DYNAMIC
RACE EVENTS

2018

Cultus Lake Triathlon

Half Iron & Aquabike
ATHLETE INFORMATION GUIDE

We would like to welcome you to Cultus Lake for the 3rd annual Cultus Lake Half Iron & Aquabike races.

Whether you're one of the many returning visitors 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.

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

Race Package Pick-Up

Saturday	Cultus Lake Elementary School 71 Sunnyside Blvd Cultus Lake, BC
Time:	1 pm – 4:30 pm
Sunday	RACE MORNING Outside Transition
Time:	5:30 am – 7 am DO NOT BE LATE

SCHEDULE

Saturday

1 – 4:30 pm	Package Pick Up at Cultus Lake Elementary
4:30 – 5:30 pm	Pre-Race Athlete Briefing

Sunday

5:30 am	Transition opens, timing chip pick up
5:30 – 7 am	Half Iron & Aquabike race day package pick up
7:15 am	Transition cleared Half Iron athletes
7:25 am	Pre-race briefing for athletes at beach
7:30 am	Half Iron & Aquabike Wave 1 (Light Blue Caps)
7:32 am	Half Iron & Aquabike Wave 2 (Red Caps)
8:42 am	Half Iron & Aquabike Swim Course closed
9:30 am	Post-race food service starts
10:45am	First Bike cut-off, cyclists must be on second lap
12:45 pm	Bike Course Cut-off, must be back at Transition
3:30 pm	Awards
4:00 pm	Run Course closed
5:00 pm	Transition closed

TOURISM CHILLIWACK

Package Pick Up

AT PACKAGE PICK UP YOU WILL BE REQUIRED TO SHOW PICTURE I.D. (DRIVERS LICENCE OR PASSPORT) TO PICK UP YOUR PACKAGE. YOU. MAY NOT PICK UP RACE PACKAGE FOR ANOTHER ATHLETE.

If you do not have picture ID with you, you will not be able to pick up your package with 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 $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 (PLEASE BRING EXACT CHANGE IF POSSIBLE) – NO DEBIT!

Wristband

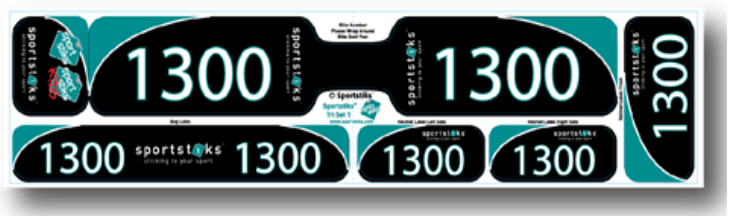
A wristband with your race number on it will be affixed to your wrist at package pick up. This band will identify you as an official participant and must be worn during the entire event. The wristband is required for you access to the transition area. (**If you do not wish to have your athlete band on your wrist the day before the race you are required to pick up your package race day.)

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. 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 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.

Pre-Race Meeting

Held from 4:30 – 5:30 pm at Cultus Lake Elementary School at 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.

Bike Check In & Check Out

Athletes check their bikes into transition on race morning. Please respect the direction of the volunteers and TRIBC 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. Athlete should exit at Bike Out.

There will be a bottle fill area in transition for those athletes needing water 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 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

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.

Cultus Lake Park is Pay Parking

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: $3 per hour or $12 per day
Lot B - Main Beach: $3 per hour or $12 per day
Lot D – Behind the Waterslide

