



DYNAMIC RACE EVENTS

2019

**WINE CAPITAL
OF**

CANADA TRIATHLON

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 Wine Capital of Canada Triathlon 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.

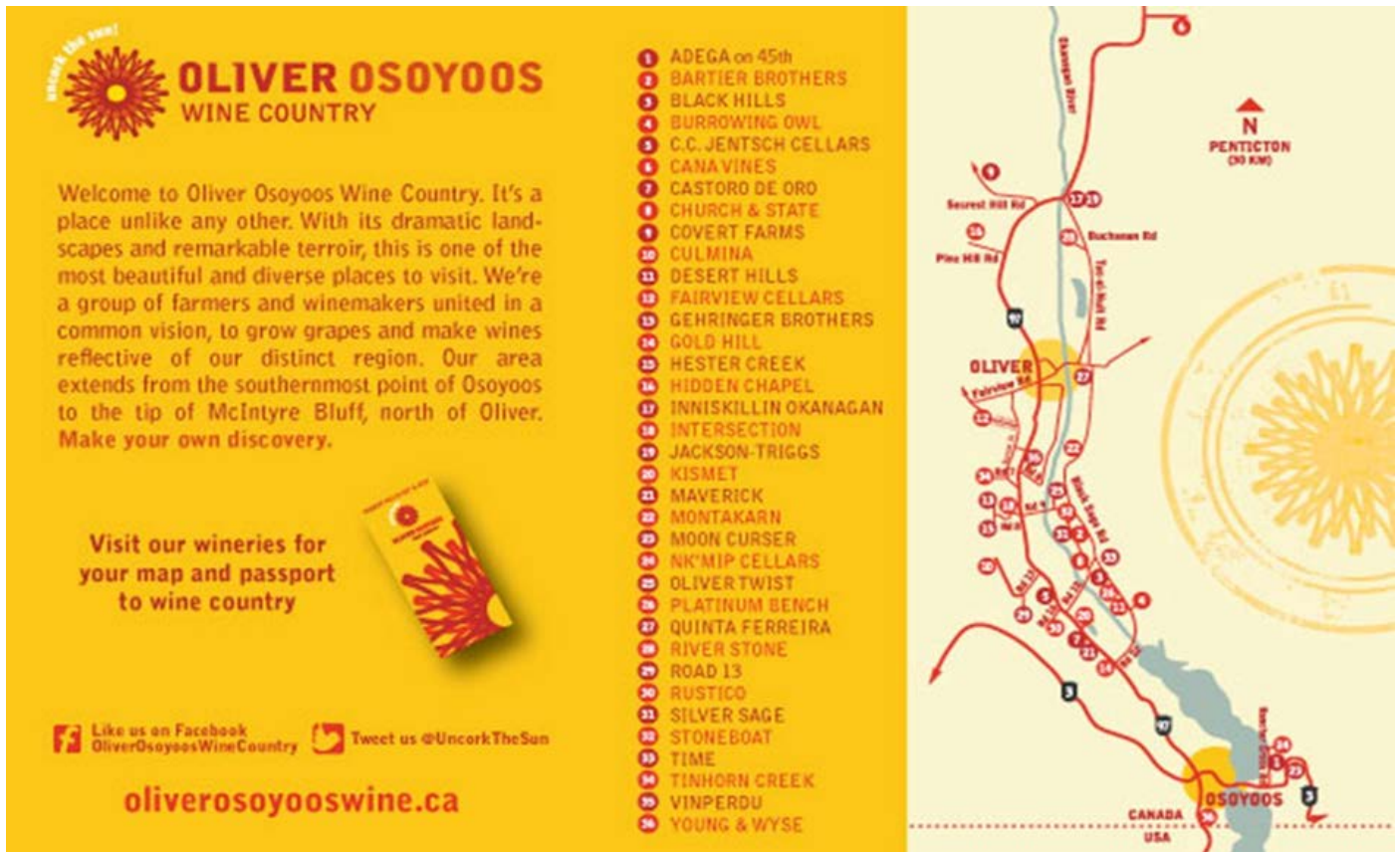
Sincerely,

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

- 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

Our series wide sponsor for on course athlete nutrition is REKARB maple syrup energy gels. These products are 100% organic and proudly Canadian made!

