



# **DYNAMIC** **RACE EVENTS**

**2019**

**Westwood Lake Triathlon**

**ATHLETE INFORMATION GUIDE**  
**Sprint & Standard Races**

Dynamic Race Events welcomes you to Nanaimo for the 4th annual Westwood Lake Triathlon!

No race is possible without the support of a community, especially from those that have come out to support us year over year. We encourage you to share your thanks with the volunteers and traffic controllers during your race, as they help you reach your goal.

Wishing you all the best and have a safe and fun race. See you at the finish line!

Sincerely,  
The Dynamic Race Events Crew



**REKARB**

USE PROMO CODE *DYNAMIC15*  
BEFORE MAY 30th TO GET 15%  
OFF ANY REKARB PRODUCT  
[WWW.REKARB.COM](http://WWW.REKARB.COM)

Proudly  
**MADE IN CANADA**

**OFFICIAL NUTRITION SPONSOR**

  
DYNAMIC  
RACE EVENTS

The advertisement features a cyclist in a white and yellow jersey with 'BIKE WORKS' and 'HAWAII' logos, riding a road bike on a dirt path. The cyclist's helmet and jersey also display the REKARB logo. In the bottom left, a red maple leaf contains the text 'Proudly MADE IN CANADA'. The bottom right corner features the 'DYNAMIC RACE EVENTS' logo, which includes a stylized figure of a cyclist and a runner.

## Schedule

### Saturday, May 18th

- 2 pm – 5 pm Package Pick Up at Westwood Lake Park
- 5 pm – 5:30 pm Pre-Race Meeting at Westwood Lake Park

### Sunday, May 19th

- 6:30 – 7:30 am Race Morning Package Pick Up
- 6:30 am Transition opens
- 8:30 am Coffee available at Food Trailer for spectators
- 7:50 am Pre-race briefing for athletes at swim start entrance
- 8:00 am Race Start is 8:00 am at Main Beach at Westwood Lake
- 9:30 am Post-Race Pancake Breakfast starts near Main Beach
- 11:45 am Awards Ceremony



# PACKAGE PICK UP

PLEASE NOTE: Please print off any course maps you might need, as we will not be having maps in packages to try and conserve paper. Packages must be picked up on Saturday and Sunday during **scheduled times**.

**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 insurance fee when you registered, you will be required to pay the \$15 fee as per TriBC before you receive your race package.

***NOTE: Payment for Day of Race Insurance can be made by cash, or credit. There is a \$1 surcharge for credit card payment.***

## 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. If you do not wish to have the bracelet on prior to race day, you will need to wait until race morning to pick up your race package.

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 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 (bib 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.



## Pre-Race Meeting

Held from 5-5:30 pm on Saturday at Westwood Lake Park, 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 also be a quick briefing at 7:50 am race morning at swim start entrance.

## Transition

Transition will be at Main Beach Parking Lot at Westwood Lake.

## Bike Check-In

Bike check in is race morning.

Please make sure that you pick up your athlete package at registration 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, will not be allowed into transition.

**\*NOTE\***: Bike frame 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 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.

## Timing Chips & Race Timing



Timing chips will be provided to you at the timing tent, just outside transition, on race morning under the Sportstats tent. Each chip is encoded with your specific registration data, 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, please see the timers who will be at the swim start/finish. If you have any timing issues post-race, please see them at the timing tent at the finish line. **Please do not proceed from swim to bike OR bike to run without a timing chip...if you cross the line without a timing chip you will be marked as a DQ.**

### Body Marking

Body marking has been replaced by race tattoos. Each athlete is responsible for putting on their race number tattoo before the race and the **MUST** be applied before you will be given access to transition.



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

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

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



## Race Day Parking

### Parking is available:

- 1) Athletes may park at Westwood Lake race morning
- 2) Athletes and family can also park at the property on the righthand side just before the Park entrance as it is owned by the City of Nanaimo.



**PLEASE** DO NOT PARK ON THE COURSE.

- 1) On either side of Westwood Rd
- 2) Arbot Road on the north or south side of the street as this is the route the bikes go out onto and return to the lake.

### Transition Area Access – Opens at 6:30am

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 10:30 unless otherwise directed by race officials.

**Family & friends are NOT allowed in transition**

## 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:

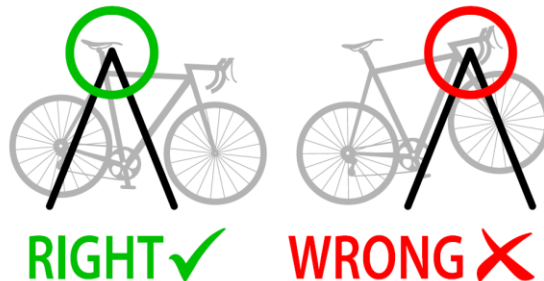
Rack 1: #1 – 8

Bikes 1,3,5,7, are on one side of the rack and bike 2,4,6,8 are located on the other side. Evens facing out on one side, odds facing out the other.

