



DYNAMIC **RACE EVENTS**

2017

Westwood Lake
ATHLETE INFORMATION GUIDE
Sprint & Standard Races



As Race Director, I welcome you to Nanaimo for the 2nd annual Westwood Lake Triathlon.

Whether you're one of the many returning visitors to the area or are experiencing the beauty and hospitality of Vancouver Island for the first time, we hope that your stay is an enjoyable one. We hope that you have a successful race day and accomplish what you set out to do while still managing to take some time to appreciate and enjoy the many great things the area has to offer.

No race is possible without the support of a community, especially from those that have come out to support us. I encourage you to share your thanks with the volunteers during your race as they help you reach your goal. Wishing you all the best and have a safe race.

Sincerely,

Joe Dixon
Race Director
Dynamic Race Events

Angie Woodhead
Athlete Services
Dynamic Race Events

Schedule

Saturday, May 13th

2 pm – 5 pm Package Pick Up at Westwood Lake Park

5 pm – 5:30 pm Pre-Race Meeting at Westwood Lake Park

Sunday, May 14th

6:30 am Transition opens

6:30 am Coffee available at Food Trailer for spectators

7:50 am Pre-race briefing for athletes at swim start entrance

8 am Race Start is 8:00 am at Main Beach at Westwood Lake

9:30 am Post-Race Pancake Breakfast starts near Main Beach

11:30 am Awards Ceremony



REGISTRATION

PLEASE NOTE: Please print off any course maps you might need as we will not be having maps in packages in an effort to try and conserve paper. Packages must be picked up on Saturday and Sunday during scheduled times.

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 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 \$15 fee as per TRIBC. ***NOTE: You will be able to pay day-of-race fees with either Visa or MasterCard this year at registration! Cash is also accepted – NO DEBIT!***

Wristband

A wristband with your race number on it 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 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. This number is in place of you having to wear a number on your back.
- The run number must be displayed during the run segment on the front of your body. This number does not have to be worn on the bike. Your bike frame number identifies you to race officials.

Pre-Race Meeting

Held from 5-5:30 pm on Saturday at Westwood Lake Park, the same site as package pick up. We will review the schedule of events and each portion of the race. Please save your questions until after the meeting when race staff will be available up front to answer your questions. There will also be a quick briefing at 7:50 am race morning at swim start entrance.

Transition

Transition will be at Main Beach Parking Lot at Westwood Lake.

Bike Check-In

Bike check in is race morning.

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.

NOTE: Bike frame numbers must be put on the bike before check in. These numbers replace the need to wear the bib number on your jersey for the bike.

BIKE FRAME NUMBERS MAY NOT BE ALTERED, CUT, OR TRIMMED IN ANY WAY. THIS WILL RESULT IN A PENALTY TO ANY ATHLETE THAT DOES THIS.

There is NO mandatory bike inspection before the race.

Timing Chips & Race Timing



Timing chips will be provided to you at the timing tent just outside transition for pick up race morning. 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.

If you lose your timing chip race morning or after the swim portion see the timers who will be at the swim start/finish. If you have any timing issues post-race please see them at the timing tent at the finish line.

Body Marking

Body marking has been replaced by race tattoos. Each athlete is responsible for putting on their race number tattoo before the race and the **MUST** be applied before you will be given access to transition.

Race Day Parking

Parking is available:

- 1) Athletes may park at Westwood Lake race morning
- 2) Athletes and family can also park at the property on the right hand side just before the Park entrance as it is owned by the City of Nanaimo.



PLEASE DO NOT PARK ON THE COURSE.

- 1) On either side of Westwood Rd or
- 2) Arbot Road on the south side of the street as this is the route the bikes return back to the lake.

Transition Area Access – Opens at 6:30am

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.

NOTE: (No, please read this!) You will not be allowed to remove your bike and gear from the transition area to reclaim your bicycle and gear until 10:30 unless otherwise directed by race officials.

Family & friends are NOT allowed in transition

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. Do not leave your rack without your helmet strap done up going out and leave it done up until at your rack.

Please remove all of your personal items and any garbage before leaving transition at the end of your race day.

Medical Care

Medical care will be available to participants requiring major medical attention and are onsite to deal with major medical issues.

We will have St Johns Ambulance at the Finish Line race morning dedicated to the event. Members of St Johns Ambulance are also scheduled to be out along the run route as well.



Swim Course

RACE START IS 8 AM SPRINT & 8:05 AM STANDARD

Open water clockwise swim course is held in Westwood Lake. Wave starts and times will be given at the Athlete Meeting and swim caps are colored by wave.

Sprint	750 m one Loop
Standard	1,500 m two loops

Westwood Lake Main Beach features a large sandy area for the start and finish. Westwood Lake 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. The two corners of the triangular course will be marked with large yellow buoys while the course buoys will be orange.

