



DYNAMIC
RACE EVENTS

2019

Cultus Lake Triathlon

Sprint & Standard
ATHLETE INFORMATION GUIDE



Welcome!

Our team would like to welcome you to Cultus Lake for the **13th annual Cultus Lake Triathlon weekend.**

Whether you're one of the many returning athletes or volunteers to the area or are experiencing the beauty and hospitality of the Fraser Valley 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 offers.

No race is possible without the support of a community, especially from those that have come out year after year as this race has grown over the last thirteen years.

On behalf of the entire Dynamic Race Events team we wish you all the best for one of the final events of the season, and have a safe race.

Sincerely,

Angie Woodhead
Owner | Race Director
Dynamic Race Events



SCHEDULE

Saturday, Sep 14th

1:00-4:30pm

Transition Open | Bike Check In @ Cultus Lake, Main Beach
Athlete Services | Package Pick Up @ Cultus Lake, Main Beach*
**note – new location for 2019 (previously Cultus Lake Community School)*

3:00-3:30pm

Session 1 - KITS (Kinetic Integrated Therapy Systems)

3:30-4:00pm

Session 2 – KITS (Kinetic Integrated Therapy Systems)

Join us for a quick 30-minute soft tissue and mobility session to work out those kinks from your travel to Cultus Lake. Led by High Performance Coach Matt Fisher, this session will combine dynamic mobility exercises with soft tissue techniques using KITS release balls (which will be supplied for the session) **Each session limited to 40 participants**

5:00-5:30pm

Pre-Race Athlete Briefing (w/ TRI-BC) @ Cultus Lake, Main Beach

Sunday, Sep 15th

5:30am

Transition Area | Athlete Services– open

5:30-6:00am

Race Day Package Pick Up & Bike Check In*

**note – Half Iron & Aquabike Athletes only*

6:00-7:30am

Athlete Services | Race Day Package Pick Up & Bike Check In - All

7:45am

Transition cleared of Sprint & Standard athletes

7:55am

Pre-Race Athlete Briefing for Sprint athletes in the water

8:00am

RACE START – Sprint

Wave 2 (Cap Colour | PINK) | Women

Wave 3 (Cap Colour | BLUE) | Men

8:10am

Pre-Race Athlete Briefing for Standard athletes in the water

8:15am

RACE START – Standard

Wave 4 (Cap Colour | ORANGE) | Women & Relay

Wave 5 (Cap Colour | GREEN) | Men

8:35am

Swim | Cut off – Sprint (& Half Iron/ Aquabike)

**note – athletes must be in transition to start the bike*

9:30am

Swim | Cut off – Standard

**note – athletes must be in transition to start the bike*

9:15 am

Post-Race food service begins

9:45 am

Swim Course – closed*

**note – Standard Athletes cut off at 9:30am*

10:45am

Transition Area bike & equipment removal opens

Bike | Cut off*

**note – all Sprint & Standard athletes must be in transition to start run*

11:00am

Run | Cut off*

**note – all Sprint & Standard athletes must be out of transition to start run*

11:00-11:45pm

Awards | Sprint & Standard Athletes

4:00 pm

Run Course & Finish Area – closed

4:30 pm

Transition Area | Athlete Services – closed

5:00 pm

Event venue – closed

GENERAL INFO

PACKAGE PICK UP

At package pick up you will be required to show picture ID (drivers license or passport) to pick up your package. **NOTE: You may not pick up race package for another individual athlete (except Relays).*

NOTE: NO picture ID = No race package SORRY. NO EXCEPTIONS

If you are not a member of TRIBC and did not send in the day-of-race fee with your registration then you will be required to pay the day-of-race \$16 fee (\$12/relay team member). **NOTE: You will be able to pay day-of-race fees with either Visa or MasterCard this year at registration! Cash is also accepted (PLEASE BRING EXACT CHANGE IF POSSIBLE) – NO DEBIT!**

WRISTBAND

A wristband with your race number on it will be affixed to your wrist at package pick up. This band will identify you as an official participant and must be worn during the entire event. The wristband is required for you access to the transition area.

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 seat post number must be attached to your bike with the race number clearly visible from both sides of the bike.
- 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 seat post number identifies you to race officials.
- The sticker sheet in your athlete kit (sample below) includes:
 - Bike Seat Post Number – It goes around your Seat Tube
 - Helmet Numbers – Front and sides
 - Bag Label
 - Extra number



NOTE: Bike seat post number 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 SEAT POST NUMBERS MAY NOT BE ALTERED, CUT, OR TRIMMED IN ANY WAY. THIS WILL RESULT IN A PENALTY TO ANY ATHLETE THAT DOES THIS AS PER TRICAN AND TRIBC RULES.

GENERAL INFO (continued)

PRE-RACE ATHLETE BRIEFING

Held from **5:00 – 5:30pm** at **Cultus Lake, Main Beach** at the same site as the package pick up. We will review the schedule of events and each portion of the race, as well as any specific updates or changes to what has been outlined in the guide. TRIBC race officials will also be on hand to discuss triathlon rules. There will be a period for questions for all athletes. Additionally, after the meeting has concluded our race staff and officials will be available after to answer questions 1 on 1 (as needed).

BIKE CHECK IN & CHECK OUT

We encourage all athletes, if possible, to **check their bikes into transition early on Saturday 1-4:30pm** rather than race morning, *especially for first time athletes*. We have provided Saturday check from feedback we've received from athletes to help relieve longer lines and some of the stress and anxiety on race morning. Please respect the direction of the volunteers and TRI-BC officials.

If athletes show up at transition to rack their bikes and do not have an athlete wristband, a bike seat post number and race tattoo, and helmet number they will not be allowed into transition. There is **NO** mandatory bike inspection before the race.

NOTE: (No, please read this) You will not be allowed to remove your bike and gear from the transition area until **10:45 am** unless otherwise directed by race officials.

There will be a **BOTTLE FILL AREA** in transition & **PUMPS** from neutral support for those athletes needing water or air on race morning.



TIMING CHIPS & RACE TIMING

Timing chips will be provided to you outside transition on **race morning**. Each chip is encoded with your specific registration data, so do not trade your chip with another athlete! **WEAR THE TIMING CHIP OUTSIDE OF YOUR WETSUIT!**

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 leave transition and realize you are without a timing chip stop at the timing tent at the Finish Line and get one before as you are heading out on the bike or run course. If you have any timing issues post-race, please see them at the timing truck at the finish line.