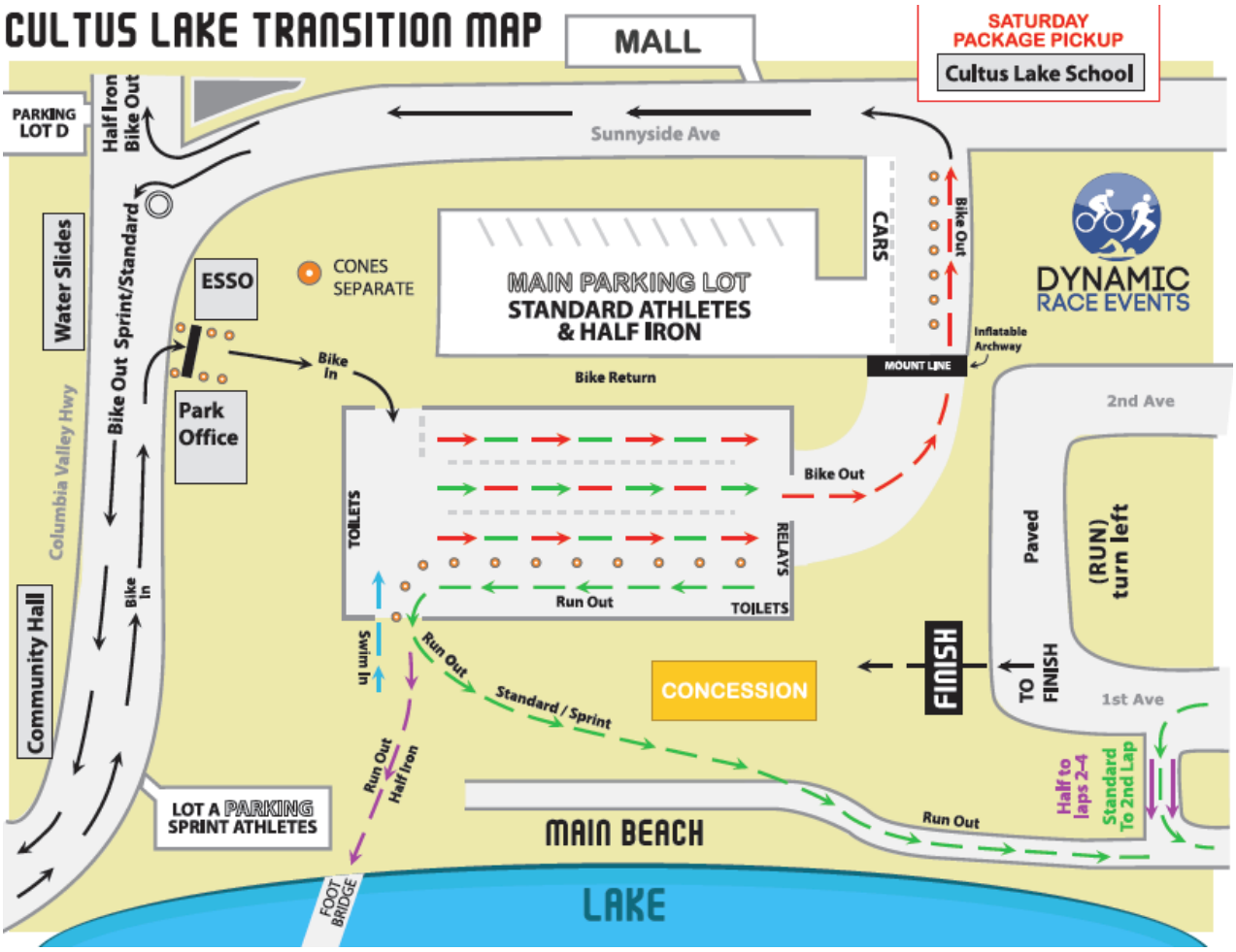
ATHLETES – please Park in LOT B or Lot D. Lot B is the parking lot at Main Beach next to transition. Lot D is behind the Water Slides. Please park as directed so that we can maximize space.

DO NOT PARK IN THE SHOPPING PLAZA!

ATHLETES & SPECTATORS NOTICE:

Cultus Lake Park Board has banned all smoking within the Park including electronic cigarettes or vaporizers.

We will be filming portions of the event this year.



PLEASE NOTE – NEW LOCATION FOR BIKE DISMOUNT

The bike Dismount and return route to the Transition Zone once the bike course is complete has been changed from past years. Please review the map above.

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!

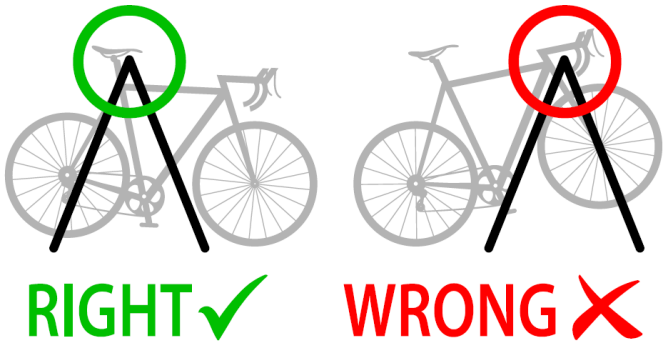
WALK YOUR LINES RACE MORNING! – ALWAYS!!

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
- Half Iron Athletes know where turn to lap 2, 3 & 4 is located on 1st Ave
- Know the path to the Finish Line from 1st Ave

DYNAMIC RACE EVENTS

HOW TO RACK YOUR BIKE



PLEASE RACK YOUR BIKE WITH YOUR FRONT WHEEL DOWN

Family, friends & coaches 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 you rack your bike when coming in off the bike course.

