



# **DYNAMIC RACE EVENTS**

**2019**

**OLIVER HALF IRON  
& AQUABIKE**

**ATHLETE INFORMATION GUIDE**

On behalf of the entire Dynamic Race Events Team, thank you for choosing to race with us and support an independent race series. We welcome you to Oliver for the [16th Annual Oliver Half Iron & Aquabike race](#).

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

No race is possible without the support of a community, especially from those that have come out year after year as this race has grown. This race is synonymous with an incredible volunteer spirit and community support and I encourage you to share your thanks with them during your stay as they help you reach your goal. Wishing you all the best and have a safe race.

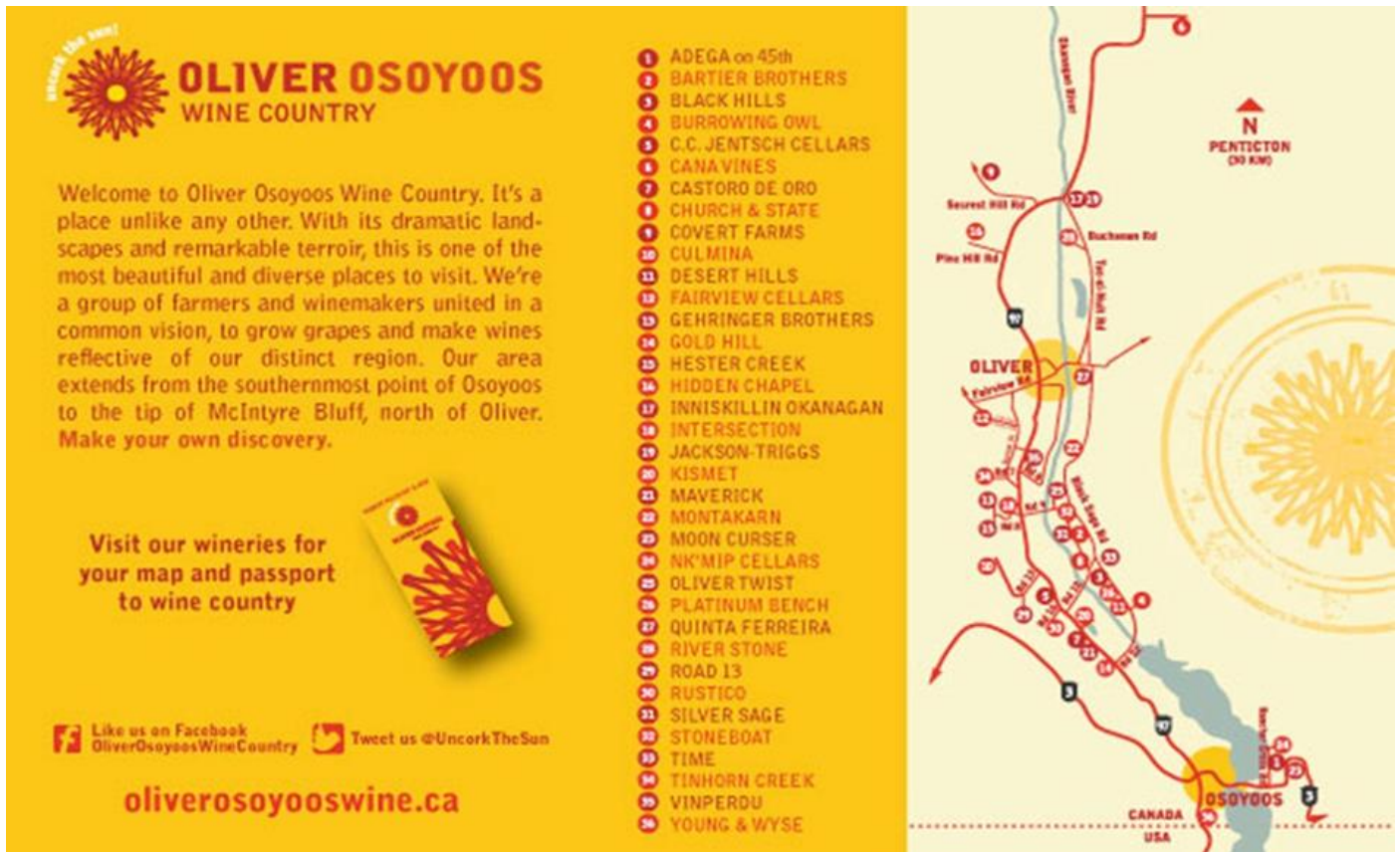
Sincerely,

**Angie Woodhead**

Owner, Dynamic Race Events



If you have a chance to extend your stay in the South Okanagan, please support OOWA member wineries.