FINISH WITH NO CHIP = DQ

GENERAL INFO (continued)

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 near the Finish 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.

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.

You will receive two race number (2) Tattoos in your athlete kit. Affix one to each arm, unless you intend on wearing sleeves, then affix one on your calf.

If you are picking up your package race morning, we will have supplies for athletes needing to put on their race number tattoos race morning.

Relay teams – One number is for your cyclist and one number is for your runner, no tattoo is necessary for your swimmer.



PARKING

Cultus Lake is all PAY Parking – STRICTLY ENFORCED

Cultus Lake Park, unlike a Provincial Park, relies on parking fees to help sustain the beautiful public areas 365 days a year. Lot taxes and Sunnyside Campground are their other two revenue streams. Parking is enforced by Lions Parking Ltd. Athletes must ensure that they purchase parking prior to the race or you will receive a ticket notice.

Paid Parking is in effect year-round in all Cultus Lake Park public parking areas:

Lot A - West Side: \$5/hour or \$15/day (May 1-Sep 30)

Lot B - Main Beach: \$5/hour or \$15/day (May 1-Sep 30)

Lot D – Behind the Waterslide: \$5/hour or \$15/day (May 1-Sep 30)

*Lot D is the **PREFERRED** parking lot for RACE DAY, to access continue through the roundabout past the shopping centre and turn left just past the waterslides



ATHLETES – please Park in LOT B or Lot D. Lot B is the parking lot at Main Beach next to transition. Lot D is behind the Water Slides. Please park as directed so that we can maximize space.

DO NOT PARK IN THE SHOPPING PLAZA, YOU WILL GET A TICKET.

THANK A VOLUNTEER!

A portion of your race fees goes towards ensuring that we have lots of volunteers to assist you in having the best race day possible. Groups are paid honorariums for coming out and use the day to fundraise and support a community event.

COURSE CUT-OFF TIMES

Cut offs are in place to ensure that athletes can finish safely and successfully within the prescribed time. Our staff and volunteers want to ensure your safety and the safety of those supporting you. We appreciate random things coming up on race day, and as athletes ourselves a cut off in our eyes is likely a last measure. Our team will provide encouragement (within the rules) if you're getting close, but if needed we will attempt verbal warnings ahead of cutting you off. If you are cut off, depending on the venue we will notify the athlete and likely when they reach transition they will not be able to continue their race, the timing chip is removed, and their race is over for that day. **We appreciate your understanding in advance.**

Specific Cut Off times are dependent on the venue/ activity and listed in each subsequent section and the general schedule.

Again, we appreciate your understanding in advance if we need to cut you off.

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

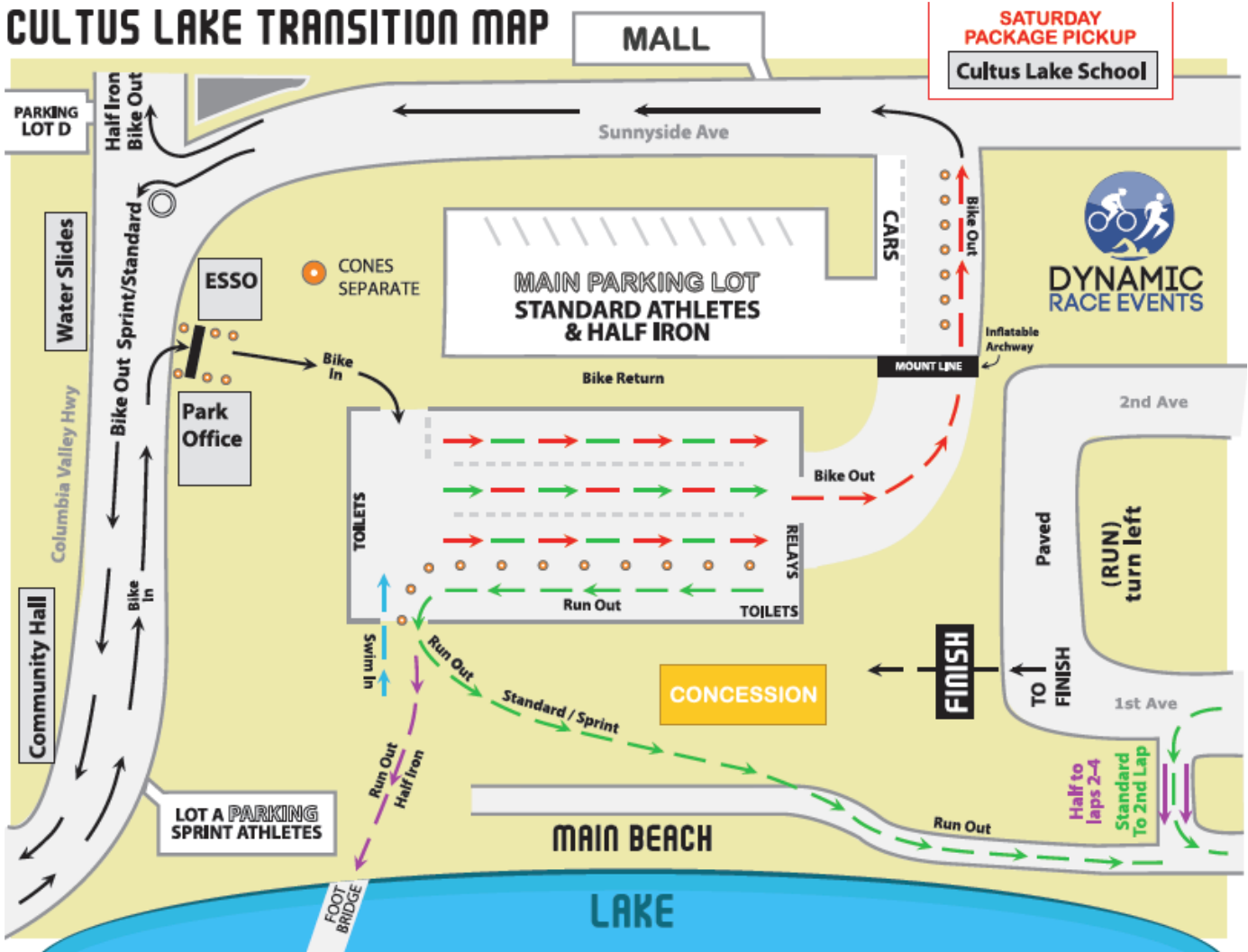
Unsportsmanlike conduct or the verbal abuse of any race official or volunteer during the race or at any time during event weekend will result in immediate disqualification.

