



2010 OLIVER HALF IRON ATHLETE INFORMATION

The event starts at 7:30 AM at Rotary Beach on Tuelnuit Lake

TRIATHLON BC

***AT ATHLETE CHECK IN YOU WILL BE REQUIRED TO SHOW
PICTURE IDENTIFICATION (DRIVERS LICENCE OR PASSPORT) TO
PICK UP YOUR PACKAGE.***

***If you do not have picture ID with you, you will not be able to pick up your
package with no exceptions.***

We will have a list of current TRIBC and ATA members as supplied by TRIBC & ATA 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 \$15 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 Oliver Half Iron. All TRIBC and Triathlon Canada rules will be in effect during the event. Protests of penalties assessed for rules infractions must be filed with the TRIBC Head Official within 60 minutes after the protesting individual finishes the race.

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 adhesive helmet number must be worn on the front of your bike helmet.
- 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. This number does not have to be worn on the bike.

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. There will be a charge for lost chips as we are billed from our timing company.

Timing Chip pick up ends @ 7:15 and they will no longer be available.

Body Marking

Body marking will take place from 5:45-7:00am 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. Athletes may park on the Aquila right-of-way (underneath the power lines) on 370th. Please follow the direction of the parking volunteer's race morning.

Parking is also available on Tucelnuit Drive on the Aquila office site and across the street at Tucelnuit elementary. Athletes and family can also park at Oliver Parks & Recreation and walk up to Rotary Beach to help alleviate congestion around the transition area. Please do not park your vehicle on sections of the course as these vehicles will be towed.

Transition Area Access

The transition area will be open on race day from 5:45 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 – Spectators can walk up 370th to Tucelnuit Rd. and watch as the cyclists go out.

RUN – At the top of 81st is the run turnaround. This is a great place to cheer on athletes. Also, the corner of 87th and 362nd at the aid station is another great place to cheer on athletes.

Change Tents

There will be a 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. There will be mount and dismount lines marked on the road as well as with a volunteer. 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.

Course Cut-off Times

Due to restrictions of municipal permits, race insurance and volunteer staffing, all participants must remain on pace to complete Oliver Half Iron Triathlon in **8 hours (or as close)**.

Swim 2.0km

Please Note: New Swim Course changes for 2009. See course map for details.

The bike start cut-off time is **1:10 hour** after the final wave start. All participants should have the ability to swim 1.2 miles in open water in 45 minutes. We will not stop anyone after the swim if they are feeling fine and ready to ride in a reasonable time, even if they drift past an hour. The cut-off time is posted in case for example a hypothermic swimmer waits an hour in a blanket and then decides to ride. We cannot support a rider who is an hour behind the pack!

Bike 93km

Due to concerns from entrants, we will extend the bike course cutoff time to **5:15 after the final wave start**. The run course sweeps will leave approximately 15 minutes after the last runner departs.

You will be stopped due to cutoff times if:

- Race staff deems you in no condition to continue
- You are far behind the next to last athlete

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

We will be opening up these intersections to normal traffic flow in advance of a rider pushing the edge of the cutoff time. This means you may find yourself having to obey traffic laws at the busy intersections of 79th street and 93rd street (opening at 1:00pm). A race vehicle will proceed at cutoff time pace to inform you of your position and open the intersections.

Run 21km

There will be a run course cut-off time at the run turnaround (10.5Km) **at 6:45 after the final wave start**. No one will be allowed to proceed with the second loop of the run after the cut off. The official race finish is 8:00 after the final wave start.

We want everyone to finish the race. Like last year, we will try and keep our run course aid station open as long as possible. While completing the event is of paramount importance to all athletes, you must heed this rule out of concern for your fellow competitors, race staff, public servants and members of the communities who generously welcome this event to their roads and trails.

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. Results will be posted on the side of the washroom building at Rotary Beach, 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 barbeque, awards and draw prizes post race.