**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](http://oliverosoyoswine.ca)

- 1 ADEGA on 45th
- 2 BARTIER BROTHERS
- 3 BLACK HILLS
- 4 BURROWING OWL
- 5 C.C. JENTSCH CELLARS
- 6 CANA VINES
- 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 VINPERDU
- 36 YOUNG & WYSE



# OLIVER OSOYOOS

## WINE COUNTRY

# Race Schedule

## Friday, May 31st

2 - 6:00 pm                      Package Pick Up at Tucelnuit Elementary School - Gym

## Saturday, June 1st

2 - 5:00 pm                      Package Pick Up at Tucelnuit Elementary - Gym

2 - 5:00 pm                      **Mandatory Bike Check In**

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

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

## Sunday, June 2nd

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

11:30 am                         Post-Race BBQ Lunch service begins

11:30-4:30 pm                 Beer & Cider Garden for Athletes and Spectators

4:00 pm                          Awards Ceremony at Rotary Beach

### **\*\*NOTE:**

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

## Package Pick-Up & Race Expo

### PRE-RACE EXPO

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

Bike Barn will be on site race morning to assist with any last minute mechanical concerns.

ReKarb, is the official nutrition supplier for the 2019 Dynamic Race Events Series.



## 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 members as supplied by TRIBC 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 – SORRY, NO DEBIT. There is a \$1 service charge for all fees paid by credit.**

## Wristband

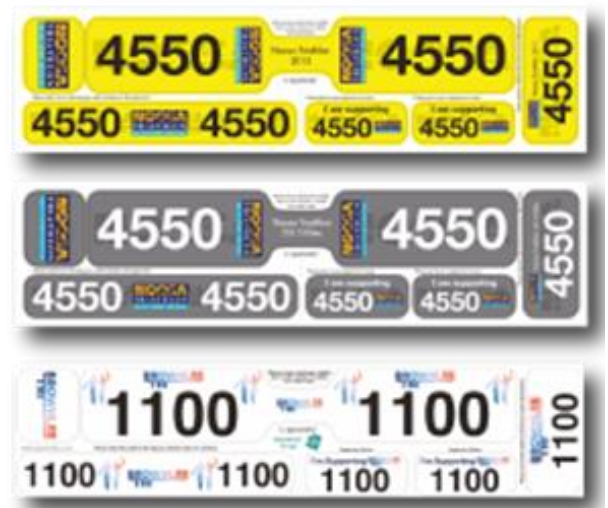
A wristband with your race number will be affixed to your wrist at Package Pick Up. This band will identify you as an official participant and must be worn during the entire event. The wristband is required for medical identification purposes and allows you access to the transition area and post-race 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 package that you are required to display during the event:

- The adhesive bike 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.
  - The sticker sheet in your athlete kit (sample below) includes:
    - Bike Seat Post Number – It goes around your Seat Post
    - Helmet Numbers – Front and sides
    - Bag Label
    - Extra number



## 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 MUST be applied before you will be given access to transition.

## Pre-Race Meeting

Held at 5 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.

There will be a quick briefing on the beach before race start to advise of any last-minute updates.



## 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.

**NO race morning bike check in is allowed.**

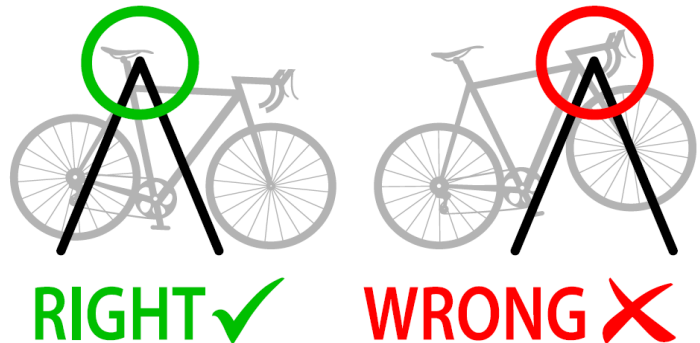
Please make sure that you pick up your race package at Package Pick Up before going to transition to check your bike to your rack. If athletes show up at transition to rack their bikes and do not have an athlete band on & without a bike frame number, they will not be allowed into transition.

