

ATHLETE INFORMATION

The event starts promptly at 8:30 AM at Main Beach located on Cultus Lake

TRIATHLON BC

At athlete check in you will be required to show picture identification (driver's license or passport) when you check in. Also, if you are not a member of TRIBC or the Alberta Triathlon Association you will be required to pay the day-of insurance fee of \$10. We will have a list of current TRIBC members as supplied by TRIBC race week.

If you are not a member of TRIBC or ATA and did not send in the day-of-race fee with your registration then you will be required to pay the day-of-race fee as per the direction we have received from TRIBC. ***Triathlon membership numbers from provinces and states other than Alberta or BC will not be accepted.***

RACE RULES

Triathlon British Columbia sanctions the Cultus Lake Triathlon. All TRIBC and Triathlon Canada rules will be in effect during the event.

Wristband

A wristband printed with your race number will be affixed to your wrist at Athlete Check-in. This band will identify you as an official participant and must be worn during the entire event. The wristband is required for medical identification purposes and allows you access to the transition area and post-race food. You will not be allowed to remove your bicycle and gear from the transition area following the race without your wristband affixed to your wrist. Please do not remove your wristband until after you have picked up your bike and race gear from transition!

Race Numbers

There will be three race numbers in your race packet that you are required to display during the event:

- The adhesive bicycle frame number must be attached to your bike with the race number clearly visible from both sides of the bike.
- The small bike helmet number must be attached to the front of your helmet for the bike.
- The run number must be displayed during the run segment on the **front** of your body. Pin your run number to your shirt, swimsuit or race belt with the four safety pins provided in your race packet.

Timing Chips

Timing chips will be provided at the transition area race morning as you come into transition. Each chip is encoded with your specific registration data; so do not trade your chip with another athlete! The chip must be affixed to either ankle prior to the swim start and must be worn during the entire event. Athletes are responsible for crossing the timing

mats at the end of each segment (e.g., swim finish) and for the safe return of the chip at the finish line.

Body Marking

Body marking will take place from 6:15-8:00am on Sunday at the entrance to the transition area. You will not be permitted in the transition area on race day without your wristband and your body marked. Do not apply body lotion or sunscreen until after you have been body marked. Be sure that the volunteer who marks you does so using the race number printed on your wristband.

Race Day Parking

Race day parking will be available near the transition area. See transition map for details. Please do not park your vehicle on sections of the course.

Transition Area Access

The transition area will be open on race day from 6:15 only. Only athletes who are wearing their wristband and are body marked will be allowed access. Any bike not properly displaying the bike frame number will be removed from the transition area during the swim. You will not be allowed access to the transition area to reclaim your bicycle and gear until after the last athlete has started the run.

Family & friends are NOT allowed in transition

Spectator Viewing

BIKE – This is an out and back bike. We ask family and friends not to go out on the course race day.

Change Tents

There will be, most likely, two change tents set up in transition this year.

Transition Area Conduct

For safety reasons, you will not be permitted to ride your bike in or out of the transition area. You must walk or run while in the transition area. Please watch out for other athletes as you move through transition and follow the instructions of race officials and volunteers.

Dropping Out

Please notify a race official and return your timing chip at the finish line if you drop out of the race.

Unsportsmanlike Conduct

Unsportsmanlike conduct or the verbal abuse of any race official or volunteer during the race or at any time during event weekend will result in immediate disqualification. Athletes not respecting race officials, race volunteers or race staff will not be welcome to

race at Outback Events races in the future.

Timing & Results

Official race results will be posted prior to the awards presentation. Please report any discrepancy to a race official prior to the start of the awards presentation. Athletes who do not wear the timing chip during the entire event will not be scored. Please note that the clock at the finish line reflects the start time of the first swim wave as they become available. Results will be posted on the race website the day after the race as well as on www.raceheadquarters.com

Medical Care

Medical care will be available to participants. A BC Ambulance crew is available to the race and there will be medical staff on hand at the finish line.

Awards Party

The awards party begins as soon as you cross the finish line! Be sure to stick around for the post race lunch, awards and draw prizes post race.

