



Cowichan Challenge Triathlon

RACE DAY INSTRUCTIONS

NO DOGS IN PARK!!!

Park at Fuller Lake Arena. Allow a few minutes extra to walk in. Do not park on roads this is where you race!

Already have your package? Take bike directly with bike label attached into transition. Take your bib race number to get body marked....

CHECK IN race day: from 6:35am-7:35am Pick up race package Bike must have bike label with race number on it to get into transition. Place numbered bike label on frame visible from side; place helmet stickers on helmet. Put bike into transition then take your race number and get body marked.

Don't forget your timing chip...it is to be worn on your ankle throughout the entire race. Do not alter it.

Teams have a Velcro timing band worn on the ankle that is passed to the next relay member at the bike and the run

1. SWIM Please wear colored swim cap provided.

Main, Relay teams & Aquabike: Be at the waters edge at 7:45 for pre race talk. **Swim starts at 8:00**

Your swim starts in the water, from left of dock and is a large **triangle X2**. Keep the buoys on your right at all times. **It is your responsibility to count two laps of the swim!**

Sprint: You start after the main start: Be at the waters edge at 8:00 for pre race talk. **Swim starts at 8:10**. You start in the water on the left of the dock and swim **ONE triangle** keeping the buoys on your right at all times.

Wetsuit Wave if NO Wetsuits: If Tri BC determines that it is a non-wetsuit swim you will be given the opportunity to do a participation wave with wetsuit at **8:15**. You will not be eligible for age group placing.

For all swimmers:

1. If you need assistance, put your arm up and a kayak will assist you, you may hold on until you are ready to go.
2. Exit the water and run up to transition.

2. BIKE Race number bike label must be visible from side; Helmet label visible from front.

MAIN & AQUABIKE & SPRINT FOLLOW THE SAME ROUTE until the turnaround on Westholme Road at Emerald Place. The sprint will turn around and go back the same route, **PAST CROZIER ROAD (DO NOT TURN LEFT HERE) TURNING SAFELY AT THE ROUND-ABOUT AND HEADING BACK TOWARDS FULLER LAKE PARK.** (See detailed instructions)

The **MAIN** event will continue on to Westholme road to the end turn-around, back to Richard's Trail, Herd Rd., Bell-McKinnon Rd. and back onto Westholme Road to return the same route, **PAST CROZIER ROAD (DO NOT TURN LEFT HERE) TURNING SAFELY AT THE ROUND-ABOUT AND HEADING BACK TOWARDS FULLER LAKE PARK.** (See detailed instructions)

Safety is YOUR NUMBER ONE CONCERN:

****Walk your bike in and out of transition, mounting only where indicated.**

****Helmets** must be done up at all times while in possession of your bike.

****The roads are open to traffic; keep to the shoulder, and obey traffic controllers at all times.**

**** Be sensible and ride according to the road conditions!!**

****Tri BC rules apply at all times: It is your responsibility to be familiar with them.**

No glass containers, headsets, headphones or technical earplugs or any other electronic listening/communication devices are allowed. (mobile phones may be carried in a pocket, but shall not be used on the field of play)

You will need your race # to get your bike in and out of transition for security reasons.

3. RUN Race number provided must be worn on front during the run.

No glass containers, headsets, headphones or technical earplugs or any other electronic listening/communication devices are allowed. (mobile phones may be carried in a pocket, but shall not be used on the field of play). No nudity or bare torsos.

MAIN & Relay: event runs out of the park on a trail and down to **ARENA** for **TWO LAPS** of the trails behind the Arena. Obey professional traffic Control guards when crossing Fuller Lake Road. On the East side of the trail loop you will do a short out and back on **EACH** loop. **IT IS YOUR RESPONSIBILITY FOR COUNTING YOUR LAPS....AFTER COMPLETING YOUR SECOND LAP HEAD BACK TO FULLERS LAKE PARK FINISHING ALONG THE PARK ROAD.** There will be marshalls on the course and it will be marked. There is 1 water stop. The main will pass by it 2 times and the Sprint once.

SPRINT: Runs out of the park on the trail, out to the same trail behind the arena and does one lap of the trails and back to the park for the finish. Sprint does **NOT DO THE OUT & BACK ON THE EAST SIDE.**

Please return your timing chip after crossing the finish line and receive your AWESOME FINISHER MEDAL!!

Safety is YOUR NUMBER ONE CONCERN:

****The running trail is shaded/sunny forest. Dark sunglasses are not recommended.**

****If wearing a hat with a brim be aware of low hanging branches.**

****Trail is twisty and has roots and rocks as natural hazards. Run according to your own ability.**

****The short stretch of Fuller Lake Road is shared with traffic and bikes. **RUNNERS MUST KEEP TO THE SOUTH SIDE of FULLER LAKE ROAD, BOTH OUT AND BACK** and obey traffic guards at all times.**

Thank You for participating in the Cowichan Challenge Triathlon! WE HOPE YOU HAD A
FUN & CHALLENGING EXPERIENCE!
SEE YOU NEXT YEAR!

For more race information go to our website: www.ceevacs.com

If at any time you decide to withdraw from the race, please inform the race timer.