**\*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.*



## HOW TO RACK YOUR BIKE



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

## Timing Chips & Race Timing



Timing chips will be provided to you race morning outside the entrance to transition under the Sportstats tent. 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 near the swim start/finish.

**NO CHIP = DNF**

## Race Day Parking

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

### Available Parking:

- 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.
- At the Fortis office site and across the street at Tucelnuit Elementary as long as you do not block any of their access gates.
- At Tucelnuit Elementary School parking lot – do not block access to entrances.
- 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.

Where **NOT** to Park:

- On Tucelnuit Drive south of Park Drive on the west side of the road.
- Corner of Lakeshore and Merlot Drive outside the Lakeside Resort
- Along Park Dr – between Tucelnuit Dr & Eastside Ave, this is Bike In/Out route

# Transition

## Transition Area Access – Sunday, June 2

Opens at 5:30 am | Closes at 6:40am

Only athletes who are wearing their wristband and are body marked will be allowed access. Any bike not properly displaying the bike seat post 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 pm unless otherwise directed by race officials.*

## 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 when coming into transition off the bike

## Family & friends are NOT allowed in transition

As with any other triathlon, it is standard for the safety of our athletes and security of their gear, we are very strict on access into the transition area. Obviously, there are exceptions to this (i.e. emergent situation), as with anything, we thank you in advance for your understanding and not challenging security and staff on access.

## Spectator Viewing

**BIKE** – Spectators can walk from the swim start up to Park Dr in front of Tucelnuit Elementary towards Eastside Ave and watch as the cyclists go out on the course.

**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 by the 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.

# 2019 TRANSITION AREA

Oliver

1/2 Iron & Aquabike



# Swim Course - Half & Aquabike

1900m | Rolling Start | 2 loops (athletes DO NOT exit the water after loop 1)

## Race Start

All Athletes are expected to be on the beach for 6:50. A quick race briefing will be done before swim start

**7:00 | Race Start**

## Rolling Start

Athletes will self seed in the swim start area. Signs for estimated swim times will be positioned in the start area for athletes to be able to seed accordingly. To avoid being overtaken by stronger swimmers and reducing your stress during the swim, seed yourself with athletes of a similar swim ability.

Athletes' official race time will start when they cross the timing mat into the water. All athletes will have 8 hours and 30 minutes to complete the entire event - subject to individual course cut-off times throughout the event.

## Swim Cap

The swim cap placed in your race packet must be worn during the swim.

***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.*

## Swim 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.

## Swim Course

The swim course will be a clockwise swim course held in Tucelnuit Lake with athletes starting from Rotary Beach. The 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.

**Course Buoys | ORANGE**  
**Turn Buoys | YELLOW**

## Temperature

Tucelnuit Lake is spring-fed and only about 45' deep at its deepest point. The Lake temperature is usually around 20 degrees this time of year

## 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 race morning with a TRIBC official to determine whether it will be a wetsuit legal swim. Official announcement will be made upon determination by 6:30am on race morning.

Wetsuits are NOT mandatory for the swim! If you are concerned about the swim not being wetsuit legal please check out the latest rules on water temperature and wetsuits on the Triathlon BC website.