Race Package Pick-Up & Race Expo

Sat., September 11th - Cultus lake Community
School Gymnasium
71 Sunnyside Ave., Cultus Lake, BC
Time: 2pm – 4:30 pm

Pre Race Meeting

Held from 4:30 – 5:30pm at Cultus Lake Community School at the same site as package pick up.

Bike Check

Athletes must check their bikes in race morning. Bikes can be checked into transition between 6:30am – 7:45am on Sunday. Please respect the direction of the volunteers.

Please make sure that you pick up your athlete package at registration before going to transition to check your bike to your rack. If athletes show up at transition to rack their bikes and do not have an athlete band on & without a bike frame number will not be allowed into transition.

There is no mandatory bike inspection before the race.

2Km

Blue Seventy Swim Course – *Sprint 500m 1 loop and Olympic 1000m 2 loop*

An open water 1000m (2 – 500m laps) Olympic distance and a 500m Sprint distance swim is held in Cultus Lake. Swimmers DO NOT exit the water for the second lap of the course, only upon having completed 2 laps of the course.

Swim Cap

The swim cap placed in your race packet must be worn during the swim. Do not trade your swim cap with another athlete, as the caps are color-coded to assist race management in organizing you at the swim start.

Wetsuits

The use of wetsuits during the swim will be allowed if the water temperature on race morning is 23 degrees Celsius or 74 degrees Fahrenheit or less. A water temperature measurement will be conducted on Friday to forecast the likely water temperature on race day.

Swim Waves

There will be two swim waves this year. Waves will be announced at the pre-race meeting. Sprint race starts at 8:30 and Olympic wave will start at 8:40. Clockwise swim. Keep the swim buoys to your right.

Swim Assistance

Certified Lifeguards will be on the wharfs patrolling the course. Divers will be in the water along the course. A BC Ambulance with trained EMT personnel will be standing by at the swim start/finish area for the duration of the swim.

Bike Course - *Bike 20km Sprint and 40Km Olympic*

This course features a fairly flat bike course through rural farm country on nicely paved roads. The bike starts at Main Beach and then heads West through Yarrow the through Abbotsford farmland. Small climb out of Cultus on the ride out and a 300m climb 2Km from Cultus on the return route.

NOTE: There are two police-controlled/flagged intersections on the bike course. Congestion is anticipated through Yarrow and it is imperative that the race does everything possible to harmonize with the local community.

**KEEP YOUR HEAD UP & YOUR EYES OPEN
RIDING THROUGH YARROW.**

Bike Racks

Bike racks are assigned by number. When you arrive at your bike rack please rack your bike on the correct side. One side is for even numbered athletes and the other for odd numbered athletes. Athletes are numbered according to age groups to create the fairest means of space allocation.

Example:

Rack 1 #1-8

Rack 2 # 9-18

Please do not bring storage bins or oversized bags into the transition area

Course Rules

Each athlete is required to wear an approved helmet during the bike segment. You must have your helmet securely fastened on your head before removing your bike from the rack. Drafting and blocking (impeding the progress of passing cyclists) are not permitted during the race. TRIBC officials will monitor the bike course and strictly enforce these rules.

Course Safety

The roads used are open to traffic. Be aware of your surroundings, obey the instructions of the traffic control officers and volunteers and be considerate of others during the race.

There will be some church traffic through Yarrow on race day. Please be, mindful of this and slow down if needed and share the road.

FRESH AIR EXPERIENCE/NEW BALANCE Run Course

Run Course –5km 1 lap for Sprint Course & 10km 2 lap for Olympic

Runners exit the transition heading along the path along the lake for 750m. Runners run in front of the boat rental shop and out along the path in front of the campground. Runners continue out along the lake to almost the end of the path where they turnaround and head back towards transition. At the boathouse runners turn right and run 50m where they turn right and heads in to residential neighborhood and follow the course winding through the side streets as they loop around and come back towards the boat launch and return towards transition along 1st. Sprint course athletes continue along 1st to the end where the cross the finish line right near transition. Olympic distance runners will then turn left just before the finish line for the second lap of their run.

Aid Stations

There will be one aid station on the run course near the boat launch on the run. There will be Water and Gatorade.