MEDICAL CARE

Medical care will be available to participants requiring major medical attention and are onsite to deal with major medical issues. We have a dedicated water safety team, bike and run course assets out on each part of the event. The Medical tent will be identifiable with signage and staff at the Finish Line.

In the event of a SERIOUS medical emergency, call 9-1-1 and notify Event/Medical Staff immediately.

TRANSITION AREA



TRANSITION AREA ACCESS

Only athletes who are wearing their wristband and are body marked with their tattoos will be allowed access. **FAMILY, FRIENDS & COACHES ARE NOT ALLOWED IN TRANSITION** Any bike not properly displaying the bike frame number will be removed from the transition area during the swim.

SATURDAY

1:00pm | Transition Opens
4:30pm | Transition Closes

RACE DAY

5:30am | Transition Opens
8:45am | Swim Cut Off
10:45am | Gear Removal Opens
10:45pm | Bike Course Cut Off
11:00 | Run Course Start Cut Off
5:00pm | Transition Closed

TRANSITION AREA (continued)

TRANSITION AREA CONDUCT

- Do not ride your bike in or out of the transition area.
- 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 your personal items and any garbage before leaving transition at the end of your race day.
- 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.

Please familiarize yourself with the layout and flow of transition on Saturday or on race morning before swim start so you know where you are going from the lake, off the bike and headed out on to the run course.

RACE TIP: WALK YOUR LINES RACE MORNING

What does "Walk Your Lines mean"?

- Walk from transition to swim start
- Walk from swim exit to Transition
- Know where you leave Transition to go to Bike Mount Line
- Know where Bike Dismount is and the route back to transition
- Know run out and where you head as you leave Transition
- Standard Athletes - know where turn to lap 2 is located for the run on 1st Ave
- Know the path to the Finish Line from 1st Ave

LOST & FOUND

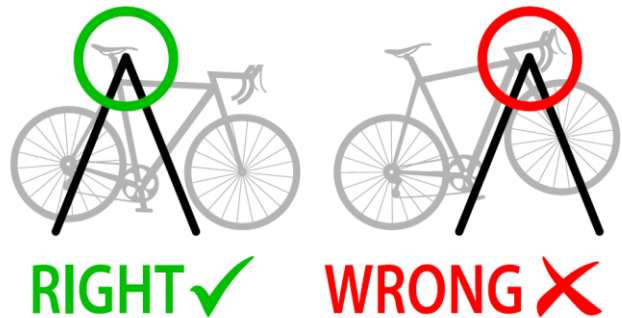
Please make sure that you have all your race items with you when you leave transition.

If you have forgotten an item or lost it during the race check in with the Athlete Services.

If you have forgotten an item and realize it post-race, e.g. Bike Helmet, wetsuit, shoes, we can send these items to you once postage has been paid to cover the cost of shipping, if we find it.