Welcome

REKARB

Official On Course Nutrition Partner



Race Schedule

Friday, May 31st

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

Saturday, June 1st

6:00 am Transition opens at Tucelnuit Elementary School
6-7:00 am Package Pick Up at Tucelnuit Elementary School - Gym
7:20 am Transition Closed
7:25 am Pre-race athlete briefing at swim start Standard Athletes
7:30 am Standard Swim Start - Wave 1 (Men)
7:35 am Standard Swim Start – Wave 2 (Women)
7:40 am Pre-race athlete briefing for Sprint Athletes
7:45 am Sprint Swim Start – Wave 1 (Men)
7:50 am Sprint Swim Start – Wave 2 (Women)
9:00 am Breakfast service starts
11:30 am Awards 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. No packages will be given out after 7:00 am race morning.*

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. Fresh Air Concept will be open at the Expo on Friday and Saturday afternoon package pick up, not Saturday Race Morning.



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. \$1 service charge if paid electronically.**

Wristband

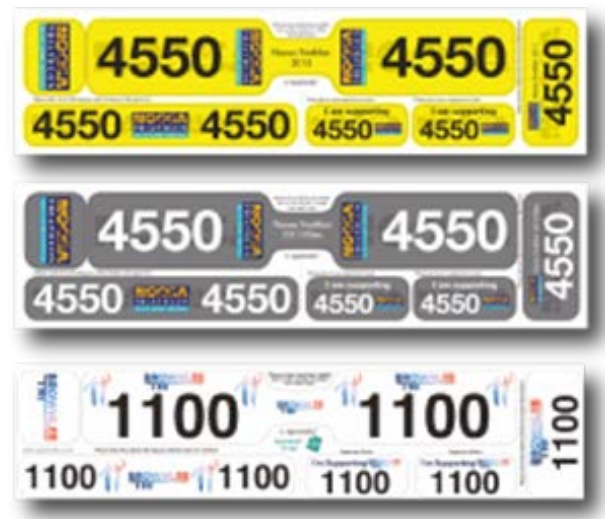
A wristband with your race number on it will be affixed to your wrist at Package Pick Up. This band will identify you as an official participant and must be worn during the entire event. The wristband is required for medical identification purposes and allows you access to the transition area and post-race 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 bike seat post frame number must be attached to your bike with the race number clearly visible from both sides of the bike. This number is in place of you having to wear a number on your back.
- The run number must be displayed during the run segment on the front of your body. This number does not have to be worn on the bike. Your bike frame number identifies you to race officials.
 - 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



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.

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.**

Pre-Race Meeting

Race review will be before the swim start at Rotary Beach, on race day, see schedule above for times.

Transition

PLEASE NOTE – Transition is at Tucelnuit Elementary and opens at 6:00 am on race morning and closes at 7:20 am. There is **NO** mandatory bike inspection before the race. There will be a bottle fill area in transition for those athletes needing water race morning.



Bike Check-In

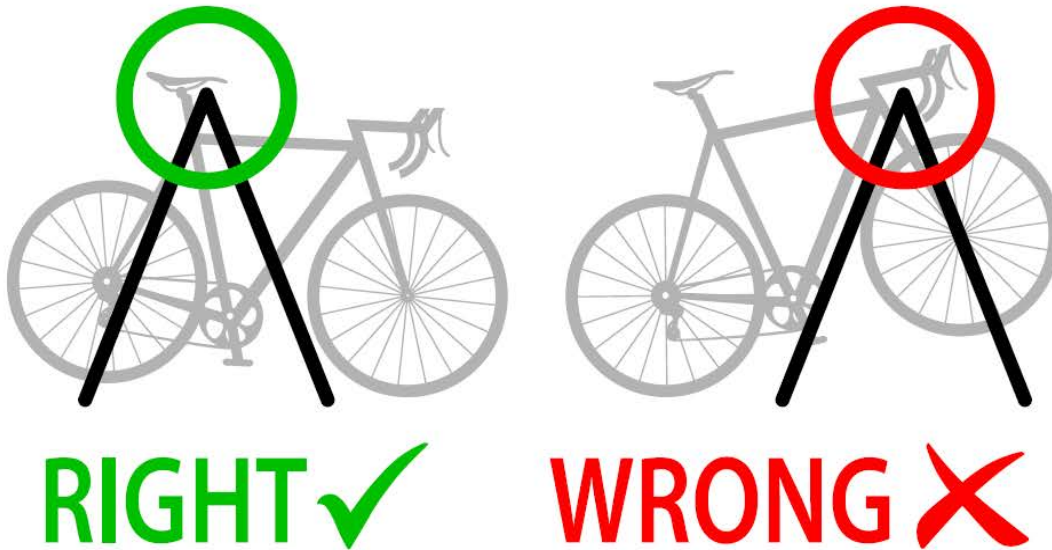
Bike check-in is race morning.