Race Package Pick-Up & Race Expo

Fri., June 4th @ Oliver Parks and Recreation Arena
36003 – 79th Street - Oliver, BC
Time: 2:00 pm - 5:00 pm

Sat., June 5th @ Oliver Parks and Recreation Arena
36003 – 79th Street - Oliver, BC
Time: 12:00pm - 5:00 pm

Pre Race Meeting

Held from 5-6 at Oliver Parks and Recreation Arena at the same site as package pick up.

Bike Check-In

Athletes must check their bikes in on Saturday. Bikes can be checked into transition between 12-5 or 6-7 on Saturday. 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, they will not be allowed into transition.

Bike frame numbers must be put on the bike and may not be altered in any way. These numbers replace the need to wear the bib number on your jersey for the bike.

There is no mandatory bike inspection before the race.

Bike Racks

Bike racks are assigned by number so there is no need to rush into transition. When you arrive at your bike rack please rack your bike by the seat 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 #9-16

2Km RACE START IS 7:30 AM

BLUE SEVENTY Swim Course www.bluseventy.com

Please Note: New Swim Course changes for 2010. Please review swim course map for details.

An open water 2 km (1 loop) swim is held in Tucelnuit Lake. Rotary Beach features a large sandy area for the start and finish. Tucelnuit is usually a calm lake and the course is well marked and we will have a large contingent of swim support staff to ensure your safe completion of the first of three disciplines. Volunteers will be on hand to aid in removing wetsuits in preparation for transition on to the bike.

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.

NOTE: We are continuing with our “WHITE CAP” system, wherein, if you feel you are a weak swimmer, or are anxious about the swim, we will give you a white swim cap which will allow us to keep a closer eye on you! Please ask for a white cap at package pickup if you feel you will need one.

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 Saturday to forecast the likely water temperature on race day and the likelihood of whether wetsuits will be allowed. Expected temp is 20 degrees.

Volunteers will be on hand at the swim exit to strip wetsuits

Swim Waves

There will three AG swim waves this year. Waves will be announced at the pre-race meeting.

The Carp

Watch out for the Tucelnuit Lake jumping carp! Every now and then you will see the carp jump, sometimes completely out of the water as you swim by!

Swim Assistance

You will be escorted throughout the swim by a series of canoeists & kayakers who each cover a particular section of the course in a back and forth sweep pattern. An ambulance with trained EMT personnel will be standing by at the swim start/finish area for the duration of the swim.

93Km Bike Barn / Orbea Bike Course

This course features a challenging bike course with a great deal of variety. The bike starts at Rotary Beach and heads through The Wine Capital of Canada. The 93Km bike route will give you a taste of rural Oliver with its beautiful vineyards and incredible scenery.

Bike Course

Top section of the course (described below) is 13Km

First & Second loop begin as riders pass Tucelnuit Elementary on Tucelnuit Rd. (40Km each loop)

At the end of the second loop, you've now ridden the top section of the course three times; riders turn right on 370th and return to transition.

TOP SECTION

Leaving transition rider's ride south along 81st to the end, turning left on 366th Ave. and then a quick right at 79th Street. Riders then ride along 79th street and across the Fairview Bridge. Just over the bridge at 79th & 93rd (at the Regional Library) street riders turn right. Competitors ride north along 93rd street until it joins Hwy 97. Merging on to Hwy 97 cyclists ride North along the highway crossing McAlpine bridge and turning right on Tucelnuit Drive. Cyclists ride along Tucelnuit Drive as they ride south towards Tucelnuit Lake. Passing the lake and around the corner is the first aid station (13Km mark).

Riders now do two full loops

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 you mount and dismount your bike. 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.

NOTE: Pacing of cyclists by vehicles and/or other cyclist and coaches will result in disqualification and affect your ability to race with us in future.

Bike Bottle Exchange

There are 2 aid stations on our bike course located at 14/54KM and 38/78KM. Each aid station will have bottled water and Gatorade as well as bananas. The Gatorade and the water bottles are a sport top style that you twist and then drink from.