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

SWIM COURSE

RACE START 7:30 AM

The 2XU Swim Course is an open water clockwise course held in Cultus Lake. Wave starts and times will be given at the Athlete Meeting and swim caps are colored by wave.

HALF IRON & AQUABIKE (Two Lap) – You do not exit the water after the first lap, round the yellow buoy closest to the wood bridge and continue to your second lap.

Please walk over the timing mat and proceed through the SportStats inflatable arch near swim start to register your chip before the swim start!

The swim will be a deep water start with swimmers lining up at the corner of the pier in the water. The first portion of the swim will be parallel to the shore to create a more open and clearer swim start.

Swimmers will exit the swim on the right side of the pier this year, closest to parking Lot A.

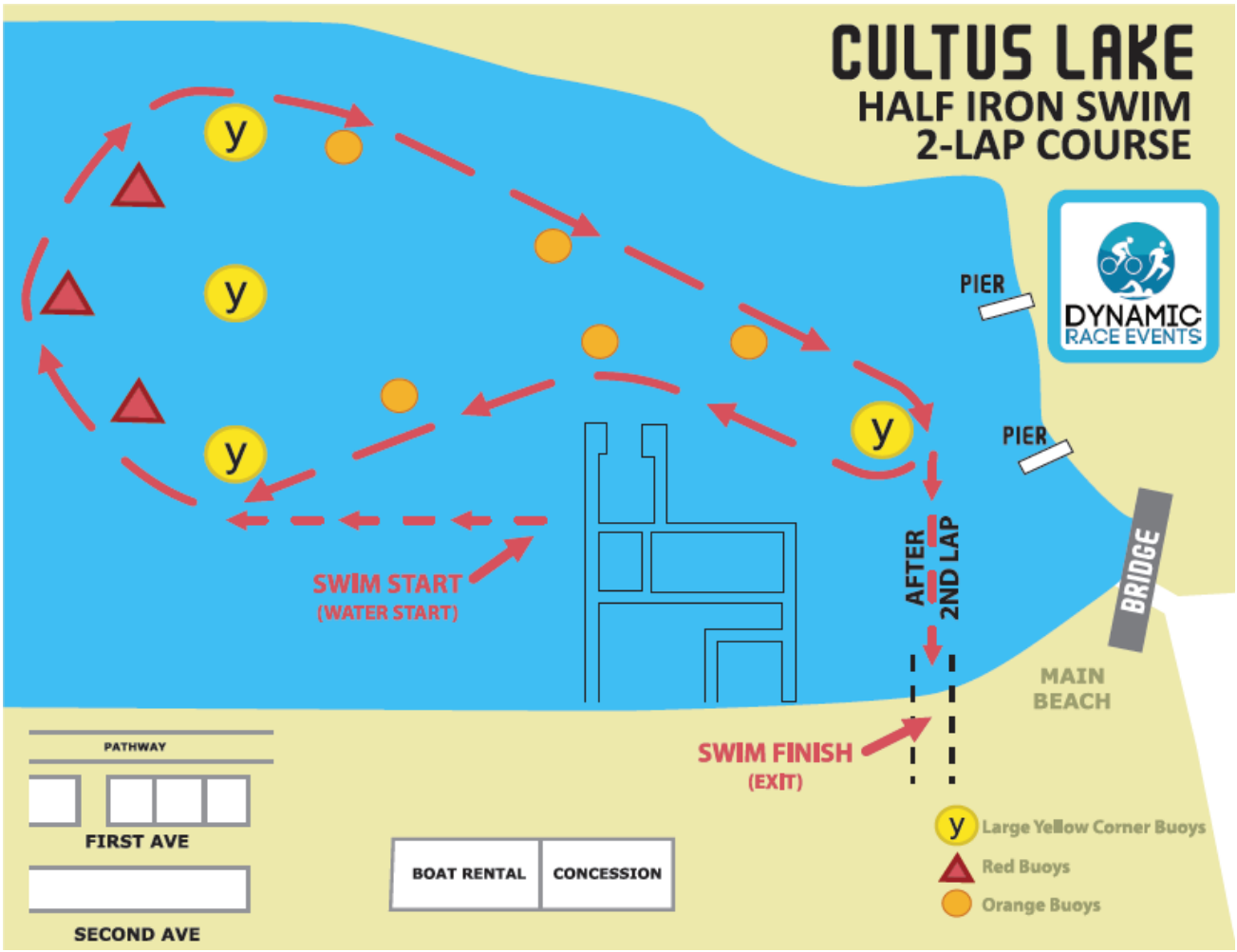
For the Half Iron & Aquabike swim course, the far corners of the triangular course will be marked with large RED buoys while the course buoys will be orange.