Bikes do NOT have to be in exact sequence order, just on the correct side of the rack.



## HOW TO RACK YOUR BIKE



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

**NOTE:** Please do not bring storage bins or oversized bags into the transition area. Oversized items (bags, bins, etc.) left beside your bike in transition will be moved during the swim to the outer perimeter of transition.



## Transition Area Conduct

For safety reasons, you will not be permitted to ride your bike in or out of the transition area. There will be mount and dismount lines marked on the road, as well as with a volunteer. You must walk or run while in the transition area. Please watch out for other athletes as you move through transition and follow the instructions of race officials and volunteers. Do not leave your rack without your helmet strap being done up going out and leave it done up until you rack your bike.

As per Triathlon BC rules, the amount of space allowed for each athletes' race gear beside their bike must fit in an 8x11 space. Bags, bins, foot baths etc. are NOT allowed beside your bike in transition. Please remove bags and bins back to your vehicle or place them on the perimeter fencing inside transition. Any bags, bins or other items placed beside your bike that exceed the allowable space will be removed to the perimeter of transition during the Swim.

Any markings used to make sighting your bike easier (balloons, towels, markings on the ground) will be removed during the Swim.

Please remove all 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 medical at the Medical Tent at the Finish Line race morning, as well as roving on the course.

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

# Swim Course

## RACE START:

**SPRINT – 8:00am**

**STANDARD - 8:10am**

Open water counter-clockwise swim course is held in Westwood Lake.

Swim caps given in your athlete package specific to the wave you are in.

Sprint	750 m one Loop
Standard	1,500 m two loops

Westwood Lake Main Beach features a large sandy area for the start and finish. Westwood Lake is usually a calm lake, 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.



## 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. If you choose to wear a secondary cap, it MUST be worn under your official race cap.

## Wetsuits

The use of wetsuits during the swim is not mandatory. A water temperature measurement will be conducted on Saturday to forecast the likely water temperature on race day. TRIBC will take the official race temperature race morning and an announcement will be made at that time. Expected temp is 14 - 17 degrees.

**\*\*NOTE\*\* The lake temperature will be provided race morning by our TRIBC Official. We know that as an athlete you are concerned about the lake temperature for race day, but we will not respond to emails race week regarding water temperature.**

## Swim Assistance

You will be escorted through the swim by boats and paddle boarders who each cover a particular section of the course. Medical personnel will be standing by at the swim start/finish area for the duration of the swim for anyone needing medical assistance. Members of Nanaimo Search and Rescue will be out on the course.



**NANAIMO SEARCH AND RESCUE**  
Serving the Regional District of Nanaimo

## Bike Course

Sprint      20 km  
Standard   38.5 km

This course features a challenging bike course with a great deal of variety. Both courses do the same initial 10 km section.

### 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. Race 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!](#)