Please discard all empty bike bottles and sports nutrition wrappers at the aid stations. Red apple bins will be placed at the end of each aid station to discard bottles. This will make our clean-up efforts much easier. Discarded bottles or gear will not be returned after the race. Please do not discard items other than at aid stations.

Course Safety

The roads used for the Oliver Half Iron 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.

The cattleguards on Black Sage Rd. will be covered on race day and there will be signage posted to warn athletes. Athletes must cross the cattle guards single file and any athlete who crosses the center line will be disqualified as per TRIBC rules.

Noise & Wildlife

Remember that you are riding by orchards and vineyards out on the bike and run courses. Do not be surprised if you hear what you think is a gunshot. The vineyards and orchards sometimes use small air cannons to scare away the birds.

This is a rural bike course so keep your eyes open for any wandering livestock!

21KM

FRESH AIR EXPERIENCE/NEW BALANCE Run Course

Run Course

Runners exit the transition heading North along 81st Street as it becomes 372nd Ave. At 87th Street runners turn left and run to the end of 87th. At the end of 87th runners turn right and run across the gravel to the Dyke right of way path. Turning right on to the path runners now run North for approx. 600m to and over the bridge pathway across the river. Passing the aid stations runners turn right after crossing the bridge as they run north along the Oliver Hike & Bike Path to the first turnaround point. A timing mat will be placed at the turnaround on the Hike & Bike path to ensure each athlete completes the entire run course. Around the turnaround point runners now run back south towards the bridge. Runners run past the bridge and down to the end of the path at Fairview. At Fairview turn left over the main pedestrian bridge across the river (approx. 50m) and then left on to the dyke-right-way path (approx. 300m). At this point you'll turn right and run across the gravel past the aid station and back along 87th towards transition retracing your route out. You must complete the entire course and circle the traffic cone just above transition at the run turnaround before heading out for your second lap.

Course Rules

It is mandatory that the bib number is worn on the front of your body for the run course.

NOTE: Pacing of runners by friends, coaches and/or athletes who have already finished or dropped out of the event will result in disqualification and affect your ability to race with us in future.

NOTE: MP3 players and headphones are NOT allowed on the course and you will be disqualified and affect your ability to race with us in future.

Aid Stations

Each station will be stocked with Water, Gatorade, Fruit and flat Pepsi and Hammer Gel.

There are 4 aid stations on the run course located roughly every 1.8Km and service runners headed in both directions.

1. Outside Transition – You will pass this aid station when you start the run and as you turnaround for your second lap.
2. 372 Ave & 87th Street – Just after you turn left on to 87th there will be an aid station
3. End of 87th Street
4. On the Hike & Bike Path at the bridge crossing – Athletes will pass this aid station as they come over the bridge and head north to the turnaround and on the way back as they run south to the end of the Hike & Bike Path.

Massage

We will strive to have as many massage volunteers as possible on race day. Please be patient if you are waiting and there will be a sign-up sheet so you will be called when your spot becomes available. Massage will be located in one of the side rooms at Parks and Recreation to allow our volunteers and athletes to be able to relax during the treatment without all of the noise.

POST RACE LUNCH & AWARDS

The post race lunch and awards will take place at Oliver Parks & Recreation. Lunch will begin just after 12. Once again, family and friends are invited to have lunch with you and will be available by donation for family and friends while athletes show their race band at lunch. We would like to thank the members of the Oliver Rotary Club for helping us with the athlete lunch again this year.

The pool, showers and hot tub will be available to use at the Parks and Recreation Center from 12:00-5:00pm so please feel free to use the facilities. We have rented them for that time so your athlete band will give you admission.

Awards are scheduled for 3:30. IMC spots will be announced after the awards.

Please NOTE: Security will be in transition until 7:00pm on Sunday night so that you can go to the awards and lunch at Parks and Recreation without having to load all of your gear before you go. Just remember to keep your athlete band on until you have had lunch and removed all of your gear as you can't do that without the band to identify you.

