



DYNAMIC **RACE EVENTS**

2018

**OLIVER HALF
& AQUABIKE**

ATHLETE INFORMATION GUIDE



As Race Directors, we welcome you to Oliver for the 15th annual Oliver Half Iron Triathlon and 2nd annual Aquabike races.

In 2003 planning began on what was to become the Oliver Half with a goal of bringing a first-rate race to the Okanagan. We have experienced race days that included a washout the night before, to the extreme heat of record setting temperatures up to 47 degrees. Whatever the conditions on the day, this race has seen athletes from across Canada, Washington State and beyond, come to one of the most beautiful spots in Canada to celebrate, challenge themselves and share experiences. Whether it is your first-time racing in Oliver or your 15th straight, we hope that you enjoy your day out on course.

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. Community groups receiving honorariums for partnering with the event this year include Oliver Cadets, Oliver Ambassadors, Park Drive Church, Oliver Rotary and the Oliver Riding Club (15 years!).

This race is synonymous with incredible volunteer support and continued community support, every year, to make the race possible. I encourage you to share your thanks with the volunteers and locals you meet race weekend, as they help you reach your goal.

Wishing you all the best, have a safe race and we will see you at the finish line!

Sincerely,

Joe Dixon & Angie Woodhead
Dynamic Race Events

A Message from the Mayor



As Mayor of Oliver, I am pleased to welcome athletes from across Canada and the United States to the 2018 Oliver Half Iron.

Since its debut 15 years ago, the Oliver Half Iron has grown to become a premiere event for the triathlete community. Sporting events bring people together to compete and make new friendships. I encourage you to have a wonderful race and to enjoy the comradeship, as well as enjoy all that Oliver has to offer.

On behalf of the residents of Oliver, and my colleagues on Town Council, best wishes for a successful event and good luck to all the participants!

Yours truly,

A handwritten signature in dark ink that reads "Ron Hovanes". The signature is written in a cursive, flowing style.

Ron Hovanes


Mayor, Town of Oliver



If you have a chance during your stay in the South Okanagan, please support OOWA member wineries – look for your OOWA winery passport in your athlete kit.




OLIVER OSOYOOS WINE COUNTRY



**OLIVER OSOYOOS
WINE COUNTRY**

Welcome to Oliver Osoyoos Wine Country. It's a place unlike any other. With its dramatic landscapes and remarkable terroir, this is one of the most beautiful and diverse places to visit. We're a group of farmers and winemakers united in a common vision, to grow grapes and make wines reflective of our distinct region. Our area extends from the southernmost point of Osoyoos to the tip of McIntyre Bluff, north of Oliver. Make your own discovery.


Visit our wineries for your map and passport to wine country



Like us on Facebook [OliverOsoyoosWineCountry](#) Tweet us @UncorkTheSun

oliverosoyoswine.ca

- 1 ADEGA on 45th
- 2 BARTIER BROTHERS
- 3 BLACK HILLS
- 4 BURROWING OWL
- 5 C.C. JENTSCH CELLARS
- 6 CANAVINES
- 7 CASTORO DE ORO
- 8 CHURCH & STATE
- 9 COVERT FARMS
- 10 CULMINA
- 11 DESERT HILLS
- 12 FAIRVIEW CELLARS
- 13 GEHRINGER BROTHERS
- 14 GOLD HILL
- 15 HESTER CREEK
- 16 HIDDEN CHAPEL
- 17 INNISKILLIN OKANAGAN
- 18 INTERSECTION
- 19 JACKSON-TRIGGS
- 20 KISMET
- 21 MAVERICK
- 22 MONTAKARN
- 23 MOON CURSER
- 24 NK'MIP CELLARS
- 25 OLIVER TWIST
- 26 PLATINUM BENCH
- 27 QUINTA FERREIRA
- 28 RIVER STONE
- 29 ROAD 13
- 30 RUSTICO
- 31 SILVER SAGE
- 32 STONEBOAT
- 33 TIME
- 34 TINHORN CREEK
- 35 VINPEROU
- 36 YOUNG & WYSE



Race Package Pick-Up & Race Expo

Friday, June 1st

- 2:00 pm - 6:00 pm Package Pick Up at Tucelnuit Elementary School
- 5:30 pm - 6:00 pm Sea Hike Swim Clinic - Experienced Triathletes
- 6:00 pm - 6:30 pm Sea Hike Swim Clinic – Beginner Triathletes

Signup: www.seahiker.com/oliver

Sea Hiker Clinics held at Rotary Beach

Saturday, June 2nd

- 2:00 pm - 5:00 pm Package Pick Up at Tucelnuit Elementary
- 2:00 pm - 5:00 pm **Mandatory Bike Check In**
- 3:00 pm - 3:30 pm Sea Hiker Swim Clinic – Experienced Triathletes
- 3:30 pm - 4:00 pm Sea Hike Swim Clinic – Beginner Triathletes

Signup: www.seahiker.com/oliver

- 5:00 pm - 6:00 pm Pre-Race Meeting at Tucelnuit Elementary

- 6:00 pm - 7:00 pm **Mandatory Bike Check In**

Sunday, June 3rd

- 5:30 am Transition opens
- 6:40 am Transition closes
- 6:50 am Pre-race briefing for athletes at swim start entrance
- 7:00 am Race Start is 7:00 am at Rotary Beach
- 7:05 am Expected start time for second swim wave
- 11:30 am Post-Race BBQ Lunch service begins
- 11:30 am - 4:30 pm Beer & Cider Garden for Athletes and Spectators
- 4:00 pm Awards Ceremony at Rotary Beach

PLEASE NOTE:

- 1) Package Pick-up and the Race Meeting will be at Tucelnuit Elementary.
NO BIKES ALLOWED INSIDE SCHOOL GYM
- 2) 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 Friday or Saturday during scheduled times.