Swim Cap

The silicone 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! We will have a small number of white caps available so please ask for a white cap at package pickup if you feel you will need one.

Wetsuits

The use of wetsuits during the swim is mandatory. A water temperature measurement will be conducted on Saturday to forecast the likely water temperature on race day. TRIBC will take the official race temperature race morning and an announcement will be made at that time. Expected temp is 16 degrees. Please do not email us race week asking for water temperature.

Wetsuits ARE mandatory for the swim. Booties and gloves (non-webbed), have been approved by TRIBC. There will not be wetsuit strippers.

****NOTE** The lake temperature will be provided race morning by our TRIBC Official. We know that as an athlete you are concerned about the lake temperature for race day and we cannot respond to water temperature emails.**

In the event that TRIBC notifies us race morning that a swim is not allowed due to air and water temperatures we have a Duathlon option planned out.

Swim Assistance

You will be escorted through the swim by boats and paddle boarders who each cover a particular section of the course. EMT personnel will be standing by at the swim start/finish area for the duration of the swim for anyone needing medical assistance. Members of Nanaimo Search and Rescue will be out on the course.



NANAIMO SEARCH AND RESCUE
Serving the Regional District of Nanaimo



THE ARMS RACE – SLEEVED TRISUITS VS SLEEVELESS TRISUITS



Your trisuit will be the only piece of gear that will stay with you from the start line to the finishing chute, so it's well worth the time and research to choose the right suit for you. Sleeves are one factor that weighs heavily on the triathlete's choice of trisuit. It might be a case of traditional vs. modern, minimalist vs. more-is-better, or it can depend on the course and the conditions – each have their advantages.

ONE PIECE OR TWO?

Tri suits are available in one or two-piece, and 2XU offers two-piece options for both men and women for the Active, Perform, Compression and GHST trisuits. One-piece trisuits have clear advantages for shorter-course racing, while two-piece suits have advantages for longer triathlons. Separate tops and shorts are more practical in general for training, while one-piece suits are usually saved for racing and transition training.

Here are the advantages of each option:

One-piece

- Fabric sits smoother and tighter with less bulk, so it will be more aerodynamic

and hydrodynamic.

- No problem with top riding up or shorts slipping down – you don't want sagging shorts in aero position!
- Less seams, so less risk of chafing.
- Avoids the gastric distress and/or chafing that can come from a tight waistband on shorts.
- Better sun protection – gaps between top and shorts may require sunscreen when wearing a two-piece.

Two-piece

- A lot easier and faster to take a toilet break! This will usually only apply to longer races and training sessions.
- A two-piece can feel less restrictive for some people.
- They allow more natural body cooling.
- Two-piece suits are more versatile – you're more likely to use the shorts and/or top during training.
- If you don't like wearing a tri top under a wetsuit, you can simply wear the shorts alone then put the top on at T1.
- More options to match garments to your taste – e.g. the 2XU Compression Tri
- Shorts might be your favorite, but you might find that for the upper body, the 2XU GHST Tri top works best for you.

Find out more at 2xu.com/ca or email inforcanada@2xu.com for any questions.

Bike Course

Sprint 20 km
Standard 38.5 km

This course features a challenging bike course with a great deal of variety. Both courses do the same initial 10 km section.

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!

We wish all the athletes a wonderful, safe race day... please don't forget while you are out on the course that your day wouldn't be happening without all the wonderful volunteers, many of whom have returned year over year to help at this race, so please while you are out there, [THANK a volunteer!](#)

Coal City Cycles crew will be outside transition race morning offering bike tech before race start for any last minute assistance.

Course Safety

Roads used for the Westwood Lake Triathlon are open to traffic. Be aware of your surroundings, obey the instructions of the traffic control officers and volunteers, please follow the Rules of the Road and be considerate of others during 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.

Athlete bib numbers and bike racks are numbered according to your age groups to create the fairest means of space allocation.

Example:

Rack 1 #1 – 8

Bikes 1,3,5,7, are on one side of the rack and bike 2,4,6,8 are located on the other side.

Bikes do NOT have to be in exact sequence order, just on the correct side of the rack.

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

Run Course – Counter Clockwise loop of the Lake

Sprint	One lap 5.2 km Course
Standard	Two Lap 10.45 km Course

Runners exit the transition area out of transition heading right towards the Finish Line out along the paved path.

Run 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. 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.*

RUN AID STATIONS

Each station will be stocked with Water and F2C Nutrition Sports drink

There are two (2) aid stations on the run course located roughly every 2.5 km.

