚ **Body marking** is required and is done at Don Ross Secondary School first thing in the morning.
- ✚ **Race numbers** are to be worn on your back.
- ✚ 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.
- ✚ Approved **helmets** must be worn and fastened properly prior to removing your bike from the rack and not removed again until you have again racked the bike after completing the bike leg.
- ✚ 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.
- ✚ 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

- ✚ **Body marking** is not required!
- ✚ **Race numbers** are to be worn on your front.
- ✚ If you pick up your race package on Friday or Saturday 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 pass pass on to you the **velcro timing chip** which must be worn around your ankle.
- ✚ The **bus transport** to Alice Lake is available if you wish to watch the swim, however there is NO guarantee that the bus will get you back to Don Ross Secondary in time to make the hand off from your cyclist.
- ✚ If you do 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.
- ✚ **Personal vehicles are not allowed at the lake.** Please use the buses.
- ✚ **Please leave your pets at home.** Due to the number to people within Alice Lake Park during the event we have been asked by park staff to adhere to this policy.

## AID STATIONS

- ✚ Water and Gatorade will be provided at all aid stations.
- ✚ 1 aid station at Alice Lake.
- ✚ 2 aid stations on each 5k loop of the run course so a total of **4 opportunities for water and/or Gatorade on the run.**