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

BIKE 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.



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

Parking is available:

- 1) Athletes may park on the Fortis right-of-way (underneath the power lines) on Merlot Drive as in past years.
- 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



PLEASE DO NOT PARK ON THE COURSE.

NO PARKING ALONG PARK DR IN FRONT OF SCHOOL!

Transition

Transition Area Access – Opens at 6:00 am, Saturday, June 1st

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 10 am unless otherwise directed by race officials.

Family & friends are NOT allowed in transition

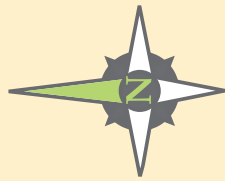
As with any other triathlon, it is standard for the safety of our athletes and security of their gear, we are very strict on access into the transition area. Obviously, there are exceptions to this (i.e. emergent situation), as with anything, but we thank you in advance for your understanding and not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

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.

2019 TRANSITION AREA

Wine Capital of Canada Triathlon



**DYNAMIC
RACE EVENTS**

Swim Course

Sprint | 750m | 1 loop

Standard | 1500m | 1 long loop

Race Start

All Athletes are expected to be on the beach for 7:25. Race briefing will be done 5min before the swim on the beach.

7:30 | Standard Race Start

7:45 | Sprint Race Start

Swim Cap

The 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.

Standard Athlete | Wave 1 (Men) – Orange Caps

Standard Athlete | Wave 2 (Women) – Pink Caps

Sprint Athlete | Wave 3 (Men) – Fluorescent Yellow Caps

Sprint Athlete | Wave 4 (Women) – Green & Red Caps

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

Standard Course | long loop

Swim Course Cut Off

Sprint Course – 30 minutes

Standard Course – 1h10m

While it is our goal to have you complete the race, please note that for our athlete safety and to adhere to our permits our course cut offs will be strictly enforced. If you do not complete the swim within the cut off time your timing chip will be removed and you will not be able to continue on to the bike portion of the event.

SWIM COURSE

Wine Capital of Canada Triathlon



DYNAMIC
RACE EVENTS



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.

***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.*

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.

Please note that emails sent requesting water temperature updates during race week leading up to the event will NOT be replied to.

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 at 7 am 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.

Bike Course

Sprint 17 Km – One Loop

ROUTE

SPRINT COURSE

Cyclists leave transition from Tucelnuit Elementary on Park Dr and ride south turning left on Eastside Avenue and ride towards Tucelnuit Dr. At Tucelnuit Dr cyclists turn right and ride towards Black Sage Rd. There is a slight “jog” in the road as cyclists turn left then right at McKinney outside the PetroCan and ride up Black Sage Rd hill towards the turnaround.

Just before Le Vieux Pin Winery, cyclists reach the turnaround at Black Sage Rd & Nk’Mip Rd. After making the turn, ride back through the jog at Black Sage and McKinney riding north past the Inkameep Golf Course along Tucelnuit Dr.

****Please keep your head up and be alert as you come through the “jog in the road” at Black Sage Rd & Tucelnuit Dr just outside the Petro Canada.**

Continue north on Tucelnuit Dr and just before Hwy 97, the second turnaround point is at Tucelnuit Dr & Willow Ct. Make the turn and ride back south along Tucelnuit Dr towards the Lake. Turn right at Park Dr to return to the transition.

SPRINT TURN BY TURN DIRECTIONS:

- Right on Park Dr
- Left at Eastside Ave
- Right on Tucelnuit Dr
- At Tucelnuit Rd/McKinney turn left then immediate right on to Black Sage Rd
- First Turnaround point is at Black Sage Rd & Nk’Mip Rd
- At Tucelnuit Dr/McKinney turn left then right on to Tucelnuit Dr
- Continue north on Tucelnuit Dr past Golf Course riding towards Hwy 97
- Second Turnaround point is at Tucelnuit Dr & Willow Ct
- Return south along Tucelnuit Dr
- Right on Park Dr

Course Rules

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.