**Wetsuit Strippers** – We will have wetsuit strippers just past the swim exit before the stairs

## Relay Teams

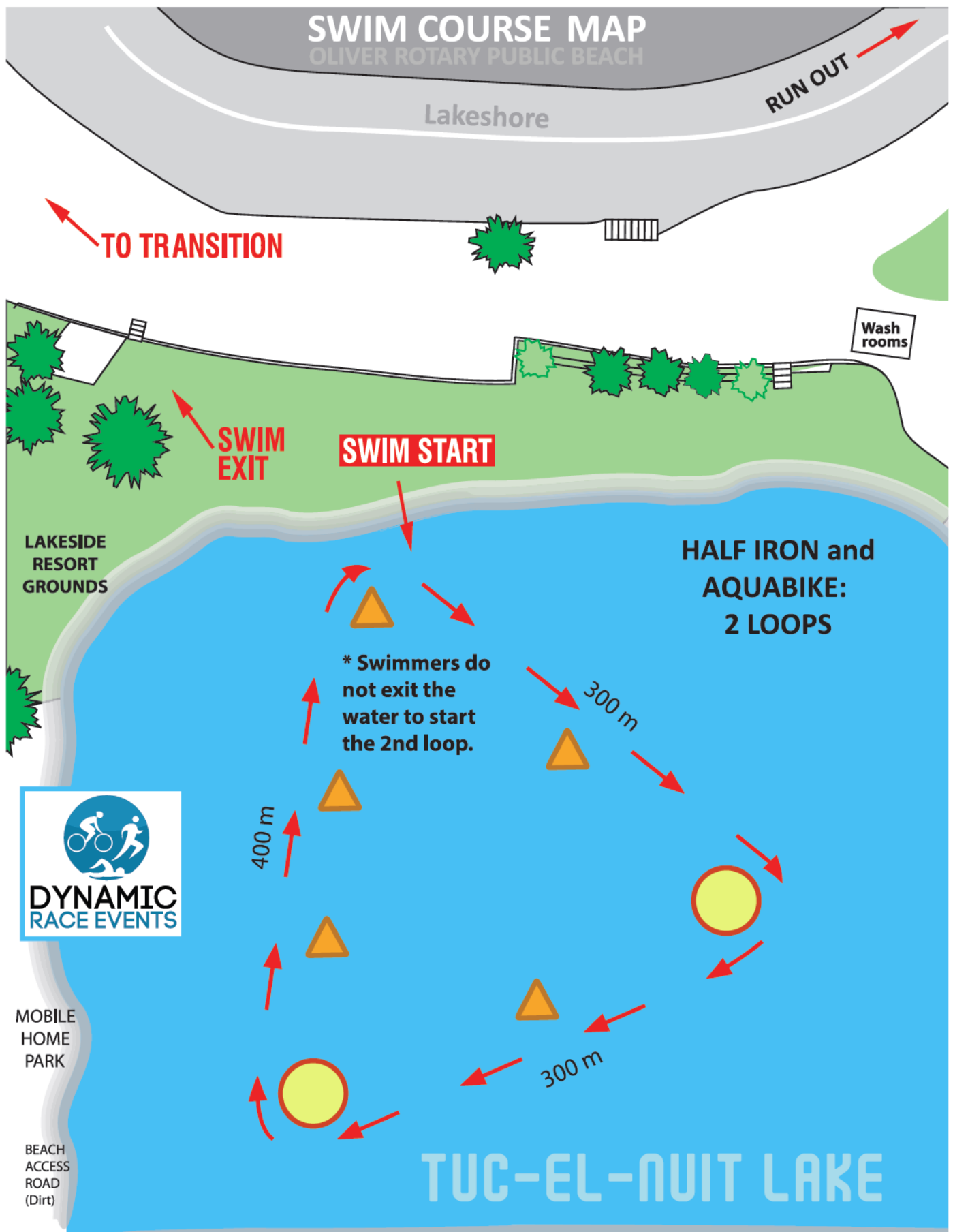
Relay teams will have a tent in transition – this tent is where you hand off your timing chip from one relay member to the other. Timing chips **MUST** be handed of in this location **ONLY!**

Relay swimmer will enter transition, go to the tent and hand off the timing chip to the cyclist. The cyclist may then go and unrack their bike and head out onto the bike course (see rules regarding the cycling portion, helmets etc). Once the cyclist has completed the bike course they will enter transition and rack their bike, proceed to the relay tent and hand off the timing chip to the runner. Relays teams may meet up with their runner at the top of the hill above the finish line and run down across the line together as a team. Each relay team member receives a finishers' medal.

Race tattoos for Relay teams – there are two race tattoos in each team's kit. One for your cyclist and one for your runner. Swimmers do not need tattoos.

## Aquabike

After completion of the bike course, the finish time for the Aquabike athletes is when they cross the mat at the entrance to T2. 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.