IMC SPOTS

The allocation of our 35 Subaru Ironman Canada spots for 2010 is as follows:

Male:		Female:	
1	M19-24	1	F19-24
2	M25-29	2	F25-29
2	M30-34	2	F30-34
3	M35-39	2	F35-39
4	M40-44	3	F40-44
3	M45-49	2	F45-49
2	M50-54	2	F50-64
2	M55-59		
2	M60-79		
21	Total Male Spots	14	Total Female Spots

If you are successful, you must have cash, certified cheque, or money order made out to **Outback Events** at the time of acceptance.

The IMC fees for 2010 are \$550.00 (pending). If you are not present to accept or decline at the time your name is called, your name will be removed from the list and the spot will roll down one place.

Note: Any unused spots in a particular age group will be included in the lottery

Summary of TRIBC Rules:

Triathlon Canada competition rules govern all sanctioned races in British Columbia. These rules are outlined in the summary below.

II. GENERAL CONDUCT OF COMPETITORS

Competitors will:

- a) Practice good sportsmanship at all times
- b) Be responsible for their own safety and the safety of others.
- c) Treat other competitors, officials, volunteers and spectators with respect and courtesy.
- d) Inform race officials after withdrawing from the race.
- e) Be responsible for knowing and staying on the course.
- f) Not have bare torsos, headsets, headphones or glass containers on course.

III. DISCIPLINE OF COMPETITORS

1. Warning

- a) It is not necessary for an official to give a warning prior to issuing a more serious penalty. The purpose of a warning is to proactively alert competitors to possible rule violations.
- b) Warnings may be given when:
 - A rule violation appears unintentional and can be corrected after a warning;
 - A race marshal believes a violation is about to occur;
 - No advantage has been gained.
- c) Warnings will be given by being shown a yellow card. The competitor must stop when safe, dismount with both feet on one side of the bicycle, and raise both wheels off the ground at the same time. The official will then tell the competitor to “GO”, and continue in a safe manner. A time or deferred penalty may be issued for safety reasons.

2. Disqualification

- a) A competitor may be disqualified for:
 - Failing to follow the prescribed course;

- Blocking, charging, obstructing or interfering with another competitor;
 - Accepting assistance from anyone other than race officials; illegal equipment;
 - Not wearing their unaltered race number provided in the proper way;
 - Using abusive language or behaviour, or unsportsmanlike conduct;
 - Wearing items deemed a hazard to oneself or others (*i.e.* a cast, headphones, etc.).
- b) Is assessed by sounding a whistle, showing a red card, and calling the competitor's number.
3. Suspension
- a) A competitor can be suspended for unsportsmanlike conduct, etc.

IV. SWIMMING CONDUCT

1. Rules
- A competitor may stand on the bottom or rest by holding an inanimate object such as a buoy, but there must not be any forward progression (e.g. walking or dolphining).
 - In an emergency, a competitor should raise an arm overhead and call for assistance. Once official assistance is rendered, the competitor must retire from competition.
2. Equipment
- a) A competitor must wear the swim cap provided by the race organisation.
- b) If weather conditions dictate, wetsuits may not be allowed.
3. Illegal Equipment
- a) Artificial propulsion devices (*i.e.* fins, socks, paddles, flotation devices, etc.).

V. CYCLING CONDUCT

1. General Rules
- a) Competitors who have established the right-of-way must not block others.
- b) Competitors must obey traffic laws unless otherwise directed by an official.
- c) Bare torsos are not permitted.
2. Drafting

- a) Drafting off another competitor or motor vehicle is forbidden. All competitors must reject any attempt by others to draft.
- b) The draft zone for all competitors in Long Distance Competitions and all age group competitions will be a rectangle 7 meters long by 3 meters wide. The center of the leading 3-meter edge will be measured from the leading edge of the front wheel. A competitor may enter the draft zone of another competitor, but must be seen to be progressing through that zone. A maximum of 15 seconds will be allowed to pass through the zone of another competitor.
- c) If a competitor is unable to pass within the allotted time, they must immediately move out of the draft zone. They may then attempt another pass if they wish.
- d) Draft zones may not overlap.
- e) The vehicle draft zone is a rectangle, 35 metres long by 5 metres wide.