****There is no race morning package pick up.****

PRE-RACE EXPO

Fresh Air Concept will be at the Expo for all of your race weekend needs and anything you might have forgotten.



PACKAGE PICK UP

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 and ATA members as supplied by TRIBC & ATA race week.

If you are not a member of TRIBC or ATA and did not pay 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 Cash is also accepted – NO DEBIT!***

Wristband

A wristband with your race number on it will be affixed to your wrist at Package Pick Up. This wristband 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 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 Frame Number – It goes around your Seat Tube
 - Helmet Numbers – Front and sides
 - Bag Label
 - Extra number



Pre-Race Meeting

Held from 5-6 pm at Tucelnuit Elementary School, 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.

Transition

Transition will be at Tucelnuit Elementary School which is 350 m from Rotary Beach.

Bike Check-In

Athletes **MUST** check their bikes in on Saturday. Bikes can be checked into transition from 2 pm to 5 pm or 6 pm to 7 pm on Saturday. Please respect the direction of the volunteers and event staff.

NO race morning bike check in is allowed.

Please make sure that you pick up your athlete package at package pick up in the Gym 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.

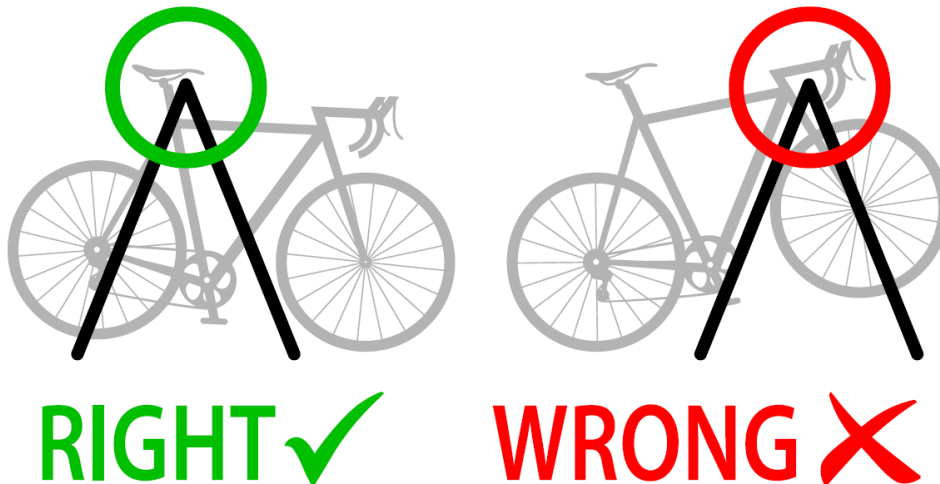
NOTE: Bike seat post number must be put on the bike before check in. This number replaces the need to wear the bib number on your jersey for the bike.

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.



HOW TO RACK YOUR BIKE



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



Got Open Water Nerves?

Register for our **FREE Swim Clinic on Race Weekend**

Details: seahiker.com/oliver/ **SEAHIKER**

Do You Have A Smart Race Plan for the Swim?

By Sea Hiker Coach Peter Scott

Whether you are a first-time triathlete or trying to get a faster time, it is easy to lose your focus when arms & elbows start to fly.

You can swim a smarter race by prioritizing the most important race elements. Follow a simple checklist to guide you from beginner to expert and help you stay focused in your swim race.

We encourage you to devise your own checklist while taking your skill level, goals and experience into account (or talk to one of our coaches in Oliver). Or you can try the one below: it has been race tested over many seasons.

1. Breathe!
2. Swim straight
3. Get Your Rhythm
4. Save effort
5. Get tactical!

Smart Swim Checklist

1. Breathe!

Avoid starting your race in a panic. Once you start swimming too fast or with too much effort, it becomes difficult to settle into an aerobic swim, as many beginners discover! Instead, you'll find yourself stopping often and feeling anxious. Start at a comfortable pace and build only when your breathing feels sustainable.

2. Swim straight

Once you know that your breathing is a good match for your swimming pace and the race conditions think about swimming straight. Use "alligator eyes" sighting technique as often as you need to ensure that your path from buoy to buoy is a direct one. You'll save valuable time and effort. This is the easiest way to have a faster swim time.

