



Cowichan Challenge Triathlon

RACE DAY INSTRUCTIONS

STANDARD BIKE COURSE (RELAY & AQUABIKE)

- *Walk bike out of transition
- *Mount bike where marshals instruct you to mount.
- *Ride out of park on Poplar Road noting two speed bumps as marked.
- *Be aware of pedestrians, other cyclists and runners. Park is closed to vehicular traffic but open to the public, spectators and other participants.
- *At Fuller Lake Road, turn left under the guidance of professional road marshals.
- *This short stretch of road is shared with Runners that may be on the south side.
- **THE REMAINDER OF THE BIKE COURSE IS OPEN TO TRAFFIC. *It is your number one concern to ride safely and be aware of all traffic, pedestrians, animals, farm vehicles, horse carriages or any other natural hazards on the roadways. Always ride according to the road conditions. Expect the unexpected.***
- *Turn left onto Cottonwood Rd. (be mindful of vehicles parked to the right)
- *Turn right onto Crozier Rd.
- *Turn right onto Chemainus Rd. noting cones to guide you into the right bike lane.
- *Be cautious of railway crossing and continue over bridge on Chemainus River.
- **STAY STRAIGHT at Crofton Rd. intersection (DO NOT TURN LEFT AS IN PAST YEARS)**
- **THE NEXT TWO KILOMETERS ARE EXTREMELY ROUGH ROAD!!**
 - *SLOW DOWN AND KEEP TO THE RIGHT
 - *USE EXTREME CAUTION HERE! Plan to make up time in your ride elsewhere on the route. Everyone will ride this stretch so it is a level playing field.
- *Your number one concern is your own safety, not racing through this section!**
- *Stay straight on Westholme Road past Mt. Siker Road. Be cautious of railway crossing and bridge. Welcome to your first big climb!
- *At top of hill, note the Sprint turnaround at Emerald Place with two traffic controllers.
- *Continue on Westholme Road, past Richard's Trail on your left.
- *Follow Westholme Road to the top and make a safe turnaround to continue back down.
(Please note: if you are a slower cyclist you may be asked to yield at the bottom of Bell McKinnon Road, if the lead cyclists are already around the route and coming down the hill: Please cooperate with marshals for your own safety!)
- *As you return on Westholme Road you will make a right hand turn half-way up a steep hill onto Richard's Trail. Please note it is shady & wooded here so use caution.
- *Follow Richard's trail and enjoy the spectacular scenery. This is a narrow winding, rolling-hills, country road with steep banks and some potholes. Be cautious of livestock and farm vehicles. You will encounter your second big climb here!
- *Turn right onto Herd Road and take note of the cones to guide you into the bike lane.
- *Stay straight on Herd Road and enjoy your third big climb!
- *Turn right onto Bell McKinnon Road: this comes up quickly so be prepared!

- *Stay on Bell Mckinnon Road and enjoy the climb to the top. You will have a steep descent followed by a sharp right hand turn back onto Westholme Road. *Control your speed so that you can navigate the turn safely!*
- *Return on Westholme Road back up to the top of the hill (passing Richard's Trail on your right) That was your last big climb!!!
- *Carry on back to Fuller Lake park along Westholme Road, noting bridge and railway crossing.
- **You will encounter the same rough road for 2 km. Slow down and ride sensibly!*
- *After crossing the bridge over Chemainus River you will have good road to make up time! Note railway crossing.
- * Stay STRAIGHT at Crozier Road. **(DO NOT TURN LEFT AS IN PAST YEARS)**
- *Continue on Chemainus Road, noting railway crossing.
- * At the Round-About you will have two professional road marshals to assist you
- *Complete a full turn in round-about and head back towards Fuller Lake Park, noting railway crossing.
- *Turn right onto Crozier Road and continue to top of hill, turning left onto Cottonwood Road (watch for any local traffic here)
- *Turn Right onto Fuller Lake Road
- *Turn Right onto Poplar Road at the park entrance.
- *Be aware of pedestrians, spectators, and two speed bumps.
- *Be prepared to stop and dismount bike safely at marshal's instructions!
- *Enter transition area with caution and rack bike in designated spot.
- *Only undo bike helmet, once your bike is safely racked.
- *Congratulations! You completed the very challenging Cowichan Challenge bike route!
- *Good luck on the run!