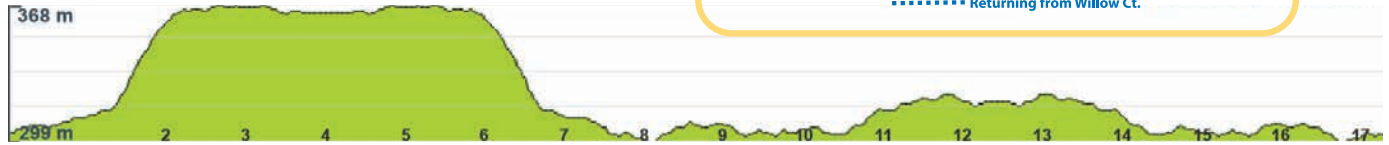
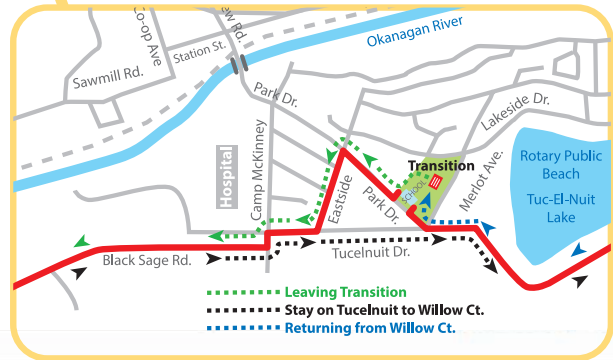
NOTE: Pacing of cyclists by vehicles and/or other cyclist and coaches will result in disqualification and affect your ability to race with us in future!

SPRINT BIKE ROUTE

Wine Capital of Canada Triathlon



| Km | Turn | Directions |
|--------|------|---|
| 0.426 | ↙ | Turn sharp left onto Eastside Ave. |
| 0.789 | → | Turn right onto Tucelnuit Dr. |
| 0.795 | ↙ | Turn left onto Camp McKinney Rd. |
| 1.008 | → | Turn right onto Black Sage Rd. |
| 3.970 | ↻ | Turnaround on Black Sage Rd. |
| 6.863 | ↙ | Turn left onto Camp McKinney Rd. |
| 6.914 | → | Turn right onto Tucelnuit Dr. |
| 7.795 | ↗ | Keep right onto Tucelnuit Dr. |
| 12.377 | ↻ | Turnaround on Tucelnuit Dr. at Willow Ct. |
| 16.718 | ↖ | Keep left onto Tucelnuit Drive |
| 17.155 | → | Turn right onto Park Drive |
| 17.29 | | Finish |



Bike Course

Standard 40 Km – One Loop

Cyclists leave transition from Tucelnuit Elementary on Park Dr and ride south turning left on Eastside Ave and ride towards Tucelnuit Dr. At Tucelnuit Dr cyclists turn right and ride towards Black Sage Rd. There is a slight “jog” in the road as cyclists turn left then immediate right at McKinney outside the PetroCan and ride up Black Sage Rd hill and ride past the Sprint turnaround continuing south along Black Sage Rd out to Rd 22.

At Rd 22 cyclists turn right at Highway 97 and continue North until Rd 6 where they turn hard right and then 400m down Rd 6 turn left on to Sawmill Rd.