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.

Joe will give a briefing prior to the swim start

Please 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 MAP



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 18-21 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 degrees Celsius or 74 degrees Fahrenheit 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 pen to give their timing chip to the runner on their team who is waiting in the relay tent.

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.

Some of our 2018 Volunteer Groups include:

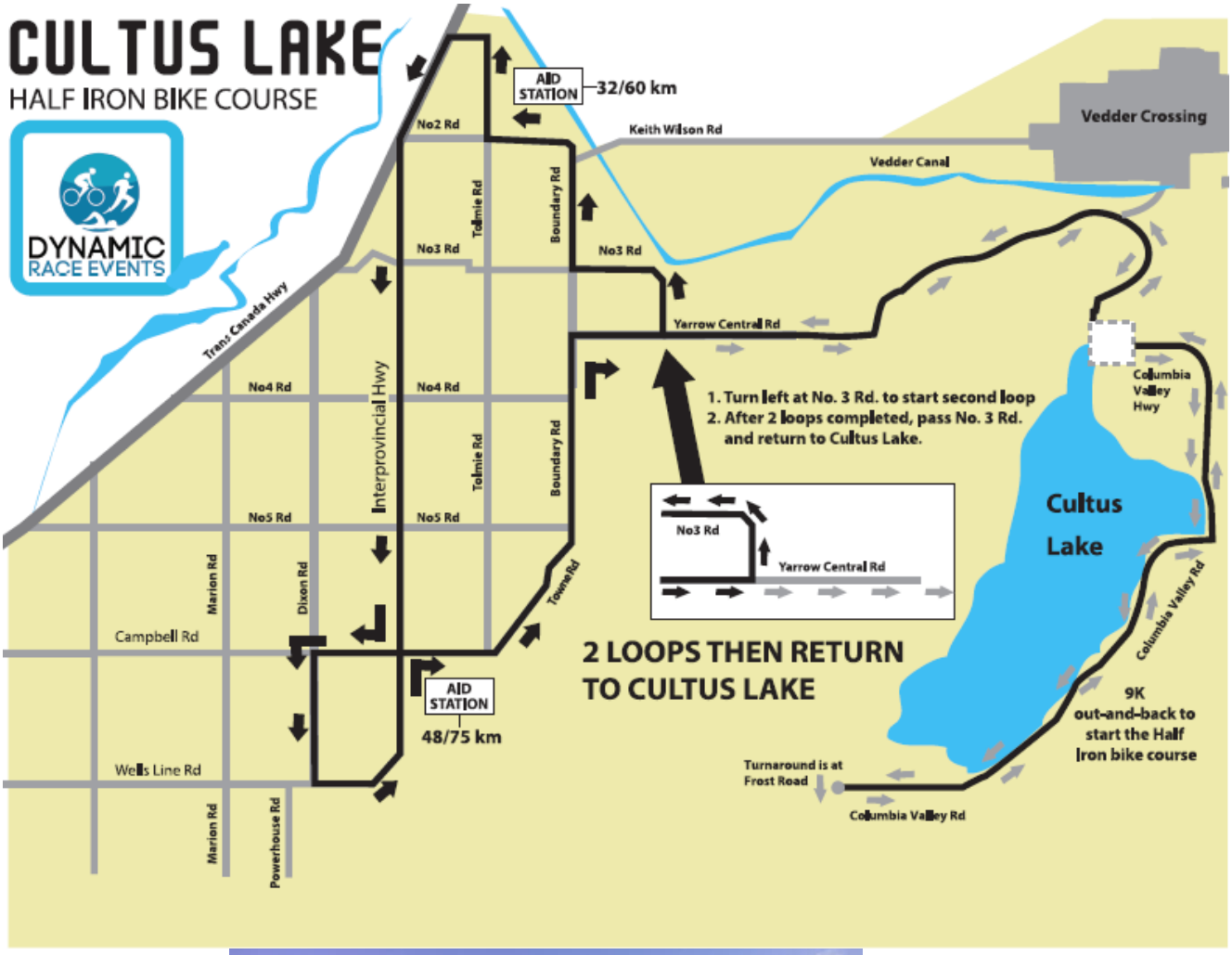
Dragon Boat Team

Chilliwack Pink Panthers Field Hockey Team

1922 RCACC
Royal Westminster Regiment

Cadets – 1922 Abbotsford

BIKE COURSE MAP

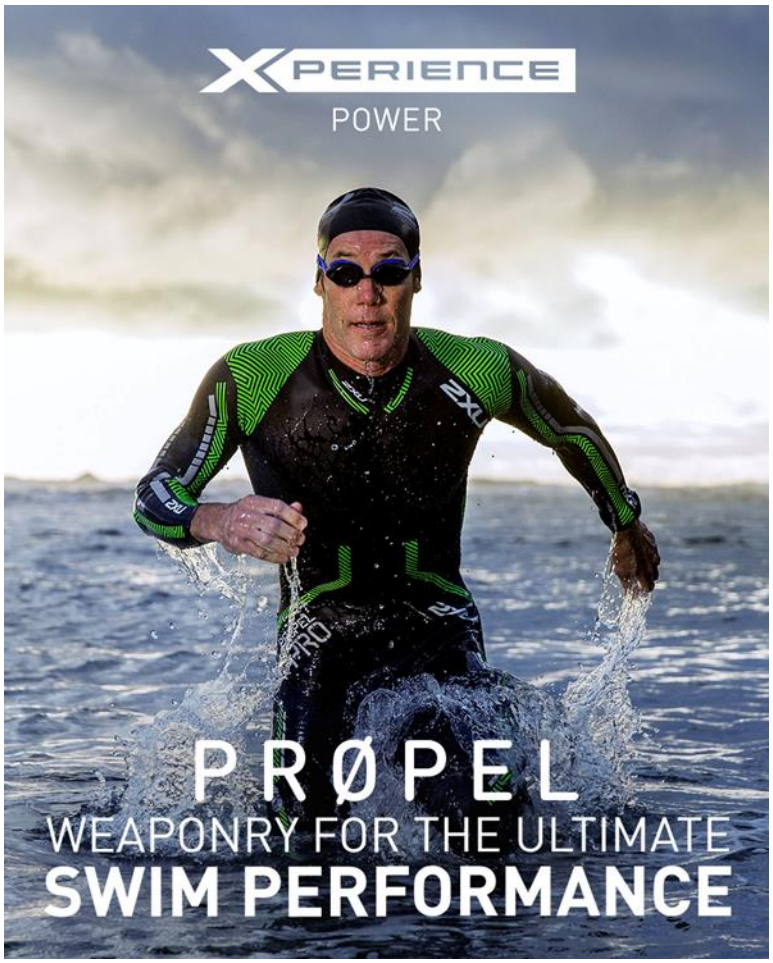


Bike Course – Turn by Turn

LEFT out of transition on to Sunnyside Blvd
RIGHT turn on Columbia Valley Hwy riding south 8 km towards Lindell Beach
TURNAROUND is at Frost Rd and ride back towards the race venue
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
RIGHT on Rd 3
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
RIGHT on Campbell Rd and continue along Campbell Rd as it becomes TOWN RD
Continue along Town Rd as it becomes BOUNDARY Rd
Continue north along Boundary Rd
RIGHT on Yarrow Central Rd
LEFT on No 3 RD ***(To start your second lap)*** **Must make this before 10:45 am**
RIGHT Boundary Rd
