

Welcome Cowichan Challenge Triathlon & Aquabike Participants:

Ceevacs Roadrunners are very excited to be offering the Cowichan Challenge again this year, after a year off to re-group and re-organize. The Cowichan Valley is just too beautiful to not have a triathlon! We have worked hard to provide a challenging and safe course at the Sprint and Olympic distances, and we hope you enjoy the Challenge!

Please find attached, specific race day instructions. Please read these carefully for your own safety! Please see below for some extra noteworthy information:

1. All participants, spectators must park at Fuller Lake Arena Parking Lot and walk into the park. Do NOT park on YOUR course! Allow extra time to walk your bike and equipment over.
2. This race is only possible with the help of many volunteers from Ceevacs Roadrunners and other volunteer organizations. Please remember that volunteers are doing the best they can and want you to have an awesome experience. Thank them!
3. We are generously supported by: Cycle Therapy, Frontrunners, and Wilderness Kayaking, and many small businesses in our community. In turn, we have chosen to support KidSports BC with a portion of your entry fee.
4. Please print off any course maps you might need before arriving. In an effort to save paper we will not be providing them in each race package.
5. The adhesive bicycle seat post number must be attached to your bike with the number visible from both sides, before entering transition. Take your running race number with you to the body marking station to ensure that you are marked correctly. You will not be able to remove your bike from transition if these numbers do not match.
6. Please read the following Race Day Instructions carefully. These are in lieu of an official athlete meeting. If you still have questions contact us at cowichallenge@shaw.ca or enquire at the Registration Table. The Race Director will be available on site from 6:00 AM onwards.
7. Please have a safe and fun race and Challenge yourself. We look forward to seeing you and a friend next year!

Robin Taylor
Race Director
Ceevacs Roadrunners