3. Get Your Rhythm

Breathing, sighting, swimming in the pack, and staying calm and focus takes a lot of brain power. If that's all you can do, at this point, you're already doing better than most triathletes. Allow yourself to settle into a rhythm and feel comfortable. Sometimes unexpected lake or ocean conditions will make this more challenging. But it is the key to an efficient race.

4. Save Effort

Your next step is to find ways to save effort while maintaining your race pace. But remember, you still need to manage all the other things we've just talked about! You might already know that there's one skill focus that really helps you swim your best. Once you get comfortable, now's the time to see what technical points need attention. For new triathletes, this might happen after you're halfway through your race. For experienced, triathletes, you might feel settled enough after the first buoy to focus on efficiency.

5. Get Tactical!

New triathletes should limit "tactical racing" to only what will make the race more comfortable and safe. Experienced triathletes can think about shaving the inside of the buoy triangle, having snappy buoy turns, leapfrog drafting, chasing down a competitor, pacing strategies, currents and wind, and how their swim fits into their overall race plan. But it makes no sense to even bother with tactical racing points if you are struggling to catch your breath or have trouble holding your line from buoy to buoy.

Want to know how to implement these points on race day? Come to one of our clinics in Oliver on Friday and Saturday afternoon.

Location: Rotary Beach – swim start/finish line area

Signup: www.seahiker.com/oliver

Friday, June 1st:

Experienced Triathletes: 5:30 – 6:00 pm

Beginner Triathletes: 6:00 pm - 6:30 pm

Saturday, June 2nd:

Experienced Triathletes: 3:00 - 3:30 pm

New Triathletes: 3:30 - 4:00 pm

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! 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.

DO NOT continue from Swim to Bike OR Bike to Run without a timing chip, if you cross the finish line without a timing chip, your day will be a DNF.

NO CHIP = DNF

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.

Race Day Parking

The Oliver Rotary will be volunteering again this year to help assist athlete's as they arrive at the venue. Please park as directed on Merlot Ave. so that we can maximize parking space.

Parking is available:

- 1) Athletes may park on the Fortis right-of-way (underneath the power lines) on Merlot Drive as in past years as directed by our parking marshals.
- 2) At the Fortis office site and across the street at Tucelnuit Elementary as long as you do not block any of their access gates.
- 3) At Tucelnuit Elementary School parking lot
- 4) Athletes and family can also park at Oliver Parks & Recreation and walk up to Rotary Beach to help alleviate congestion around the transition area.



PLEASE DO NOT PARK ON THE COURSE.

- 1) On Tucelnuit Drive south of Park Drive on the west side of the road. The bike aid station is along this stretch.
- 2) Corner of Lakeshore and Merlot Drive outside the Lakeside Resort,

Transition Area Access – Opens at 5:30am

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 12:30 after the bike course is closed** unless otherwise directed by race officials.

Family & friends are NOT allowed in transition

Spectator Viewing

BIKE – Spectators can walk from the swim start up Merlot Ave to Tucelnuit Rd. in front of Tucelnuit Elementary and watch as the cyclists go out on the course southbound.

RUN – At the top of the hill on Lakeside Drive is the run turnaround. This is a great place to cheer on athletes but please do not step on the gravel boulevard of the local residents. Also, the corner of McKinney and Meadows Drive at the third run aid station is another great place to cheer on athletes. This aid station is near Parks & Recreation, just west of the four-way stop.

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 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.



The Sea Hiker Swim Course



Swim Course

RACE START IS 7:00 AM

Open water clockwise swim course is held in Tucelnuit Lake. Half Iron & Aquabike is a two loop 2 Km course. Wave starts are as follows:

7:00 am	Blue swim caps
7:05 am	Fluorescent Yellow swim caps

Rotary Beach features a large sandy area for the start and finish. Tucelnuit 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 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 will be allowed if the water temperature on race morning is 23 degrees Celsius or 74 degrees Fahrenheit or less. A water temperature measurement will be conducted on Saturday to forecast the likely water temperature on race day and the likelihood of whether wetsuits will be allowed.

Wetsuits are NOT mandatory! Expected temp is 19 degrees.

****NOTE**** The lake temperature will be provided race morning by our TRIBC Official. We know that as an athlete you are concerned whether the swim will be wetsuit legal but as we are out of the office this week we cannot respond to water temperature emails.