### Course Safety

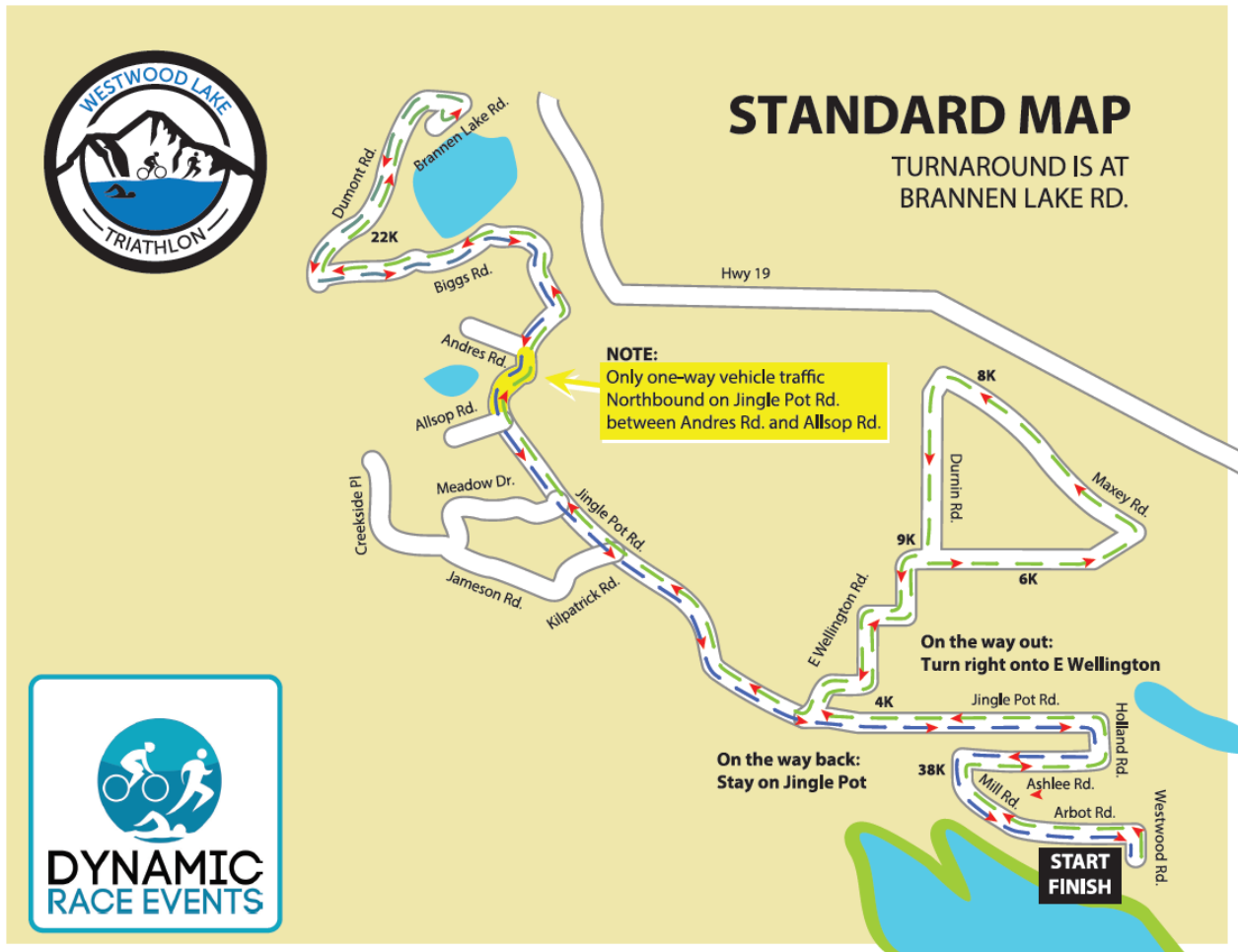
Roads used for the Westwood Lake Triathlon are **open to traffic**. Be aware of your surroundings, obey the instructions of the traffic control personnel and volunteers, please follow the Rules of the Road and be considerate of others during the race.

\*For athletes who have raced at Westwood Lake before, please note the change at the beginning of the course due to the road preparation and construction at Westwood Rd and Jingle Pot Rd, we will be turning left onto Arbot Rd on the downhill out of the park.