RIGHT Tolmie Rd and follow the road as it goes to the left and becomes Interprovincial Rd
STRAIGHT south on Interprovincial passing No 2 Rd and continue past No 5 Rd
RIGHT on Campbell Rd
LEFT on Dixon Rd
LEFT on Wells Line Rd which will become Interprovincial Rd
RIGHT on Campbell Rd and continue along Campbell Rd as it becomes TOWN RD
Continue along Town Rd as it becomes BOUNDARY Rd
Continue north along Boundary Rd
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** **NEW**

2XU

HUMAN PERFORMANCE. MULTIPLIED.



Introducing the world's most flexible wetsuit, incorporating panels that feature unparalleled buoyancy for the perfect equilibrium between movement and elevation. Xperience the ultimate power with Propel.

Learn more at [2XU.com/ca](2XU.com/ca)

Bike Course

This course features a mostly flat bike course. Leaving transition cyclists will turn right and ride south towards Lindell Beach and do an 9 Km out-and-back section before coming back through the roundabout, passing the waterslides and heading out towards Yarrow.

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

WENTINGS
CYCLE & MOUNTAIN SHOP
MISSION, B.C.
Put some fun between your legs!

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!

Course Safety

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.

ATHLETES please remember to shoulder check before making your left turn at Yarrow Rd & no. 3 Rd going out for your second loop.