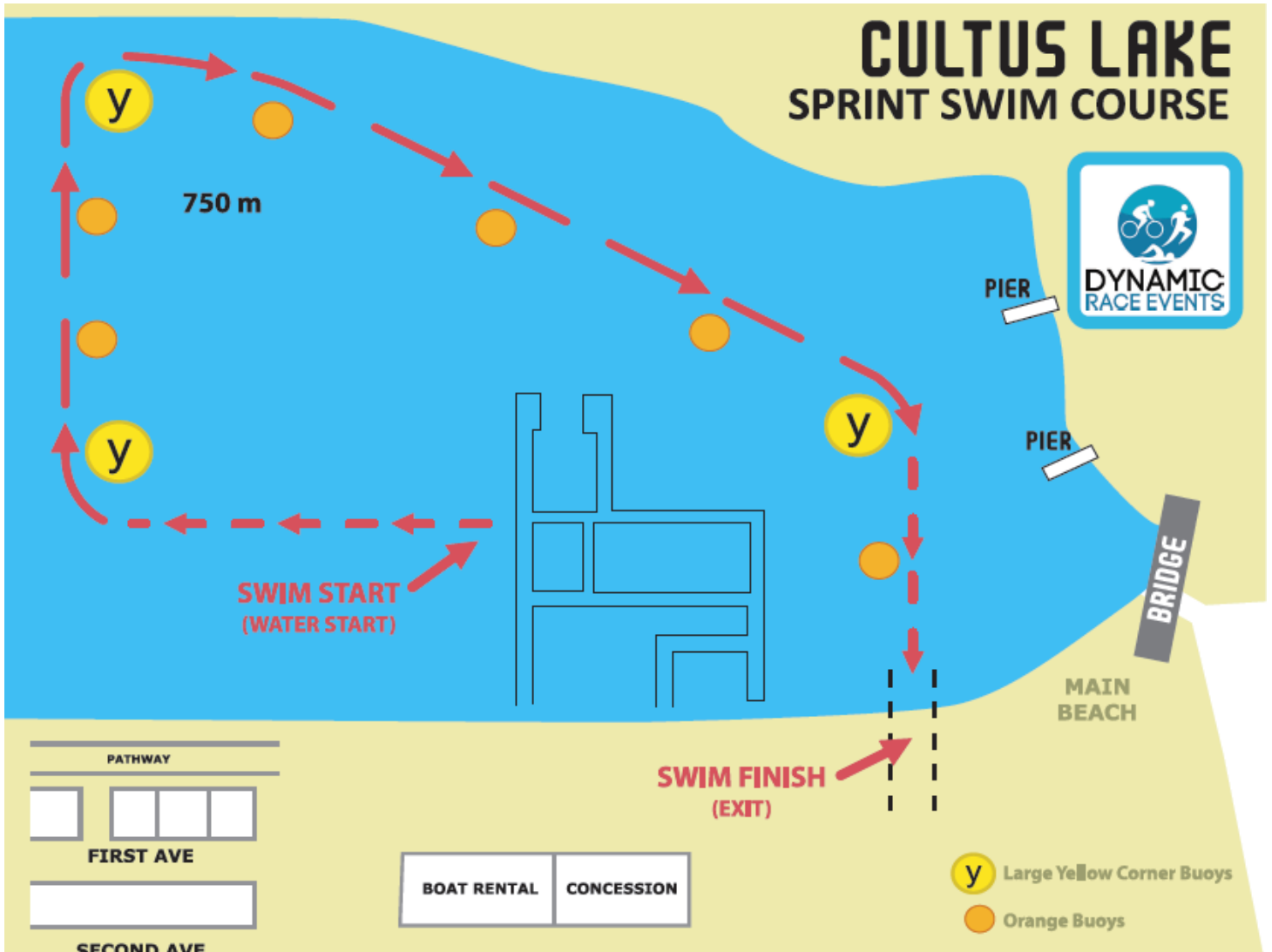


HOW TO RACK YOUR BIKE



**PLEASE RACK YOUR BIKE
WITH YOUR FRONT
WHEEL DOWN**

SWIM COURSE | SPRINT



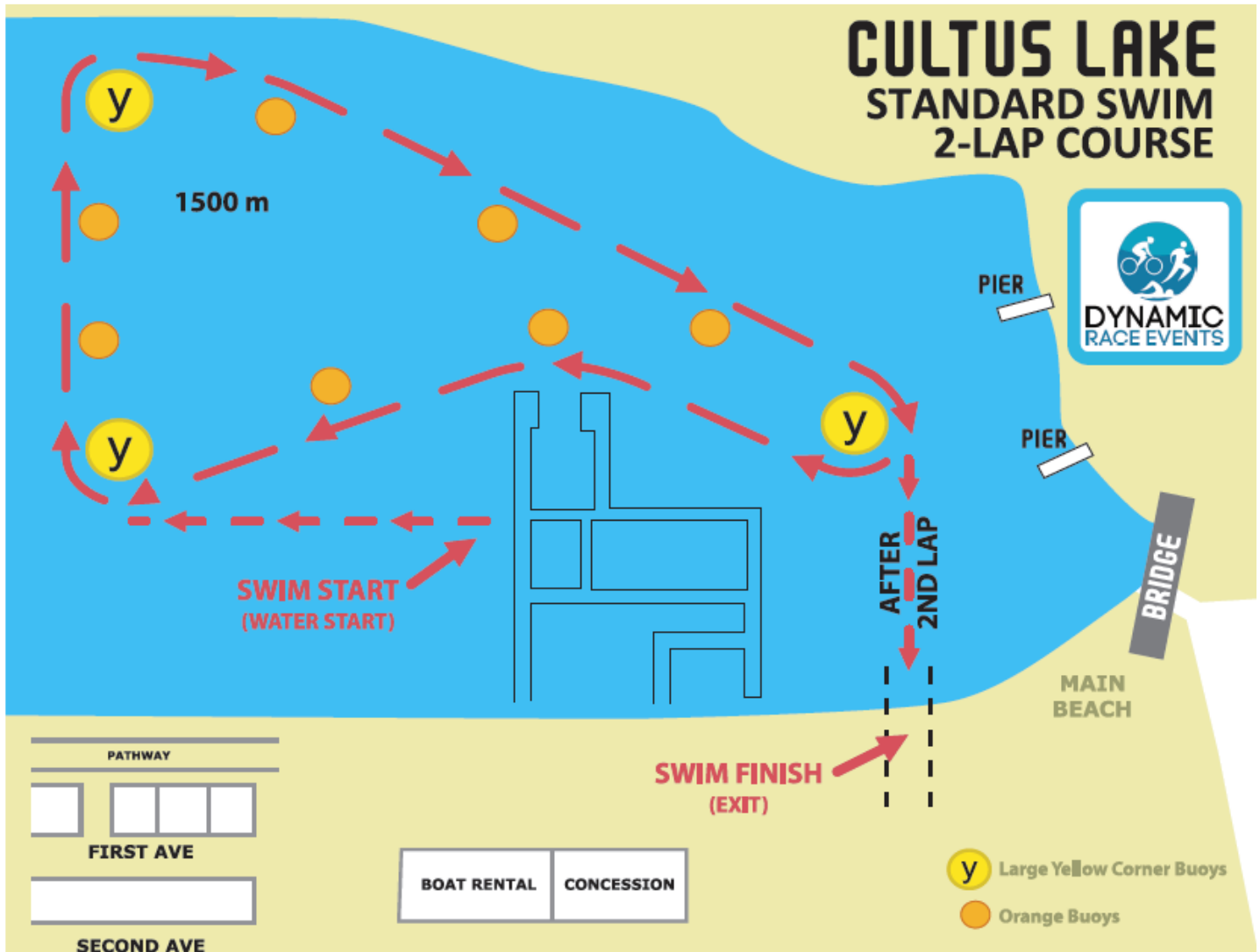
The Swim Course is an open water clockwise course held in Cultus Lake. The swim will be a deep water start with swimmers lining up at the corner of the pier in the water.

RACE START | SPRINT 8:00am COURSE CUT OFF | 8:35am (30 mins after last Sprint wave start)

SPRINT ATHLETES (One Lap) –The first portion of the swim will be parallel to the shore to create a more open and clearer swim start. Round the buoy closest to the wood bridge, athletes will then exit the swim on the right side of the pier, closest to parking Lot A.

**Note – we will remind athletes at the briefing, but it is YOUR RESPONSIBILITY to walk over the timing mat and proceed through the SportStats inflatable arch near swim start to register your chip before the swim start*

SWIM COURSE | STANDARD



The Swim Course is an open water clockwise course held in Cultus Lake. The swim will be a deep water start with swimmers lining up at the corner of the pier in the water.

RACE START | STANDARD 8:15am

COURSE CUT OFF | 9:25am (1h10m after the start of the last Standard wave)

STANDARD ATHLETES (2 Laps) –The first portion of the swim will be parallel to the shore to create a more open and clearer swim start. **You do not exit the water after the first lap**, round the buoy closest to the wood bridge and continue to your second lap. Athletes will exit the swim on the right side of the pier, closest to parking Lot A.