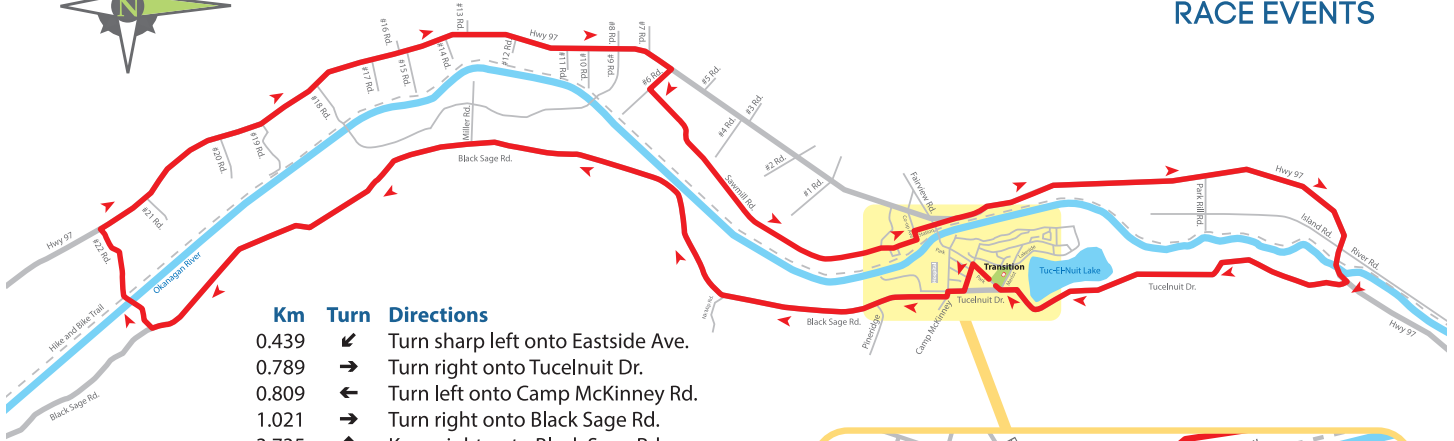
Continue along Sawmill Rd as it bends left becoming Co-op Ave (just past the Oliver Public Works Yard) and then right onto Station St, riding across Fairview Rd past the Oliver Information Centre (Old CPR Station) and merge on to Hwy 97 at Lions Park. Cyclists continue North along Hwy 97 until they reach Tucelnuit Dr and turn right on to Tucelnuit Dr. Continue along Tucelnuit Rd and past the golf course turning right on Park Dr back to transition at Tucelnuit Elementary School.

STANDARD COURSE TURN BY TURN DIRECTIONS:

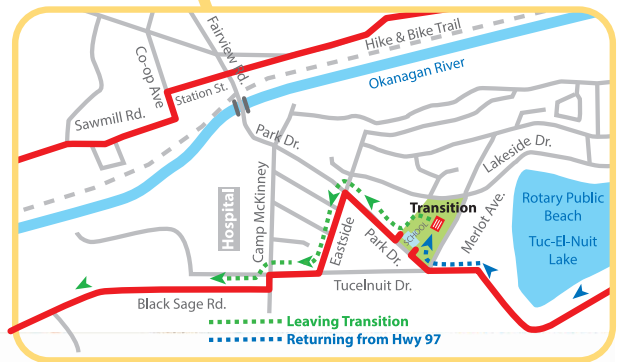
- Right on Park Dr
- Left on Eastside Ave
- Right at Tucelnuit Drive
- At Tucelnuit Rd/McKinney turn left then immediate right onto Black Sage Road
- **RIDE PAST** Sprint turnaround point and continue down the hill and ride south along Black Sage Rd keeping right at the Old Barn as Black Sage Road becomes Road 22 and comes out at Hwy 97
- Right on to Hwy 97, ride north turning hard right at Road 6
- Left on Sawmill Road
- Left Co-Op Avenue
- Right at Station Street
- Straight through Fairview Rd
- Keep right onto Hwy 97
- Turn right onto Tucelnuit Dr
- Turn right onto Park Dr

STANDARD BIKE ROUTE

Wine Capital of Canada Triathlon



| Km | Turn | Directions |
|--------|------|--------------------------------------|
| 0.439 | ↙ | Turn sharp left onto Eastside Ave. |
| 0.789 | → | Turn right onto Tucelnuit Dr. |
| 0.809 | ← | Turn left onto Camp McKinney Rd. |
| 1.021 | → | Turn right onto Black Sage Rd. |
| 3.735 | ↑ | Keep right onto Black Sage Rd. |
| 13.268 | ↗ | Turn right onto #22 Rd. |
| 14.617 | ↑ | Keep right onto #22 Rd. |
| 14.893 | → | Turn slight right onto Hwy 97 |
| 23.131 | → | Turn sharp right onto #6 Rd. |
| 23.508 | ← | Turn left onto Sawmill Rd. |
| 27.940 | ← | Turn left onto Co-op Ave. |
| 28.060 | → | Turn right onto Station St. |
| 34.835 | ↗ | Keep right onto Hwy 97 |
| 34.881 | ↗ | Turn slight right onto Tucelnuit Dr. |
| 39.661 | ↗ | Turn right onto Park Dr. |
| 39.836 | | Finish |



Bike Course Cut Off – all athletes must be back into transition by 10:30am. Athletes not making this cut off time will have their timing chip removed and not be able to continue onto the run portion of the event.