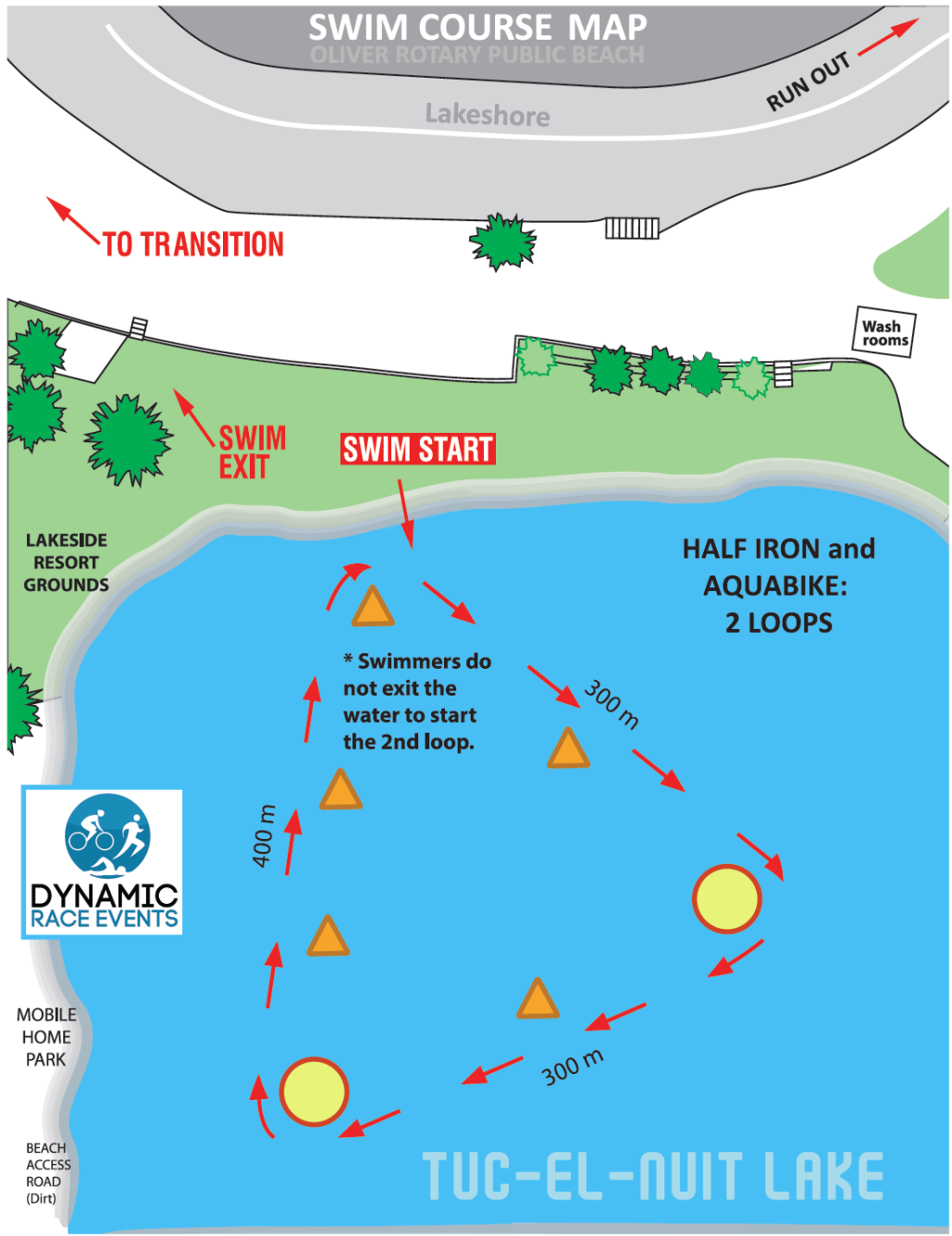
Swim Assistance

You will be escorted throughout the swim course by swim support volunteers. If at any time during the swim you are experiencing difficulty, stop and raise your arm to attract the attention of our swim course personnel. 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.



WETSUIT STRIPPERS – We will have wetsuit strippers just past the swim exit before the stairs



SWIMMERS WILL NOT EXIT THE WATER TO START THE SECOND LAP OF THE SWIM

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](https://2xu.com/ca)

Bike Course - Half Iron & Aquabike (90km)

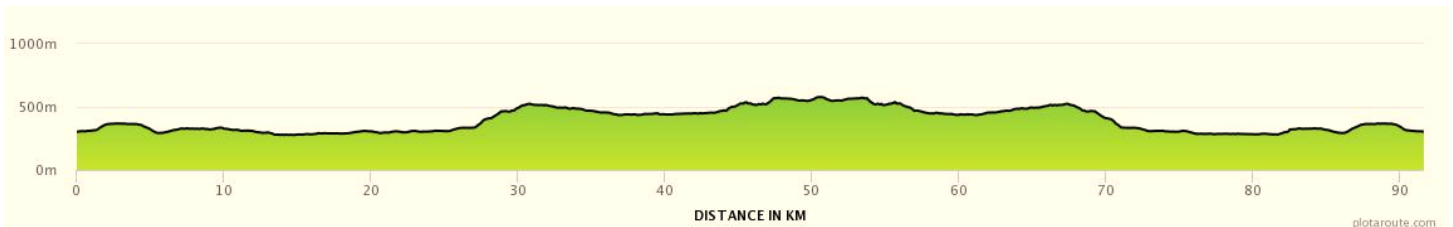
Due to construction delays on the north part of Station Street we have had to make a change to the Bike course for 2018.