**Note – we will remind athletes at the briefing, but it is YOUR RESPONSIBILITY to walk over the timing mat and proceed through the SportStats inflatable arch near swim start to register your chip before the swim start*

SWIM COURSE (continued)

SWIM COURSE MARKERS

For the Sprint & Standard swim course, the far corners of the will be marked with large **YELLOW buoys** while the **course buoys will be ORANGE.**

The swim course will be GPS'd before race weekend and temporary buoys will be out on the lake prior to Sunday for athletes to pre-swim and check out the course.

SWIM ASSISTANCE

We will have paddle boarders & kayakers who each cover a section of the course in a back and forth sweep pattern. We will also have our Zodiacs on 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.

If you are need of assistance during the swim, please raise your arm to get the attention of our swim course personnel. Athletes that do not complete the swim course need to give their timing chip to race personnel and are not allowed to continue with the race.

WATER TEMPERATURE

Expected temp is 16-20 degrees. An announcement regarding wetsuits will be made race morning. Whether the swim is wetsuit legal is determined by TRIBC Officials race morning.

SWIM CAP

The Silicone swim cap 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.

WETSUITS

The use of wetsuits during the swim will be allowed if the water temperature on race morning is 23 C (74 F) or less. Wetsuits are NOT mandatory for the swim.

RELAY TEAMS

Relay teams will exchange the timing chip at the Relay/Penalty tent *inside* transition.

- **Swim to Bike** – Cyclist gets timing chip from swimmer in relay tent then goes to bike.
- **Bike to Run** – once cyclist has racked their bike they proceed to the relay tent to give their timing chip to the runner on their team who is waiting in the relay tent.

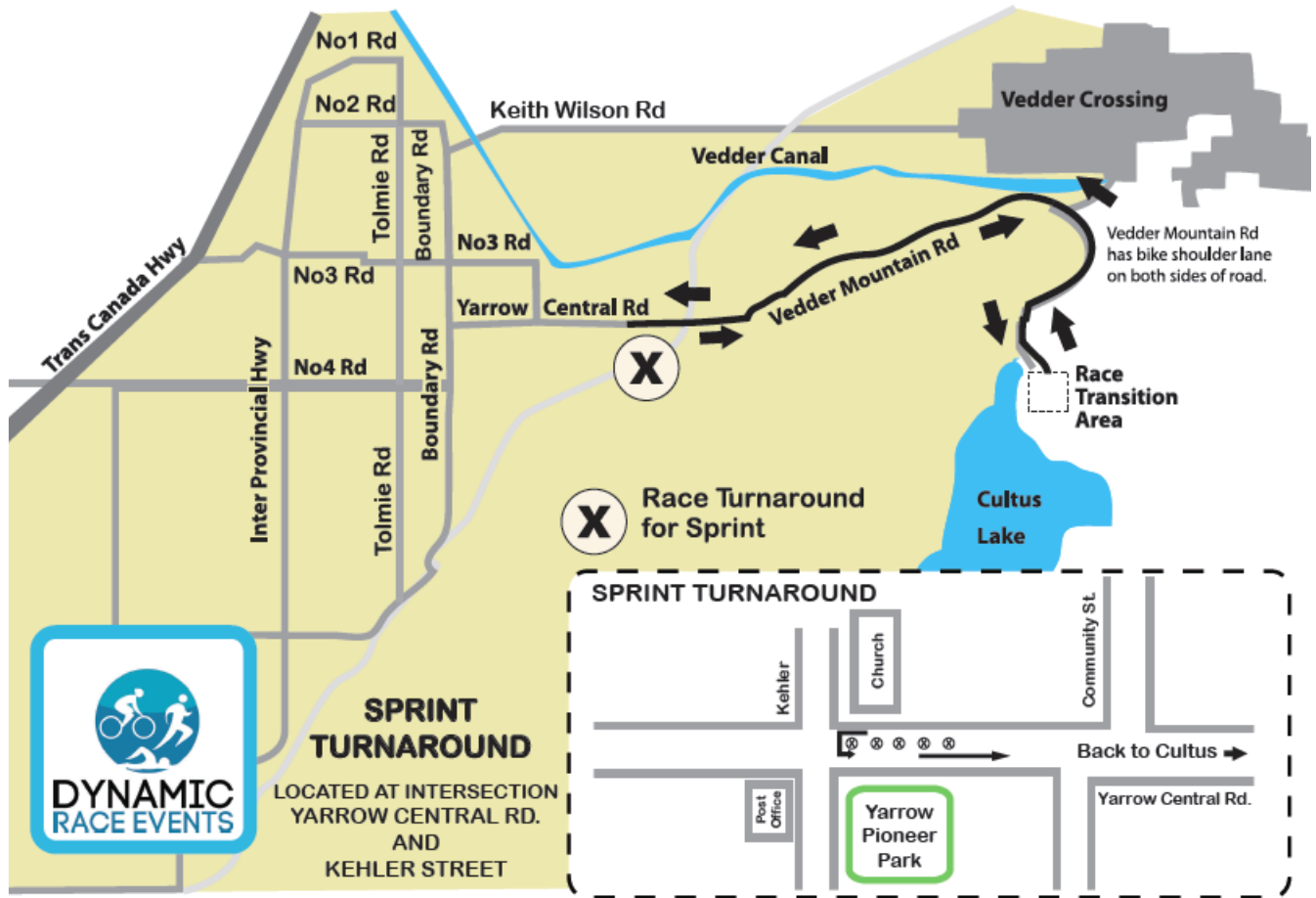
SWIM CUT OFF | SPRINT 8:35am & STANDARD 9:25am

Cut offs are in place to ensure that athletes can finish safely and successfully within the prescribed time. Our staff and volunteers want to ensure your safety and the safety of those supporting you. We appreciate random things coming up on race day, and as athletes ourselves a cut off in our eyes is likely a last measure. Our team will provide encouragement (within the rules) if you're getting close, but if needed we will attempt verbal warnings ahead of cutting you off. If you are cut off, we will notify the athlete in transition that they will not be able to continue onto the bike, the timing chip is removed, and their race is over for that day. **We appreciate your understanding in advance.**

BIKE COURSE | SPRINT

CULTUS LAKE BIKE MAP

SPRINT COURSE
(OUT AND BACK)



This 20km bike course is an out-and-back from Cultus Lake Park to Yarrow. The course features a rolling terrain with a small climb out of the park, and a downhill to the Fraser Valley floor. It is a flat ride to the turnaround in Yarrow before returning to Cultus Lake. There are no aid stations on the Sprint course.