3. Equipment

- a) Bicycles must have the following characteristics:
 - Fairings or devices which reduce air resistance are prohibited;
 - The front wheel may be a different diameter than the rear wheel, but must be of spoke construction. Covers are allowed on the rear wheel;
 - Handlebar ends must be plugged, tires well glued, headsets tight, and wheels true;
 - There must be a well-functioning brake on each wheel.
- b) Bicycle helmets are compulsory.
 - The helmet must be approved by an officially recognized testing authority (ANSI or Snell);
 - Alterations to the helmet are forbidden;
 - The helmet must be securely fastened at all times when the competitor is in possession of the bicycle;
 - Headsets, headphones, and glass containers are forbidden.

VI. TRANSITION CONDUCT AREA

1. General Rules

- a) All competitors must have their helmet securely fastened from the time they remove their bicycle from the rack at the start of the cycle until after they have placed their bicycle on the rack at the finish of the cycle.
- b) Competitors must use only their designated bicycle rack, and rack their own bike.
- c) Competitors must not impede the progress of other competitors in the transition area.
- d) Competitors must not interfere with another competitor's equipment.
- e) Competitors must mount and dismount their bicycle at the designated area or line.
- f) Cycling is not permitted in the transition area.
- g) Nudity or indecent exposure is forbidden.

For a complete copy of the Triathlon Canada Rules, please view the following link:

<http://www.outbackevents.ca/Cultus%20Lake%20Tri%20Web/images/Course%20Info/TRICANADA%20Rules%202008.pdf>

LOCAL RESTAURANTS

Please note: It is recommended that all athletes make reservations before going to dinner in Oliver to better equip the local restaurants for the number of people in town on this weekend. This will help cut down on wait times and help provide great service.

OLIVER

Almerio's Family Pizza at #5 - 34836-97th St

Great pizza and pasta. Call 498-6610 as Almerio's has limited seating.

Cock N' Bull Cappuccino Bar at 34849 - 97th St

The place to go for breakfast and coffee. Famous for a great breakfast bagel and a killer lunch lasagna.

Inkameep Canyon Restaurant at 37041-71st St.

Located at the Inkameep Canyon Golf Course on Tucelnuit Drive across from Tucelnuit Lake. The restaurant has a balcony overlooking the lake and also serves breakfast race morning if friends want to watch the race from their patio.

Call 250 498-2880 as reservations are required.

www.inkameepcanyon.com/

Savvios

Savvas Gavrillidis

Located at 34646-97th St, Oliver. Savvios is a new Greek and Italian Restaurant with authentic Greek and Italian Cuisine.

Call 250-498-4418 to make reservations

OSOYOOS (16Km South of Oliver)

Diamond Steak & Seafood House

Gus & Maria Tsigonias

Located at 8903 Main St., Osoyoos. The Diamond serves incredible pasta and provides excellent service. Seating capacity of 225.

Call 250-495-6223 to make reservations

Campo Marina – Authentic Italian at 5907 Main St.

Mike Oran

Located on Main Street towards the Windmill. Another incredible pasta spot.

Call 495-7650 for reservations

Osoyoos Pizza Factory

John or Sanai Peyman

Located at 8115 Main St and is the pizza favorite of Outback Events

250-495-2033

Osoyoos Golf & Country Club

Randy LaRoche - Manager

12300 Golf Course Dr.

Call the Restaurant at 250-495-7118

www.golfosoyoos.com

GOOD LUCK & HAVE A FUN, SAFE RACE!