F2C Nutrition – Official On Course Sport and Recovery Drink for Dynamic Race Events



F2C Nutrition is an athlete focused, science driven sport nutrition company, supporting athletes by delivering premium quality, clean products. We believe nutrition education is key to an athlete's optimum performance and success. F2C Nutrition is Informed Sport Certified. F2C Nutrition products carrying the Informed Sport Logo undergoes rigorous testing and assures athletes that every batch of our product is tested for substances considered prohibited in sport by the World Anti-Doping Agency (WADA). Learn more about F2C Nutrition at f2cnutrition.com. Follow F2C Nutrition on [Facebook](#), [Twitter](#) and [Instagram](#).

SPORT & RECOVERY Drink Line Up



F2C NUTRITION ON COURSE

HYDRA-DURANCE™

On the run course for all races

- Ultra-low osmolality hydration with rapid absorption
- Scientifically developed electrolyte blend
- Real fruit flavoring, no artificial colors or preservatives



F2CTM
NUTRITION

Official On Course
Sport & Recovery Drink



DYNAMIC
RACE EVENTS

TRAINING PACK



HYDRATION
3:1 CARB TO PROTEIN RATIO
RECOVERY SUPPORT FORMULA
CHOCOLATE
1.8 L (50g)

REHAB 3:1
PROTEIN & RECOVERY RANGE
3:1 CARB TO PROTEIN RATIO
RECOVERY SUPPORT FORMULA
CHOCOLATE
34g (5g / 100g) / 100g (approx)

GLYCO-DURANCE
ENHANCED RANGE
GREEN APPLE
1.8 L (50g)

Use code DYNAMIC2017 for 15% off

Purchase the On Course Training Pack for 15% off and receive a free t-shirt and two F2C water bottles

Porta-Potties

There will be toilets at Transition and at Finish that you will pass as you go to the swim start.

Each aid station on the run will have toilets. Please try and refrain from any public urination and any other bodily functions on the 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.

Course Cut-off Times

Due to restrictions of municipal permits, race insurance and volunteer staffing, all participants must remain on pace to complete Westwood Lake Triathlon in 4 hours.

Swim

The swim course cut-off time is 1 hour after the final wave start. Swimmers need to be out of the water before the cut-off. Any swimmer exiting the water after the cut-off will not be allowed to continue.

Bike

The bike course cutoff time is 2.5 hours after the final wave start.

You may also be stopped by race staff if:

- Race staff deems you in no condition to continue.
- It is calculated by your location, your pace and the distance on the course you are at that you will not finish on time.

We will be opening up these intersections to normal traffic flow in advance of a rider pushing the edge of the cutoff time. A race vehicle will proceed at cutoff time pace to inform you of your position and open the intersections.

Run

Sprint – one lap

Standard – two laps

We want everyone to finish the race. Like at our other events, 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. Please do not cross the timing mat at the finish.

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 with Dynamic Race Events 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 Dynamic Race Events trailer beside transition as they become available throughout the day.

Please check to ensure that your time and age group results are correct as results are posted prior to the awards. Any changes required that are not brought to the attention of the timers prior to the final results being processed before the awards will not be adjusted/changed after and stand as official.

Finish Line

You will be greeted at the finish and receive your finisher medal. Make sure that you give your timing chip to a volunteer after crossing the finish.

Post-race nourishment will be available just past the finish line. Post-race nourishment will include water and F2C product.

F2C NUTRITION POST RACE RECOVERY

Post-race, F2C Nutrition will be providing HydraDurance, Rehab 3:1, PharmaPure and VeganPure, in the recovery area at the finish line. Look for the F2C tent to recover right!

PANCAKE BREAKFAST

Athletes receive a post-race pancake breakfast, including hot coffee, which will be served up by our friends at the Parksville/Qualicum Shriners. You will receive a ticket in your athlete kit that is to be used when ordering breakfast.



Family and Spectators can purchase coffee or breakfast race morning!

POST RACE AWARDS

The post-race awards will take place at Westwood Lake and will begin at 11:30 am.

PLEASE NOTE: Security will be in transition until 1:00pm on race day. Please remove all of your items before 1pm.

Age groups awards will go three deep in each age group for each race. Sprint is 10 year Age Groups and Standard is in 5 year Age Groups.

Don't usually stay for awards?

Let us give you just a glimpse of the **DRAW PRIZES** available this year from our amazing partners:

- 2XU Compression clothing
- Race Entries
- F2C Nutrition product
- Great Bear Paleo Bites



Please try and help us be greener! You will find white recycling boxes around the race site for cans and bottles. Please deposit recyclables in these boxes to help us minimize our waste.

RACE RULES

Please check out the TRIBC website to review the race rules. It is each athlete's responsibility to know the rules of TRIBC and of the event.

Triathlon British Columbia sanctions the Westwood Lake Triathlon. 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 of their finish.

An official is slated to speak to athletes at the athlete meeting to discuss drafting zones and race rules.

GOOD LUCK & HAVE A FUN, SAFE RACE!

Joe Dixon & Angie Woodhead