Bike Course turn by turn directions

- Cyclists leave transition and ride south along Park Drive
- Turn left on Eastside Avenue
- Right on Tucelnuit Drive
- At Tucelnuit Rd/McKinney turn left then right and ride up Black Sage Rd Hill
- Continue along Black Sage Rd keeping right at the Old Barn as Black Sage Road becomes Road 22 and comes out at Hwy 97
- Right on to Hwy 97 (14 Km) and ride north on Hwy 97, past Road 6 and continue towards Oliver
- Left at Rd 2 (*CROSSING HWY 97)
- Left on to Fairview Road
- Right on Willowbrook Road and ride north towards Willowbrook
- Right on Jones Way
- Right on Myers Rd
- Left on Johnson Crescent
- Left on Green Lake Rd
- Right on Fairview White Lake Rd and ride north to the Turnaround
- Turnaround point junction of Fairview White Lake Rd & White Lake Rd. (50 Km)
- Follow Fairview White Lake Rd. south back towards Oliver.
- Keep right at Willowbrook as Fairview White Lake Rd. becomes Willowbrook Rd. (Do not go back into Willowbrook)
- Left at Fairview Rd
- Right on Rd 2
- Right on to Hwy 97, cyclists ride South along Highway 97 to Rd. 18
- Left on Rd. 18 (*CROSSING HWY 97)
- Cross bridge and Rd. 18 becomes Ryegrass Rd.
- Right on Saskatoon Avenue and ride up to Black Sage Rd.
- Left on Black Sage Rd.
- At Tucelnuit Rd/McKinney turn left then right on to Tucelnuit Road
- Left on to Eastside Avenue
- Turn Right on Park Drive
- The Dismount line will be on the road just before the parking lot entrance driveway (90 Km).

When completed, the dismount line is on Park Drive, dismount and cross the road into transition area.



ROUTE STATISTICS

Distance	91 km	Total Ascent/Descent	1116 m / 1115 m
Lowest Point	277 m (at 14.13 km)	Highest Point	579 m (at 50.58 km)
Uphill	36.63 km (40.0%)	Downhill	37.17 km (40.5%)
Flat	17.82 km (19.4%)	Max. Height Gain	302 m
Steepest Uphill	+13.3% (at 27.45 km)	Steepest Downhill	-15.6% (at 70.56 km)
Longest Uphill	2.70 km	Longest Downhill	2.43 km (at 69.21 km)

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!](#)

The Bike Barn crew will be out on the bike course again offering bike tech if you have any issues race day. The Bike Barn will also be located outside transition before race start for any last-minute assistance.



Bike Aid Stations

There are 3 aid stations on our bike course that you ride past at the 22km (Fairview Rd), 42km (in Willowbrook) and 70km (Fairview Rd) points on the course.

Each aid station will have bottled sport top water and bottled sport top F2C Nutrition (710ml size) as well as bananas and GU Gels (Salty caramel and Tri Berry Flavors). *The F2C Nutrition and the water bottles are a sport twist top style that will fit in your bike cage.*

Please discard all empty bike bottles and sports nutrition wrappers at the aid stations within the bottle drop zone. Red hockey nets will be placed at the end of each aid station to discard bottles. This will make our clean-up efforts much easier. Discarded bottles or gear will not be returned after the race.

Course Safety

Roads used for the Oliver Half Iron 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.

The cattle guards on Black Sage Rd. and on the course will be covered on race day and there will be signage posted to warn athletes. Athletes must cross the cattle guards single file and any athlete who crosses the center line will be DQ'd as per TRIBC rules.

Noise & Wildlife

Remember that you are riding by orchards and vineyards out on the bike and run courses. Do not be surprised if you hear what you think is a gunshot. The vineyards and orchards sometimes use small air cannons to scare away the birds.

This is a rural bike course so keep your eyes open for any wandering livestock!

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 – 16

Bikes 1,3,5,7,9,11,13,15 are on one side of the rack and bike 2,4,6,8,10,12,14,16 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

AQUABIKE

After completion of the bike course, the finish time for the Aquabike athletes is when they cross the mat at the entrance to transition. Rack your bike and proceed over to the Finish Line. Come through the Finish Line and you will receive your Finishers Medal and be announced as a finisher by Steve King.

BIKE CHECK OUT

Bikes can be checked out of transition after 12:30 pm.

Run Course - Half Iron course is two loops

Runners exit the transition area out of transition heading back towards Rotary Beach along Merlot Ave to Lakeside Ave past our announcer and up the hill along Lakeshore Drive towards the first aid station at the top of the hill. Runners continue along Lakeside Drive as it turns to the left and becomes Zinfandel Ave and turn left on Meadows and run south down to the pass thru the second aid station. Runners continue along Meadows and at the end of the Meadows road pass through the third aid station turning right and crossing the gravel to turn right to run north alongside the Okanagan River.

Turning right on to the path runners now run north for approx. 600m to and over the “old” bridge (the second one bridge you’ll pass on the way out PICTURED BELOW!) your pathway across the river.



Crossing the bridge runners turn right and run north where 500m later they will hit the fourth aid station. Passing through the aid station runners continue north along the Hike and Bike Path to the run turnaround point.

At the turnaround point runners now run south along the Hike & Bike path passing through the aid station again heading south passing both pedestrian bridges towards Lions Park (has skateboard bowl) and the new hotel as you come up to the Red Bridge at Fairview Rd where you will see vehicle traffic.

If it is a hot day we will have sprinklers near aid station 4.