Bike Aid Stations

There are no aid stations on the bike course. Please bring any nutrition and liquids with you on your bike. There will be water in the transition zone race morning if you need to fill a bottle or mix product.

Course Safety

Roads used for the WCOG Triathlon 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.

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

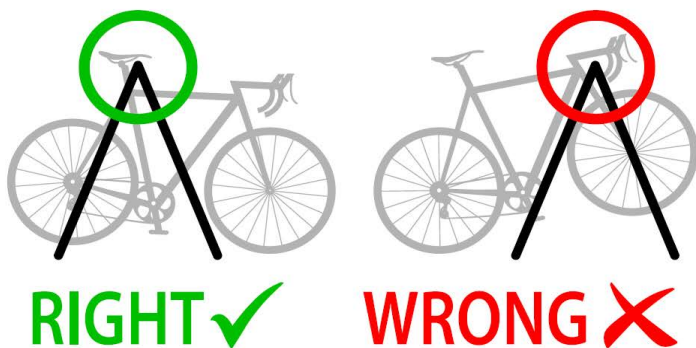
Bike racks are assigned by number so there is no need to rush into transition. When you arrive at your bike rack please rack your bike by the seat on the correct side. One side is for even numbered athletes and the other for odd numbered athletes.



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.

HOW TO RACK YOUR BIKE



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

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

Run Course

Sprint | One Loop
Standard | Two Loops

Runners exit the transition heading left on Merlot Ave, right on Lakeside Dr past our announcer and up the hill along Lakeside Dr and through the first aid station. Follow Lakeside Dr as it turns to the left and becomes Zinfandel Ave, making the left onto Meadows Dr. At the end of Meadows Dr is the run turnaround and the second aid station. Make the turn, runners run back along Meadows Dr towards transition retracing your route out.

Standard athletes, 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.