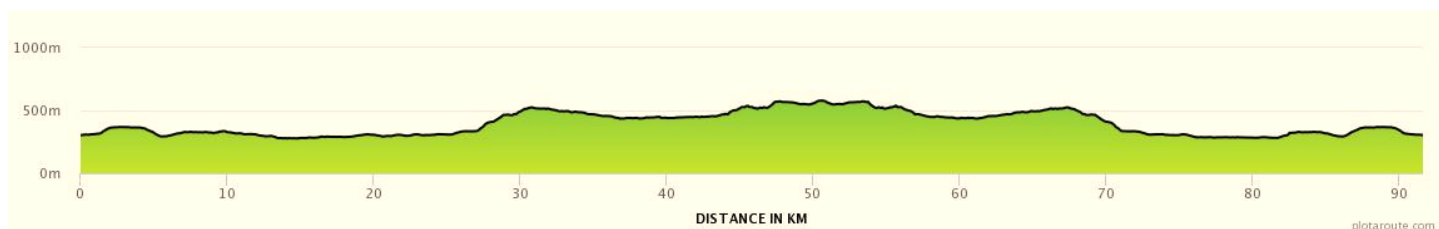


# Bike Course

Half 89 km

## Bike Course turn by turn directions

- Cyclists leave transition and ride south along Park Dr
- Turn left on Eastside Ave
- Right on Tucelnuit Dr
- At Tucelnuit Dr/McKinney turn left then immediate right and ride up Black Sage Rd Hill
- Continue along Black Sage Rd keeping right at the Old Barn as Black Sage Rd becomes Road 22 and comes out at Hwy 97
- Right on to Hwy 97 and ride north past Road 6 and continue towards Oliver
- Left at Rd 2 (\*CROSSING HWY 97) – BE AWARE AND HEADS UP!
- Left on to Fairview Road, climbing up to the turn at Willowbrook Rd
- Right on Willowbrook Road, keeping left as Willowbrook Rd becomes Fairview White Lake Rd
- Continue on Fairview White Lake Rd riding North to the Turnaround
- Turnaround point - junction of Fairview White Lake Rd & White Lake Rd.
- Follow Fairview White Lake Rd. south back towards Oliver.
- Keep right at Willowbrook as Fairview White Lake Rd. becomes Willowbrook Rd.
- 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.
- Continue on Ryegrass Rd past Silver Sage Winery
- Right on Orchard Grove Lane
- Left on Black Sage Rd.
- At Tucelnuit Rd/McKinney turn left then immediate right on to Tucelnuit Dr
- Left on to Eastside Ave
- Turn Right on Park Drive
- The Dismount line will be on the road just before the parking lot entrance driveway





**DYNAMIC  
RACE EVENTS**

**OLIVER HALF IRON & AQUABIKE  
BIKE COURSE MAP  
89 KM**

**A** Cyclists leave transition and walk their bikes to the road and ride south on Park Drive

Left on Eastside Avenue

Right on Tucelnuit Drive

At Tucelnuit Rd/McKinney turn left then right and ride up Black Sage Road 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 Road 2 (CROSSING HWY 97)

Left on to Fairview Road

Right on Willowbrook Road

Continue on Willowbrook Road past Seacrest Road to Willowbrook

Passing the Aid Station in Willowbrook, keep to the left as Willowbrook Road becomes Fairview White Lake Road

Continue on Fairview White Lake Road and ride north to the Turnaround

Right on Fairview White Lake Road and ride north to the Turnaround

**B** Turnaround point at junction of Fairview White Lake Road and White Lake Road (50 km mark)

After turnaround ride back south on Fairview White Lake Road towards Fairview Road

Keep right at Willowbrook as Fairview White Lake Road becomes Willowbrook Road (Do not go back into Willowbrook)

Left at Fairview Road

Right on Road 2

Right on to Hwy 97, cyclists ride South along Hwy 97 to Road 18

Left on Road 18 (CROSSING HWY 97)

Cross bridge and Road 18 becomes Ryegrass Road

Continue on Ryegrass Rd past Silver Sage Winery then right on Orchard Grove Lane.

Left on Black Sage Road

At Tucelnuit Road/McKinney Road turn left then right on to Tucelnuit Road

Left on Eastside Avenue

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.



## Course Rules | TriBC

Each athlete is responsible to know the course and the flow of transition area.

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!***

The **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 25km (Fairview Rd), 42km (in Willowbrook) and 68km (Fairview Rd) points on the course.