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.

Hang your bike by the seat, front tire facing out.

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

Bike Aid Stations

The bike aid station will be stocked with Sport top bottled Water, F2C in bottles and Bananas.

There is two (2) aid stations on the bike course located i) On No. 1 Rd (32Km/62Km mark) and ii) Campbell Rd in front of the Old Red Barn West of Interprovincial Rd (49Km/75Km mark). There will be toilets at both aid stations.

THE BIKE COURSES WILL BE MARKED WITH COURSE SIGNS AND PINK ARROWS. LOOK FOR THE ORANGE ARROWS ON THE ROAD AS YOU ARE ON THE COURSE

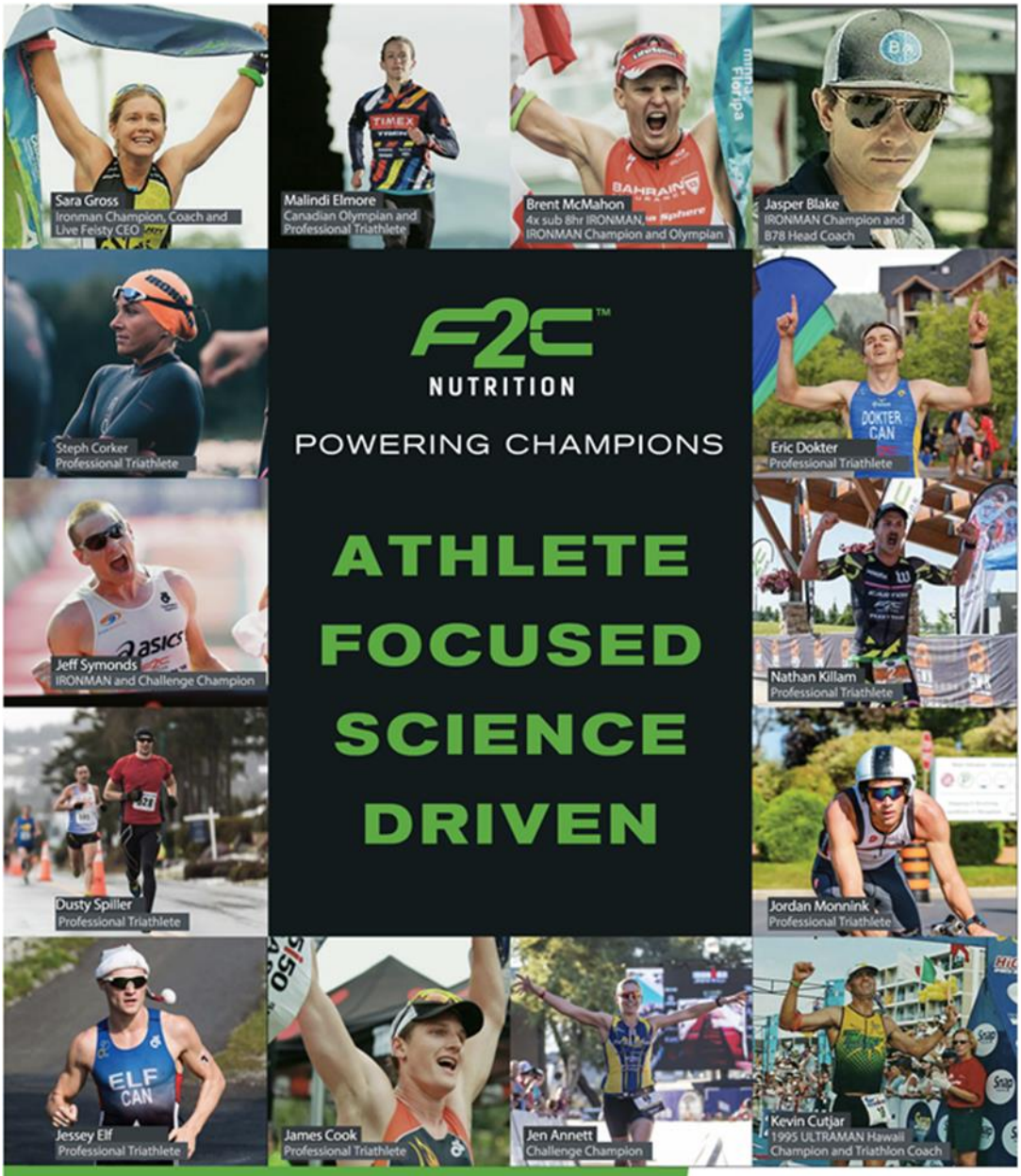
PLEASE DO NOT PARK ON THE COURSE!