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

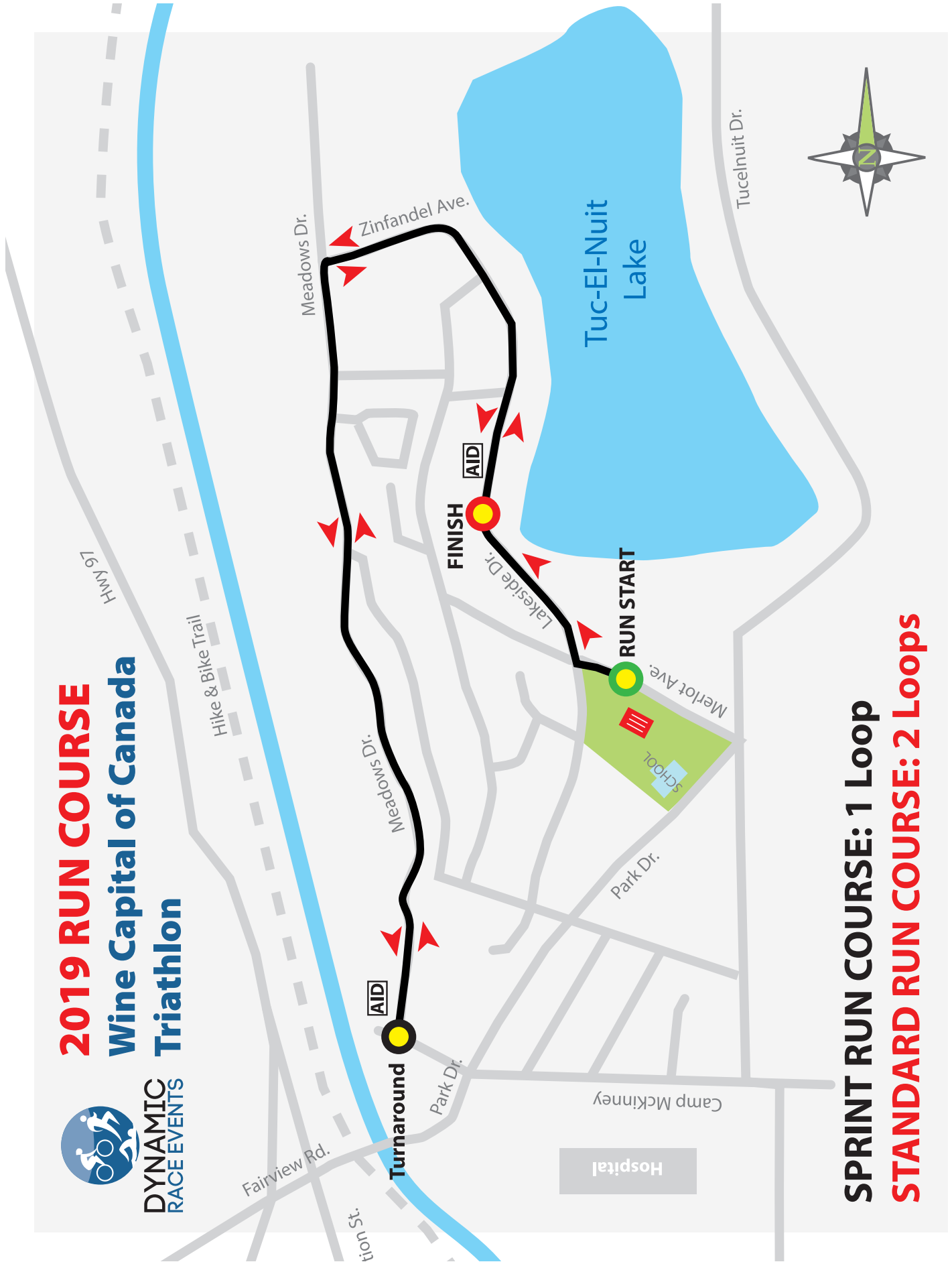
There will be two aid station on the run course will be stocked with water and NUUN Hydration. Runners will pass the aid stations just past the start of the run course, at approximately 2.5k, 5k & 7.5k points on the course.



**DYNAMIC
RACE EVENTS**

2019 RUN COURSE

Wine Capital of Canada Triathlon



SPRINT RUN COURSE: 1 Loop
STANDARD RUN COURSE: 2 Loops

Course Toilets

There will be toilets in transition at Tucelnuit Elementary and adjacent the washroom building near swim start at Rotary Beach, as well as at the run aid stations.

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

NOTE: Pacing of runners by friends, coaches and/or athletes who have already finished or dropped out of the event will result in disqualification and affect your ability to race with us in future.

Course Cut-off Times

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

Dropping Out

Please notify a race official and return your timing chip at the finish line if you drop out of the race. **Please do not cross the timing mat at the finish.**

Unsportsmanlike Conduct

Unsportsmanlike conduct or the verbal abuse of any race official or volunteer during the race or at any time during event weekend will result in immediate disqualification. Athletes not respecting race officials, race volunteers or race staff will not be welcome to race with Dynamic Race Events in the future.

Timing & Results

Official race results will be posted prior to the awards presentation. Please report any discrepancy to a race official prior to the start of the awards presentation. Athletes who do not wear the timing chip during the entire event will not be scored. Please note that the clock at the finish line reflects the start time of the first swim wave.

Results will be posted on the side of the 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.

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 product will be available at the finish line.

Post Race Food & Awards

Post-race food will be pancakes served by the Oliver Lions Club post-race. Please use the tear tab on your race bib to receive your post-race meal.

The post-race awards will take place at Rotary Beach at 11:30 am.

Age groups awards will go three-deep in each age group for each race. **Awards will not be mailed out post-race.**

Please try and help us be greener!

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



RACE RULES



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

Triathlon British Columbia sanctions the Oliver Wine Capital of Canada triathlon. All TRIBC and Triathlon Canada rules will be in effect during the event. Protests of penalties assessed for rules infractions must be filed with the TRIBC Head Official within 60 minutes after the protesting individual finishes the race.

LINK TO TRIBC 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. This will help cut down on wait times and help provide great service.

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/

Savvios at 34646-97th 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 97th 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!