At the Red Bridge at Fairview Rd. (ABOVE PHOTO), athletes turn left over the main pedestrian bridge across the river (approx. 50m) and then left on to the dyke-right-way path (approx. 300m) through the Yellow Gate. At this point, 300m from the bridge, you'll turn right and run across the gravel through the aid station and back along Meadows Drive towards transition retracing your route out.

You must complete the entire course and circle the turnaround sign just above the finish at the run turnaround before heading out for your second lap for the Half Iron.

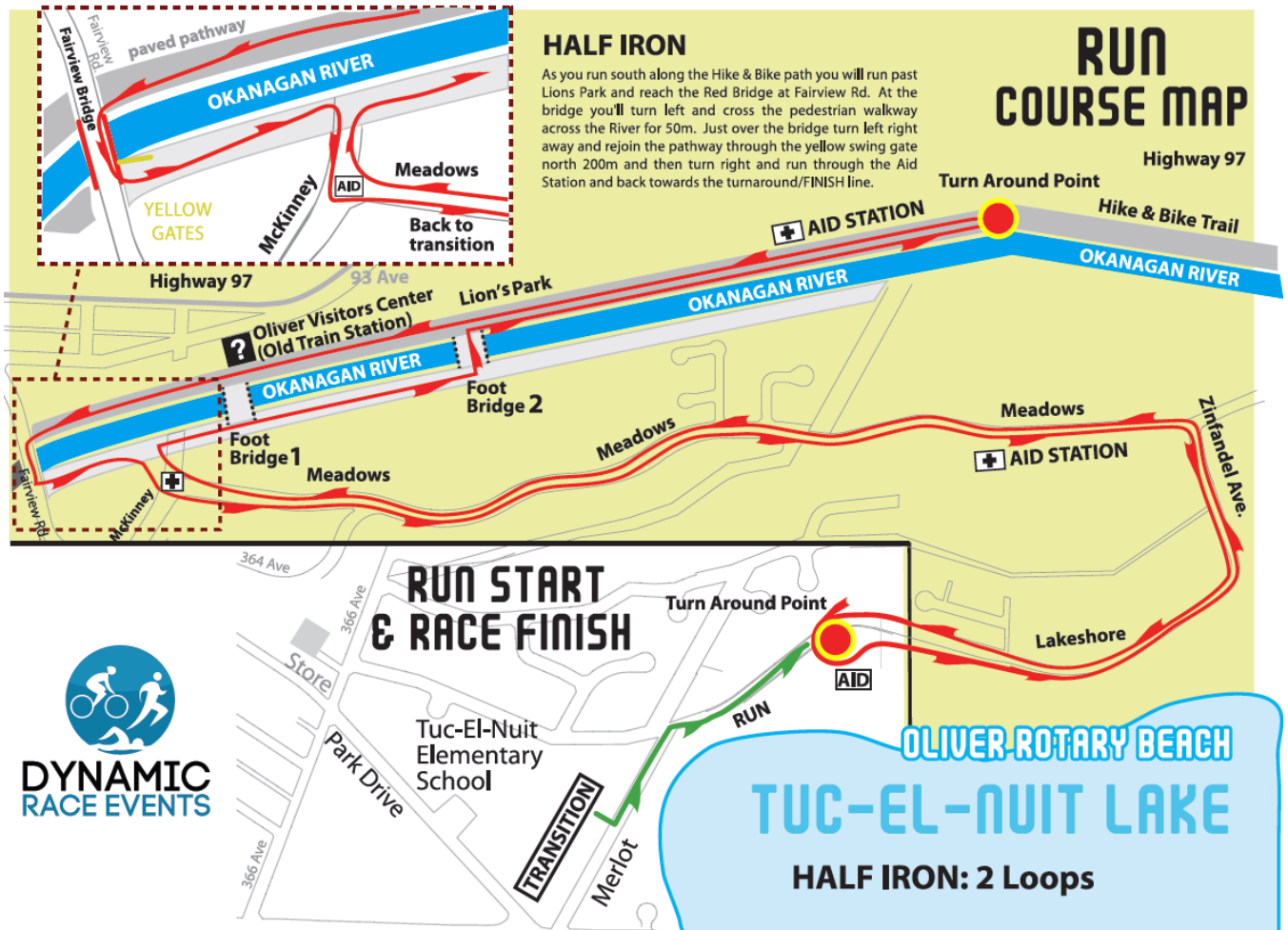
After your second full loop is completed, run down Lakeside Drive past the turnaround to the Finish Line at road level, across the blue carpet and through the finish arch.

**IF YOU DECIDE NOT TO DO YOUR SECOND LAP
DO NO CROSS THE FINISH LINE!**

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, F2C Nutrition Drink, bananas, pretzels, Flat cola, and F2C gels.

There are four (4) aid stations on the run course located roughly every 2km and service runners heading in both directions. Toilets will be located at each aid station.