Each aid station will have bottled sport top water and bottled sport top Gatorade (710ml size) as well as bananas and ReKARB Gels. *The Gatorade bottles and 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. 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 & Aquabike 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 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. Cattle Guards are NO PASS ZONES!

## 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.

## 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 Bikes #1 – 8

Bikes 1,3,5,7, are on one side of the rack and bike 2,4,6,8 are located on the other side. Bikes do NOT have to be in exact sequence order, just on the correct side of the rack.

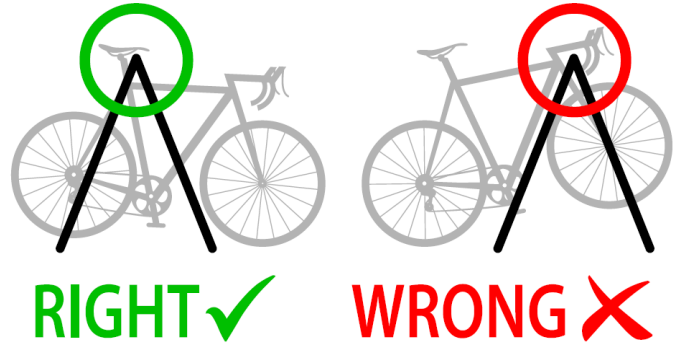
**NOTE:** Please do not bring storage bins or oversized bags into the transition area

## Bike Check Out

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



## HOW TO RACK YOUR BIKE



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

# Run Course

Half Course | 2 Loops – 10.5km | 21km

Runners exit the transition area out of transition heading back towards Rotary Beach along Merlot Ave to Lakeside Dr, past our announcer and up the hill towards the first aid station. Runners continue along Lakeside Dr as it turns to the left and becomes Zinfandel Ave, turning left on Meadows Dr and running south towards the second aid station at the end of Meadows Dr. Athletes turn right and crossing the gravel path up to the right turn to run north alongside the Okanagan River.

Runners now run north for approx. 600m to and over the “old” bridge (the second bridge - PICTURED RIGHT) your pathway across the river.



Crossing the bridge runners turn right and run north coming up on the third aid station. Note – the Aid Station is NOT the turnaround point! Passing through the aid station runners continue north along the Hike and Bike Path to the run turnaround point. There will be a timing mat at the turnaround point to ensure all athletes complete the full loop.

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.

At the Red Bridge at Fairview Rd. (ICTURED RIGHT), 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, through the finish arch.

**IF YOU DECIDE NOT TO DO YOUR SECOND LAP DO NOT 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.

Please try and refrain from any public urination and any other bodily functions on the course

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.

*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

There will be four aid stations on the run course roughly every 2km. Toilets will be located at each aid station. They will be well stocked with water, ice, NUUN, bananas, pretzels, flat cola, and ReKARB gels.

## Aid Station Locations

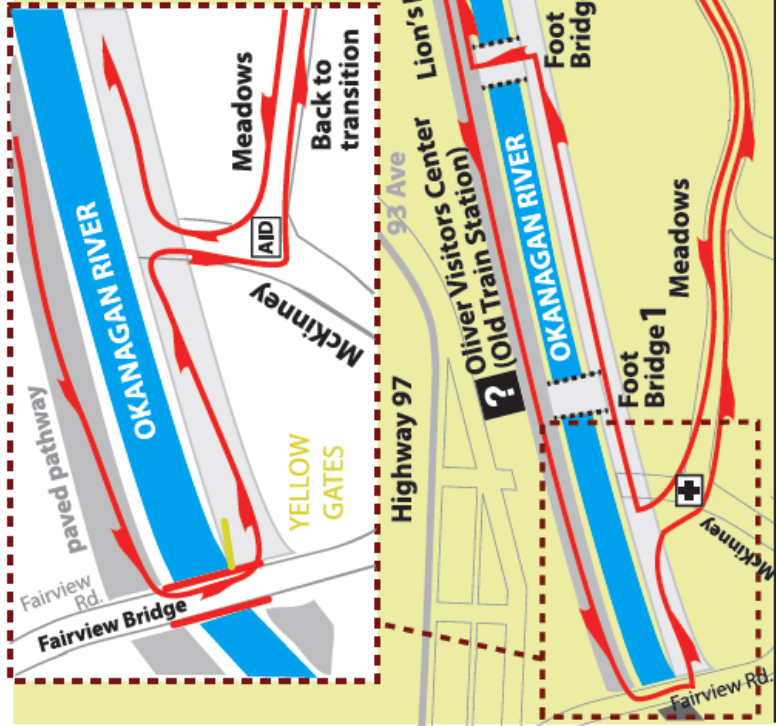
1. Above Rotary Beach – You will pass this aid station to start the run course, located just above the finish, just after you pass the Half Iron turnaround point. You will also pass this aid station to start the Half Iron second lap.
2. End of Meadows Drive & McKinney, just in from the four way stop by the Arena. This station is 2.5k from Rotary Beach and you go through it at the approx. 2.5k (out)/ 7.5k (back) on the 1st loop, and at the 12.5k (out)/17.5k (back) for the 2nd loop.
3. 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.
4. Just in from the corner of Zinfandel and Meadows Drive.