## Sprint Bike Course Map



# Standard Bike Course Map

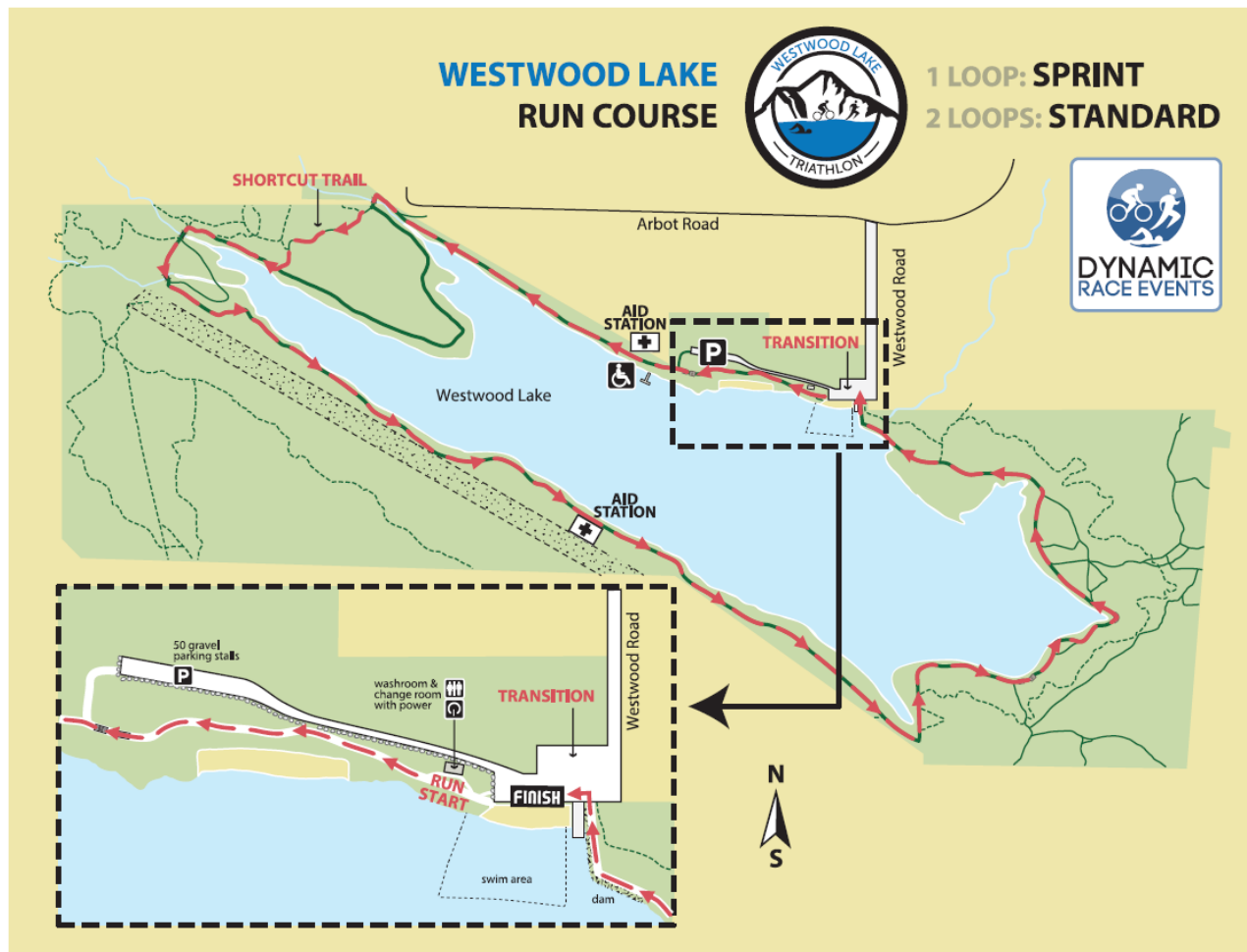




# Run Course – Counter Clockwise loop of the Lake

Sprint  
Standard

One lap 5.2 km Course  
Two Lap 10.4 km Course



Runners exit the transition area out of transition heading right towards the Finish Line out along the path.

## 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. 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 and Nuun Hydration drink.

There are two (2) aid stations on the run course located roughly every 2.5 km.

## **Porta-Potties**

There will be toilets available in Transition and the Park washroom building will be open.

Each aid station on the run will have toilets. 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 Westwood Lake Triathlon in 4 hours.

We want everyone to finish the race. Like at our other events, we will try and keep our run course aid station open as long as 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.

### **Swim**

The swim course cut-off time is 1 hour after the final 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 2.5 hours after the final wave start.

You may also be stopped by race staff if:

- Race staff deems you in no condition to continue.
- 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 these intersections to normal traffic flow in advance of a rider pushing the edge of the cutoff time. An event vehicle will proceed at cutoff time pace to inform you of your position and open the intersections.

## **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 course of 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 Dynamic Race Events trailer beside transition as they become available throughout the day.

Please check to ensure that your time and age group results are correct as results are posted prior to the awards. Any changes required that are not brought to the attention of the timers prior to the final results being processed before the awards will not be adjusted/changed after and stand as official.

## 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.

## PANCAKE BREAKFAST

Athletes receive a post-race pancake breakfast, including hot coffee, which will be served up by our friends at the Parksville/Qualicum Shriners. You will receive a ticket on your race bib to redeem for your breakfast...don't lose your ticket!



Family and Spectators can purchase coffee or breakfast race morning! Bring cash!

## POST RACE AWARDS

The post-race awards will take place at Westwood Lake and will begin at 11:45 am.

**PLEASE NOTE:** Security will be in transition until 1:00pm on race day. Please remove all your items before 1pm.

Age groups awards will go three deep in each age group for each race.

## 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 Westwood Lake 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 of their finish.

An official is slated to speak to athletes at the athlete meeting to discuss drafting zones and race rules and answer any athlete questions.

[https://www.tribc.org/wp-content/uploads/2019/03/itusport\\_competition-rules\\_2019.pdf](https://www.tribc.org/wp-content/uploads/2019/03/itusport_competition-rules_2019.pdf)

<https://www.tribc.org/wp-content/uploads/2019/03/PSO-Rules-APPENDIX-X-For-Web.pdf>

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