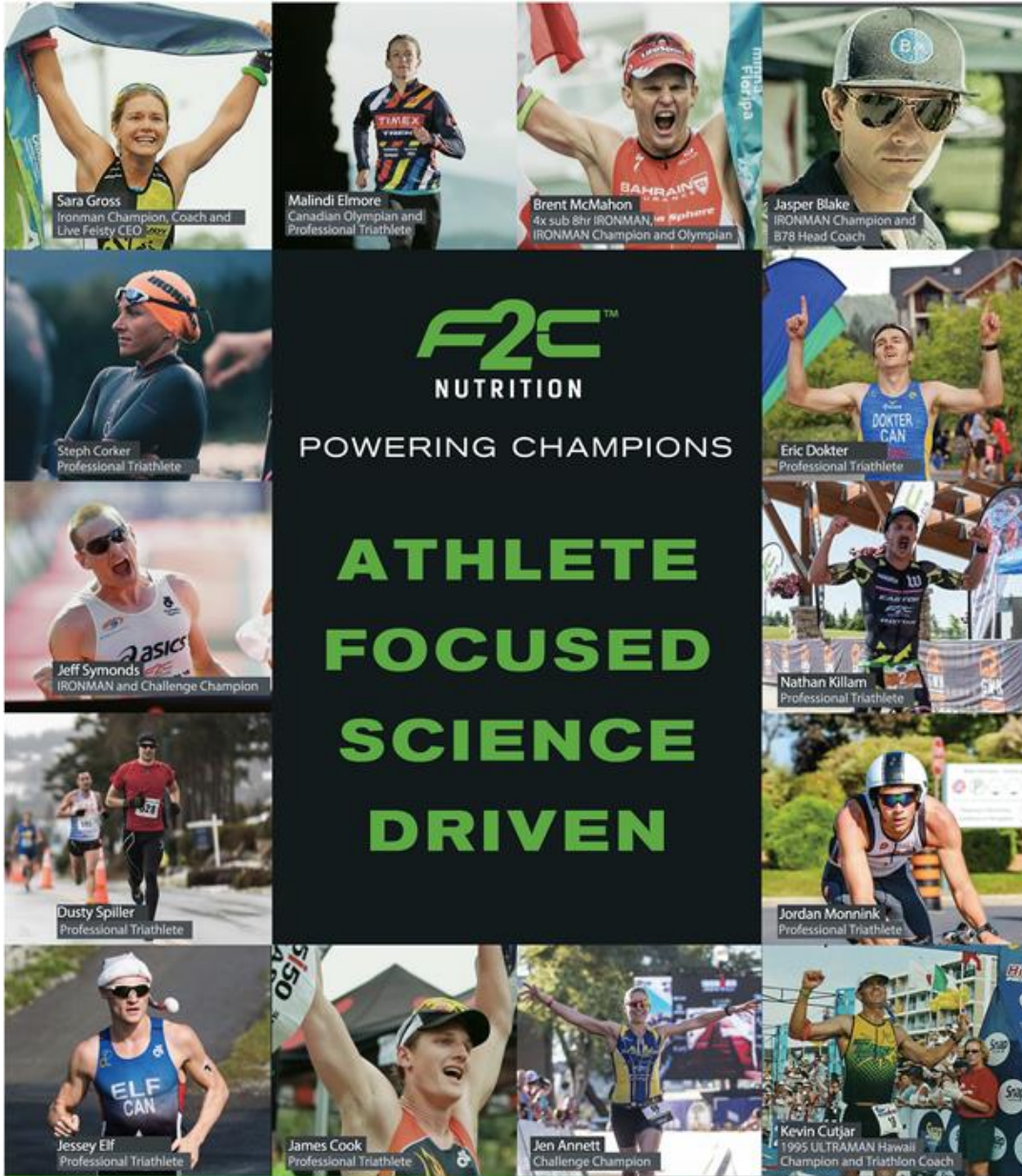
1. Above Rotary Beach – You will pass this aid station to start the run course, located just above the finish, just after you pass the Half Iron turnaround point. You will also pass this aid station to start the Half Iron second lap.
2. Just in from the corner of Zinfandel and Meadows Drive.
3. End of Meadows Drive & McKinney, just in from the four way stop by the Arena. This station is 2.5Km from Rotary Beach and you go through it at the 2.5km mark going out on the first loop and the 7.5km mark on the way back on the first loop. On the second loop you go through it again at the 12.5km mark and then at 17.5km for the Half Iron course.
4. On the Hike & Bike Path 500m north of the “old” bridge crossing – Athletes will pass this aid station after they’ve come over the bridge and turn right heading north to the turnaround and then on the way back heading south as the run all the way down the Hike and Bike Path to Fairview Rd Red Bridge.

Toilets

There will be toilets at Rotary Beach next to the washroom building that you will pass as you go to the swim start.

Each aid station on the bike and run will have toilets. Please try and refrain from any public urination and any other bodily functions on the course. At bike aid stations there will be bike racks provided so athletes can rack their bikes when using the washroom.

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.



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

Course Cut-off Times

Due to restrictions of municipal permits, race insurance and volunteer staffing, all participants must remain on pace to complete Oliver Half Iron Triathlon in 8.5 hours. Lakeside Drive needs to be clear and open for traffic by 7 pm.

Swim

The swim course cut-off time is 1:10 hour after the start of your 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 5h30m after the final swim wave start.