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 Announcer at the Finish Line.

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.


Sara Gross
Ironman Champion, Coach and Live Feisty CEO
Malindi Elmore
Canadian Olympian and Professional Triathlete
Brent McMahon
4x sub 8hr IRONMAN, IRONMAN Champion and Olympian
Jasper Blake
IRONMAN Champion and B78 Head Coach
Steph Corker
Professional Triathlete
F2C NUTRITION
POWERING CHAMPIONS
ATHLETE
FOCUSED
SCIENCE
DRIVEN
Eric Dokter
Professional Triathlete
Jeff Symonds
IRONMAN and Challenge Champion
Nathan Killam
Professional Triathlete
Dusty Spiller
Professional Triathlete
Jordan Monnink
Professional Triathlete
Jessey Elf
Professional Triathlete
James Cook
Professional Triathlete
Jen Annett
Challenge Champion
Kevin Cutjar
1995 ULTRAMAN Hawaii Champion and Triathlon Coach
Use code
DYNAMIC2018
for 20% off our products at
f2cnutrition.com.
Bonus F2C water bottle with purchase
The Official On Course
Sports & Recovery Drink
DYNAMIC
RACE EVENTS

RUN COURSE

Half Iron athletes keep to the right leaving transition and begin the run heading towards the swim exit and towards Parking Lot A and over the wood bridge towards the cottages on the other side of the Lake.

(PLEASE NOTE) – The initial section on the other side of the Lake is only done ONCE! At the end of your 1st, 2nd and 3rd laps of the run you will turn off 1st Ave, same as the Standard Course turn and head back out on the Sprint/Standard course.

You only run on the west side of the Lake once this year. We know that you will be disappointed to only get to do the climb up Munroe Avenue to the first turnaround once this year!!

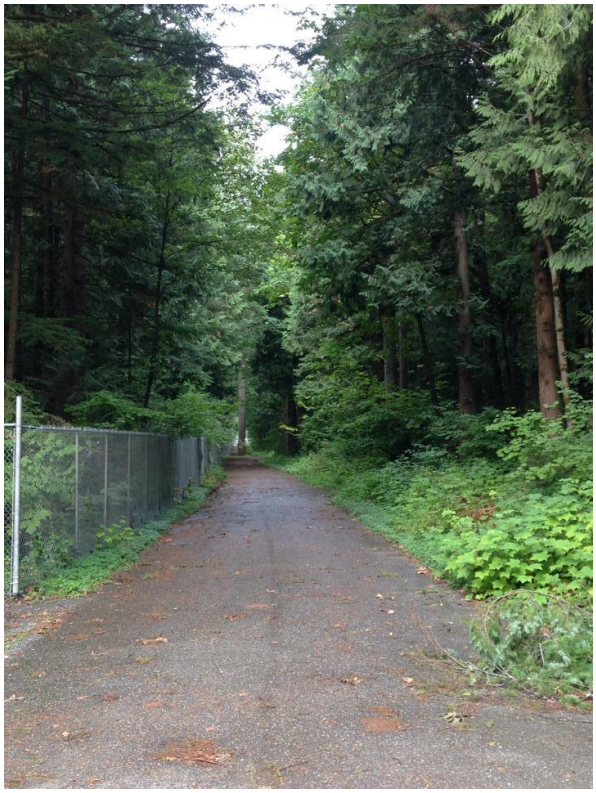
Runners heading out on the Lakeside path after coming back from other side of the lake having done the initial section on the west side of the Lake

Runners run past the main boat launch/boat rental shop and out along the path in front of the campground, past the second boat launch about 125 m.

FAR LAKESHORE PATH TURNAROUND POINT - 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 in the middle of the path. Runners run back towards the main boat launch and then turn right and run up to Park Drive and turn right again on to Park Drive and run through the Aid Station.

THE RUN COURSE WILL BE MARKED WITH OUR COURSE SIGNS AND GREEN ARROWS. LOOK FOR THE GREEN ARROWS ON THE ROAD AS YOU ARE ON THE COURSE

Runners along Park Drive



Start of the path at the top of Park Drive - Runners run up to the end of the road on Park Drive where you will enter an out and back section of 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.

At Park Drive and Sunnyside (above the boat launch), you pass through the aid station and continue towards the lake as Park becomes 1st Avenue. Runners proceed along 1st back towards transition. DO NOT rejoin the Lakeshore Path, stay on 1st Avenue returning towards transition and the finish arch.