10:45am – BIKE COURSE | CUT OFF

The sprint turnaround is underneath the flashing amber traffic light at Yarrow Central Rd and Kehler Street. Please shoulder check and be sure of cyclists around you when making this turn. It will be marked with signage and there will be traffic control at both ends of the turnaround stopping traffic.

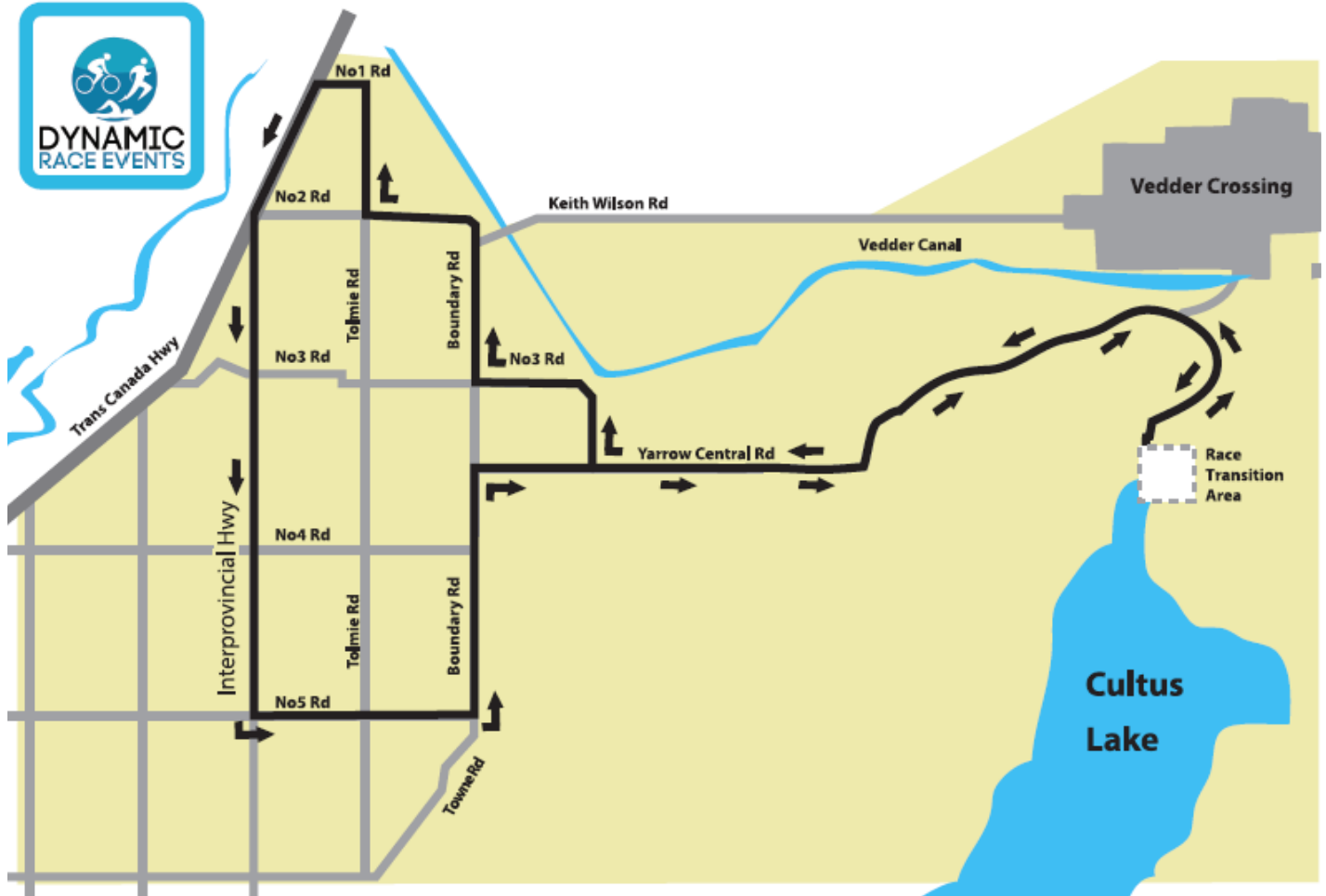
BIKE COURSE | SPRINT – DESCRIPTION | TURN BY TURN DETAIL

- LEFT out of transition on to Sunnyside Blvd
- LEFT at Columbia Valley Hwy (Cultus Roundabout)
- LEFT at Vedder Mountain Rd at the new roundabout and continue out Vedder Mountain Rd as it becomes Yarrow Central Rd through Yarrow - TURNAROUND
- RIGHT on Columbia Valley Hwy (At the new roundabout) ****Make sure you are in a low gear as you will start climbing at the turn**
- RIGHT at Cultus Lake Park Board Office parking lot to Bike Dismount**Not the same as MOUNT area

BIKE COURSE | STANDARD

CULTUS LAKE

STANDARD BIKE COURSE



This 40km bike course is mostly flat with a small climb out of the park, and a downhill to the Fraser Valley floor. It is a flat ride to Yarrow. The Sprint Turnaround will be in Yarrow, Standard athletes will continue and do the Fraser Valley Loop.

10:45am – BIKE COURSE | CUT OFF

FRASER VALLEY LOOP - Athletes will then make a right onto No. 3 Road and begin the Fraser Valley Loop. There will be 1 aid station on the loop, which will have Gatorade and Water. There will be a **left onto No. 5 road** which will have traffic control, and directional signage for the Half Iron & Standard athletes as well as arrows of different colors for both races at this intersection on the road.

Standard athletes will follow the **ORANGE arrows** at this intersection and TURN LEFT at No. 5 road intersection. **DO NOT FOLLOW HALF IRON ATHLETES GOING STRAIGHT!!!**

Note: this turn will be the only turn marked with a different color from the usual course markings.