You may also be stopped by race staff if:

- 1) Race staff deems you in no condition to continue.
- 2) 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. This means you may find yourself having to obey traffic laws at the busy intersections of Station Street and Fairview Rd (opening at 12:00pm). A race vehicle will proceed at cutoff time pace to inform you of your position and open the intersections.

Run

Half Iron – two laps

NOTE: There will be a run course cut-off time at the run turnaround (10.5km) at 7 Hrs. after the final wave start. No one will be allowed to proceed with the second loop of the run after this cut off time. The official race finish is 8.5hrs at 3:30 pm. The run course sweeps will leave approximately 15 minutes after the last runner departs.

We want everyone to finish the race. We will try and keep our run course aid station open, if 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.

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 results being processed before the awards will not be adjusted/changed after and stand as official.

Finish Line

Please note: Family members are not allowed to cross the finish line with participants as per TRIBC rules.

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 food will include water, F2C Nutrition Drink and snacks.

POST RACE LUNCH & AWARDS

The post-race lunch and awards will take place at Rotary Beach and will begin at 11:30 am. Non-athletes can purchase lunch for \$14 (cash only) directly from the caterer so family and friends can have lunch with you post-race

- Catering Partner – Pappa's Firehall Bistro
- Beverage Partners – Firehall Brewery & Orchard Hill Estate Cidery

BEVERAGE GARDEN

Again this year, we are hosting a beverage garden serving Firehall Brewery beer and cider from Orchard Hill Estate Cidery for athletes and spectators which will be open from 11:30 am to 4:30 pm just below road level at Rotary Beach.

Athletes will give the tear tag on their race bib to the caterer to be served lunch and the second tag on their race bib to receive your complimentary beverage! Spectators can purchase beverages.



Don't usually stay for awards?

Aquabike awards will get Top 5 for Men and Woman.

Age groups awards will go three deep in each age group for the Half Iron. Our Age group prizing this year are etched beer glasses for AG winners and privately labelled 650 ml bottles of custom labelled Dynamic Race Events Podium Blonde.



Stick around for Heads or Tails as we give you just a glimpse of the DRAW PRIZES available this year from our amazing partners:

- **2XU triathlon packages**
- **Wine from local wineries**
- **Growlers from Firehall Brewery**
- **Race Entries**
- **F2C Prize Pack**

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 all of your gear as you can't do that without the band to identify you. Please remove all of your items before 5pm.



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.

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 Oliver Half Iron and Aquabike. 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.

LINK TO TRIBC RULES IS: <http://www.tribc.org/wp-content/uploads/2018/04/2018-PSO-Rules-APPENDIX-X-180110-booklet.pdf>

LOCAL RESTAURANTS

Please note: It is recommended that all athletes make reservations before going to dinner in Oliver to better equip the local restaurants for the number of people in town on this weekend. This will help cut down on wait times and help provide great service.

OLIVER

Pappa's Firehall Bistro at 34881 Okanagan Hwy (Main Street Oliver)

Located in the old Firehall across from 7-11 on Main Street in Oliver. Serving up Ribs and a number of pasta specials on race weekend. Pappa's Firehall Bistro will be our race day caterer on race day. Ph (250) 498-4867 for reservations. pappasfirehallbistro.ca

Cock N' Bull at 34849 Okanagan Hwy (Main Street in Oliver)

The place to go for breakfast and coffee. Famous for a great breakfast bagel and killer lunch lasagna.

Inkameep Canyon Restaurant at 37041-71st Street (Oliver)

Located at the Inkameep Canyon Golf Course on Tucelnuit Drive across from Tucelnuit Lake. The restaurant has a balcony overlooking the lake and also serves breakfast race morning if friends want to watch the race from their patio.

Call 250 498-2880 as **reservations are required.**

www.inkameepcanyon.com/

Savvios at 34646-97th Street (Oliver)

Owned by Savvios Gavrillidis. Savvios is a Greek and Italian Restaurant with a large outdoor patio.

Call 250-498-4418 to make reservations.

Miradoro at Tinhorn Creek at 537 Tinhorn Creek Rd

Miradoro Restaurant is a partnership between Tinhorn Creek and Manuel Ferreira, former owner of Le Gavroche in Vancouver.

Panoramic views of the valley below; clean lines, and a comfortable atmosphere. Locally sourced ingredients prepared by an award-winning chef. All of this, in the heart of the south Okanagan – with a hint of Mediterranean on the palate.

OSOYOOS (18Km South of Oliver)

Diamond Steak & Seafood House at 8903 Main Street (Osoyoos)

Owned by Gus & Maria Tsigonias. The Diamond serves incredible pasta and provides excellent service. Seating capacity is 225.

Call 250-495-6223 to make reservations.

Campo Marina – Authentic Italian at 5907 Main Street (Osoyoos)
(Across from the Windmill) Owned by local triathlon supporter Mike Oran.
Campo Marina is another incredible great pasta spot with a great wine list.
Call 250-495-7650 for reservations

GOOD LUCK & HAVE A FUN, SAFE RACE!

Joe Dixon – Race Director
Angie Woodhead – Athlete Services