# RUN COURSE MAP

Highway 97

## HALF IRON

As you run south along the Hike & Bike path you will run past Lions Park and reach the Red Bridge at Fairview Rd. At the bridge you'll turn left and cross the pedestrian walkway across the River for 50m. Just over the bridge turn left right away and rejoin the pathway through the yellow swing gate north 200m and then turn right and run through the Aid Station and back towards the turnaround/FINISH line.



Turn Around Point

Hike & Bike Trail

OKANAGAN RIVER

Zinfandel Ave.

Meadows

AID STATION

Lakeshore

## RUN START & RACE FINISH

Turn Around Point

AID

RUN

Tuc-El-Nuit Elementary School

TRANSITION

OLIVER ROTARY BEACH  
TUC-EL-NUIT LAKE

HALF IRON: 2 Loops



**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 you cross into the water. 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 cut-off time is 5h30m after the final swimmer enters the water

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 cut-off time. This means you may find yourself having to obey traffic laws at the busy intersections. A race vehicle will proceed at cut-off 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) - 7 Hrs. after the final athlete enters the water. 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 sweep 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 as long as is possible. While completing the event is of paramount importance to both us as organizers and to all our athletes, you must heed this rule out of concern for your safety, fellow competitors, race staff, public servants and members of the community 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 if you do not complete the entire course!**

### 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 swimmer to enter the water.

Results will be posted on the side of the washroom building at Rotary Beach, as they become available throughout the morning.

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

We will have Medical at the Finish Line all day dedicated to the event, as well as BCEHS to respond to emergencies for the duration of the event.

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 white recycling boxes around the race site for cans and bottles. Please deposit recyclables in these boxes to help us minimize our waste.



## 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. Water and NUUN will be available at the finish line.

**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.**

## Post Race Food

The post-race lunch will take place at Rotary Beach and will begin at 11:30 am and will be catered by Salty's Beach House. Spectators and family can purchase lunch (cash only) directly from the caterer so family and friends can have lunch with you post-race.

## Don't usually stay for awards?

### Awards

Aquabike awards will go to Top 5 Overall for Men and Woman.  
Half Iron - Age groups awards will go three-deep in each age group.

Due to the nature of our awards, they WILL NOT BE MAILED OUT POST EVENT! If receiving your award is important to you, please stay for awards OR ask a fellow athlete to collect it on your behalf. As our results must be finalized by officials prior to handing out awards, we are unable to give awards early for athletes not able to stay until they are handed out.

### 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.***



## 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 BC is the sanctioning body for this event, as such all TriBC (and TriCanada) 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 after the protesting individual finishes the race.

LINK TO RULES: <http://www.tribc.org/wp-content/uploads/2019/04/2019-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.

### OLIVER

#### **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/](http://www.inkameepcanyon.com/)

#### **Savvios** at 34646-97<sup>th</sup> Street (Oliver)

Owned by Savvios Gavrilidis. Savvios is a Greek and Italian Restaurant with a large outdoor patio across from Super Valu. Call 250-498-4418 to make reservations.

#### **Pappa's Firehall Bistro** at 34881 97<sup>th</sup> Street (Oliver)

Located in the old Firehall across from 7-11.  
Call 250-498-4867 for reservations. <http://www.thefirehallbistro.com/>

### 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.

**GOOD LUCK & HAVE A FUN, SAFE RACE!**