BIKE COURSE | STANDARD (continued)

BIKE COURSE | STANDARD – DESCRIPTION | TURN BY TURN DETAIL

LEFT out of transition on to Sunnyside Blvd
STRAIGHT Continue along Columbia Valley Hwy past the waterslides towards Vedder Mtn Rd
LEFT at Vedder Mountain Rd at the new roundabout and continue out Vedder Mountain Rd as it becomes Yarrow Central Rd through Yarrow

FRASER VALLEY LOOP

RIGHT on No. 3 Rd
RIGHT Boundary Rd
RIGHT Tolmie Rd and follow the road as it goes to the left and becomes Interprovincial Rd
STRAIGHT south on Interprovincial, crossing No 2 Rd and continue along Interprovincial past No 5 Rd (Where Standard Athletes turn left) to Campbell Rd
RIGHT on Campbell Rd
LEFT on Dixon Rd
LEFT on Wells Line Rd which will become Interprovincial Rd
LEFT on No. 5 road ****only intersection with different coloured arrows****
LEFT on Boundary Rd & continue north (on Boundary)
RIGHT on Yarrow Central Rd
STRAIGHT through Yarrow/No 3 Rd intersection and return through Yarrow and back to Cultus Lake
RIGHT on Columbia Valley Hwy (At the new roundabout) ****Make sure you are in a low gear as you will start climbing at the turn**
RIGHT at Cultus Lake Park Board Office parking lot to Bike Dismount****Not the same as MOUNT area**

BIKE AID STATION

There is one (1) aid station on the bike course for Standard Athletes

- AID STATION 1 | No. 1 Rd – Fraser Valley Loop

The bike aid station will be stocked with sport top bottled Water & Gatorade and have toilets available. This aid station will be shared with the Half Iron & Aquabike athletes on the long course.

BIKE COURSE (continued)

COURSE MARKING & SIGNS

The bike course will be marked with course directional signage and **PINK ARROWS** on the road.

COURSE RULES & SAFETY

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. Nor is pacing by vehicles. TRIBC officials will monitor the bike course and strictly enforce these rules.

NOTE: Roads used for the race 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.

NEUTRAL SUPPORT | BIKE ASSISTANCE & SAG

Bruce Wenting, from Wentings Cycle in Mission, will again be just inside transition race morning in case an athlete needs some last-minute assistance.

NOTE - It is the athlete's responsibility to know how to change a flat tire and perform basic mechanics on their bicycle. Bystanders, friends, coaches & family cannot help with this as per triathlon rules. We will have extra tubes and tire levers out on course, but their responsibility to know how to use those items properly will be on the athlete.

We will also have a SAG vehicle to pick up athletes with mechanicals that cannot be fixed or do not wish to finish the bike portion.



BIKE COURSE CUT OFF | 10:45am

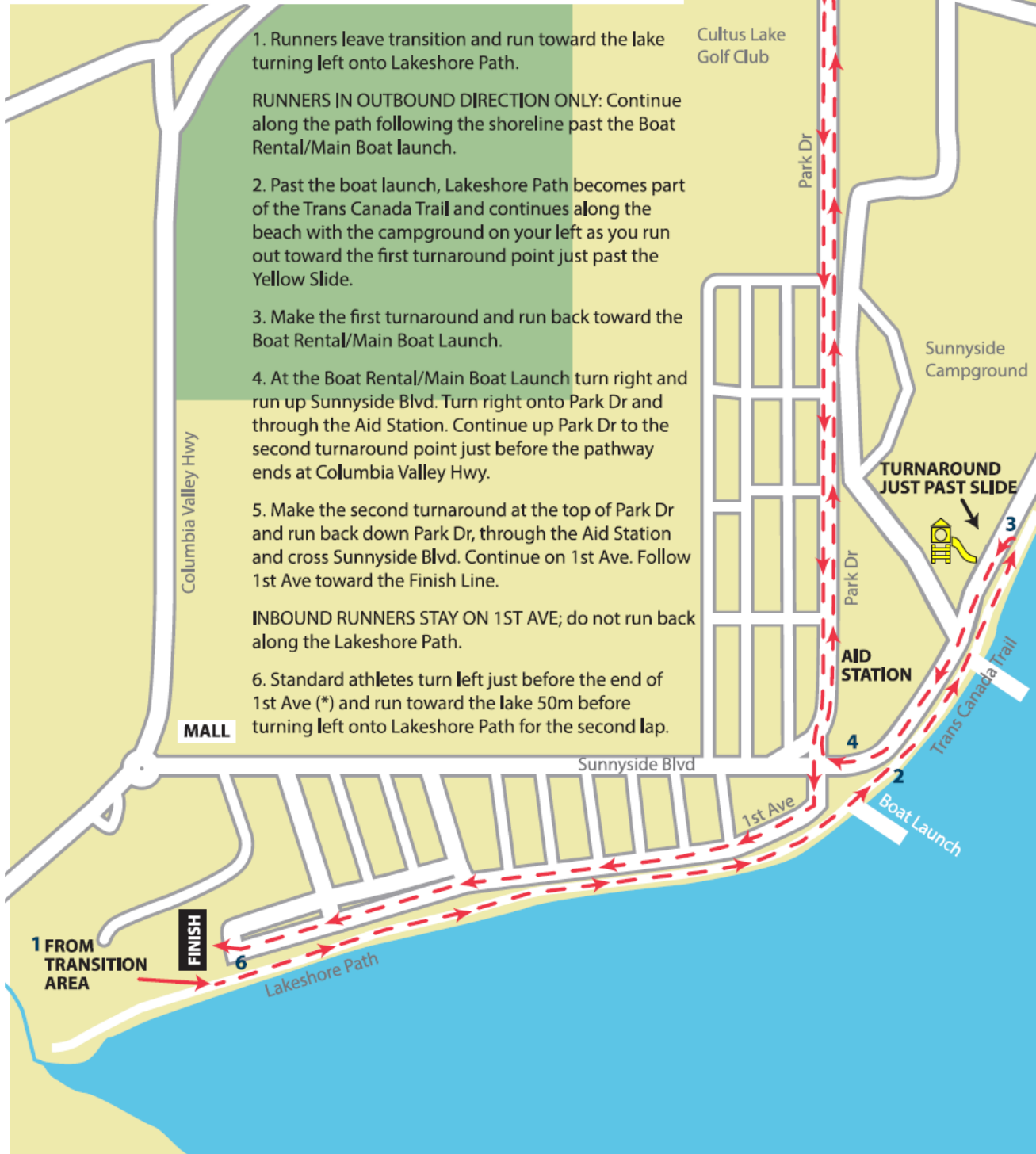
Cut offs are in place to ensure that athletes can finish safely and successfully within the prescribed time. Our staff and volunteers want to ensure your safety and the safety of those supporting you. We appreciate random things coming up on race day, and as athletes ourselves a cut off in our eyes is likely a last measure. Same as mentioned for the swim, our team will provide encouragement (within the rules) if you're getting close to a cut off, but if needed we will attempt verbal warnings. If cut off, we will notify the athlete once in transition that they will not be able to continue onto the run, the timing chip is removed, and their race is over for that day. **We appreciate your understanding in advance.**