CANADIAN
DYNAMIC RACE EVENTS
OWNED & OPERATED

Runners coming back towards transition along 1st Avenue

CULTUS LAKE
Half Iron Run Map
Half Iron = 4 Loops
DYNAMIC RACE EVENTS
PUB
Columbia Valley Hwy
Soowahlie Rd
Cultus Lake Golf Club
Park Dr
Sunnyside Campground
NORTH (BLUE) SECTION
1. ONLY TO START THE FIRST LAP: Leave TRANSITION AREA and run toward the Foot-bridge. Go over footbridge to Lakeshore Dr and turn RIGHT.
2. Turn LEFT onto Munroe Ave; run to turnaround and then back to Lakeshore Dr.
3. Turn right onto Lakeshore Dr and run to the end of the street and then back to the Footbridge, which will be on the right.
4. Run back along the beach (Lakeshore Path) to ★ Join and stay on the Sprint & Standard course for the rest of the 4 loops; do NOT repeat the blue section again!
Columbia Valley Hwy
Mountain View Rd
Park Dr
TURNAROUND JUST PAST SLIDE
= HALF IRON COURSE BEGINNING OF FIRST LOOP ONLY
= SPRINT & STANDARD COURSE HALF IRON COURSE: 4 LOOPS
MALL
Sunnyside Blvd
AID
Lakeshore Path
TRANSITION
2nd Ave
1st Ave
FINISH
Lakeshore Path
Lakeshore Dr
Footbridge
Munroe Ave
Lakeshore Dr
N
TRANSITION
2nd Ave
1st Ave
FINISH
Turn here between houses for Half Iron 2nd, 3rd & 4th loops
Sprint/Standard Run Out
Beach Boat Rental
Half Iron Run Out
AID
Lakeshore Path

Return along 1st Avenue you continue until just before you reach the finish, make the left turn to go back out for your 2nd, 3rd & 4th laps on the access point between the houses below. Turn LEFT when you reach the Lakeshore pathway.

2nd to 4th Laps - Make the turn here, above, and head out for your next lap following the same route as you did for the first loop.

Almost done? When returning along 1st Avenue and you are almost done you will continue to the end of 1st Avenue make a slight right and run through the Finish Arch unless you feel like a fifth lap…just kidding!

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.*

NOTE: *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

The run aid station will be stocked with Water, F2C, Flat Cola and Gels.

There is two (2) aid stations on the run course located i) near the start of the run on the Lakeshore path and ii) at Sunnyside Blvd and Park Drive just above the main boat launch and will service runners heading in both directions. There will be toilets at both aid stations.

Course Cut-off Times

Due to restrictions of municipal permits, race insurance and volunteer staffing, all participants must remain on pace to complete the Cultus Lake triathlon within 8.5 hours from start time.

Swim

The swim course cut-off time is 1:10 from the start of your swim wave start time. 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.

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.

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.

Medical Care

Medical care will be available to participants requiring major medical attention and are onsite to deal with major medical issues. The Medical tent is in the red tent at the Finish Line.

We will have Odyssey Medical at the Finish Line under the red medical tent all day dedicated to the event. Members of Odyssey will be out along the run route as well.

Look for the sign below on our course medical vehicles:

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

Please try and help us be greener!

You will find blue recycling bins with lids around the race site for cans and bottles. Please deposit recyclables in these boxes to help us minimize our waste.

At the Finish

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.

Official On Course
Sport & Recovery Drink
DYNAMIC RACE EVENTS

F2C™ NUTRITION
INFORMED-SPORT.com Trusted by sport

Post-Race Lunch & Awards

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

Pizza, will be served from:

Beethoven's Pizza & Pasta

We will 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).

PLEASE NOTE: Security will be in transition until 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 5pm.

Half Iron Age groups awards are for 1st, 2nd and 3rd in each age group and Top 5 overall for men and Women for the Aquabike. Draw Prizes will be awarded following the final Sprint/Standard awards being presented.

We are excited to announce our 2018 Cultus Lake Photographer is Matt Lazzarotto & our friends from Intertidal Creative will be at the venue filming race day.

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.

An official is slated to speak to athletes at the athlete meeting to discuss drafting zones and race rules. Appeals must be filed within 60 minutes of the athletes finishing the race.

Angie and I would like to thank you for racing with us at Cultus Lake this year and hope that you have a great day of racing and enjoy what we feel is one of the most beautiful venues for our sport in Western Canada.

Have a great race weekend!

Joe Dixon – Race Director
Angie Woodhead – Athlete Services