RUN COURSE

CULTUS LAKE RUN MAP

1 LOOP: SPRINT RUNNERS

2 LOOPS: STANDARD RUNNERS



RUN COURSE (continued)

This 5km loop run course for Sprint and Standard athletes features two turnaround points (one on 1st Ave/ Lakeshore Path and one on Park Dr), as well as 2 aid stations.

11:00am – START RUN COURSE | CUT OFF

SPRINT – 5km | 1 LOOP
STANDARD – 10km | 2 LOOPS

RUN COURSE – DESCRIPTION | TURN BY TURN DETAIL

5km LOOP

LEFT	Runners leave transition heading toward the lake and turn Left, passing the 1 st Aid Station about 150m outside of transition on the path
STRAIGHT	Athletes will run past the main boat launch/boat rental shop and out along the path in front of the campground, past the second boat launch
TURNAROUND	The run turnaround is located roughly 150m past the second boat launch just past the playground and the big Yellow slide in the campground, circle around the turnaround sign. Runners run back towards the main boat launch
RIGHT	turn right and run up to Park Drive
RIGHT	turn right again on to Park Drive and run through the 2 nd Aid Station.
OUT N BACK	run to the end of the road on Park Drive where you will enter a trail at the end of the road. Runners proceed up the path and the course turnaround sign is just before the path comes out at Columbia Valley Hwy. Return the same way you've run on the opposite side of the path and road.
RIGHT	At Park Drive and Sunnyside (above the boat launch), you pass through the aid station and continue towards the lake as Park veers right and becomes 1 st Ave.
STRAIGHT	Return along 1st Avenue you continue until just before you reach the finish

SPRINT ATHLETES | FINISH

RIGHT	Athletes will veer right and run through the Finish Arch
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STANDARD ATHLETES – 2nd LAP & FINAL RETURN | FINISH

LEFT	make the left onto the path between the houses* to go back out for your 2 nd lap. <i>*note - look for directional signage and the GREEN arrows on the road</i>
LEFT	turn Left when you reach the Lakeshore pathway and repeat the loop
STRAIGHT	When returning along 1 st Ave and you are almost done you will continue to the end of the road
RIGHT	Athletes will veer right and run through the Finish Arch

COURSE MARKING & SIGNS

The run course will be marked with our course directional signage and **GREEN ARROWS** on the road.

RUN COURSE (continued)

COURSE RULES & SAFETY

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

Bib Number - Each athlete is required to wear a bib number on the front of your body for the run course. This is not only part of the rules, but it helps us identify you in case of an emergency or the more likely scenario of identifying you for race pictures.

Course - Like running events (a half, 10k, etc.), it is the athlete's responsibility to know the course. Our staff and volunteers do our best to ensure a well-marked course, but it is ultimately the athlete's responsibility to know the course and ask questions at the race briefing to race officials and staff.

The following activities are not allowed, will result in disqualification and will unfortunately affect your ability to race with us in future.

Headphones – **Headphones are NOT allowed** on the course and you will be disqualified.

Pacing – **Pacing of runners** by friends, coaches and/or athletes who have already finished or dropped out of the event will result in disqualification.

RUN CUT OFF | 11:00am

Cut offs are in place to ensure that athletes can finish safely and successfully within the prescribed time. Our staff and volunteers want to ensure your safety and the safety of those supporting you. We appreciate random things coming up on race day, and as athletes ourselves a cut off in our eyes is likely a last measure. Our team will provide encouragement (within the rules) if you're getting close, but if needed we will attempt verbal warnings ahead of cutting you off. If you are cut off, we will notify the athlete in transition that they will not be able to continue onto the run, the timing chip is removed, and their race is over for that day. **We appreciate your understanding in advance.**

RUN AID STATIONS

There is two (2) aid stations on the run course

- AID STATION 1 – near the start of the run on the Lakeshore path next to Main Beach
- AID STATION 2 – Sunnyside Blvd and Park Drive just above the main boat launch

The run aid station will be stocked with Water, NUUN Electrolytes and Gels. There will be toilets at both aid stations.

POST RACE | AWARDS

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 and post-race lunch will be available near the finish line.

PHOTOGRAPHER

We are excited to announce our 2019 Cultus Lake Photographer is **Rob Shaer**. Race photos will be made available ten days post event (hopefully sooner).

POST-RACE LUNCH

The post-race lunch and awards will take place at Cultus Lake Park near the finish.

Pizza, will be served from Beethoven's Pizza, a local favorite. We will also be serving fruit, water, and pop post-race with pizza.

Family, Friends and Spectators can purchase lunch tickets at package pick up or on race day so they can enjoy lunch with you post-race. Athletes simply provide the lunch ticket at the bottom of your race bib to be served lunch.

At Package pick up non-athletes can purchase lunch tickets for \$8/each from the registration desk (cash or credit, no debit) and on race day (cash or credit only).

REMINDER: Transition will close at 4:30pm. Security and staff will be in transition but the event venue will be closed at 5:00pm on race day. Remember to keep your athlete band on until you have had lunch and removed your gear as you can't do that without the band to identify you.

PLEASE REMOVE YOUR ITEMS BEFORE 4:30PM.

AWARDS | 11:00-11:45

Sprint & Standard Age groups awards are for 1st, 2nd and 3rd in each age group. Draw Prizes will be awarded following the final Sprint/Standard awards being presented.

