



DYNAMIC **RACE EVENTS**

2017

OLIVER WCOC
TRIATHLON

ATHLETE INFORMATION GUIDE



As Race Director, I welcome you to Oliver for the [14th 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 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,

Joe Dixon & Angie Woodhead
Dynamic Race Events



OLIVER OSOYOOS WINE COUNTRY

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

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

oliverosoyoooswine.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

Map labels: Oliver, Osoyoos, Penticton (30 km), Secret Hill Rd, Pine Hill Rd, Backhouse Rd, Fairview Rd, McIntyre Bluff, Canada USA.

Official On Course
Sport & Recovery Drink



NUTRITION



Race Package Pick-Up & Race Expo

Friday, June 2nd

2 pm – 5 pm Package Pick Up at Tucelnuit Elementary School

Saturday, June 3rd

6:30 am Transition opens at Rotary Beach
6:30 am – 7:30 am Package Pick Up at Rotary Beach
7:45 am Transition Closed
7:50 am Pre-race athlete briefing at swim start Sprint Athletes
8 am Sprint Swim Wave Start
8:05 am Pre-race athlete briefing for Standard athletes
8:15 am Standard Swim Wave Start
9:30 am Breakfast service starts
11:45 am Awards at Rotary Beach

PLEASE NOTE:

- 1) Friday Package Pick-up will be at Tucelnuit Elementary and **NOT** at the Oliver Parks and Recreation.
- 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. No packages will be given out after 7:30 am race morning.

PRE-RACE EXPO

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



REGISTRATION

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 – NO DEBIT!***

Wristband

A wristband with your race number on it will be affixed to your wrist at Athlete Check-in. 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 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 #) 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 number on your seat post identifies you to race officials.
- The sticker sheet in your athlete kit (sample below) includes:
 - Bike 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 the **MUST** be applied before you will be given access to transition.



Pre-Race Meeting

Race review before the swim start at Rotary Beach.

Transition

PLEASE NOTE – Transition is at Rotary Beach and opens at 6:30 am on race morning and closes at 7:45 am.

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.

There is NO mandatory bike inspection before the race.

Timing Chips & Race Timing

Timing chips will be provided to you race morning outside the entrance to transition. 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.

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.

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.

Transition Area Access – Opens at 6:30 am

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 after the bike course is closed unless otherwise directed by race officials.

Family & friends are NOT allowed in transition

Transition Area Conduct

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



Swim Course

RACE START IS 8:00 AM

Open water clockwise swim course is held in Tucelnuit Lake.

8:00am	Sprint	One loop	Green Cap
8:15am	Standard	One Loop	Dark Blue Cap

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.

SPRINT COURSE The turn point will be marked with a large round yellow buoy while the course buoys will be orange.

STANDARD COURSE the perimeter buoys will be RED

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.

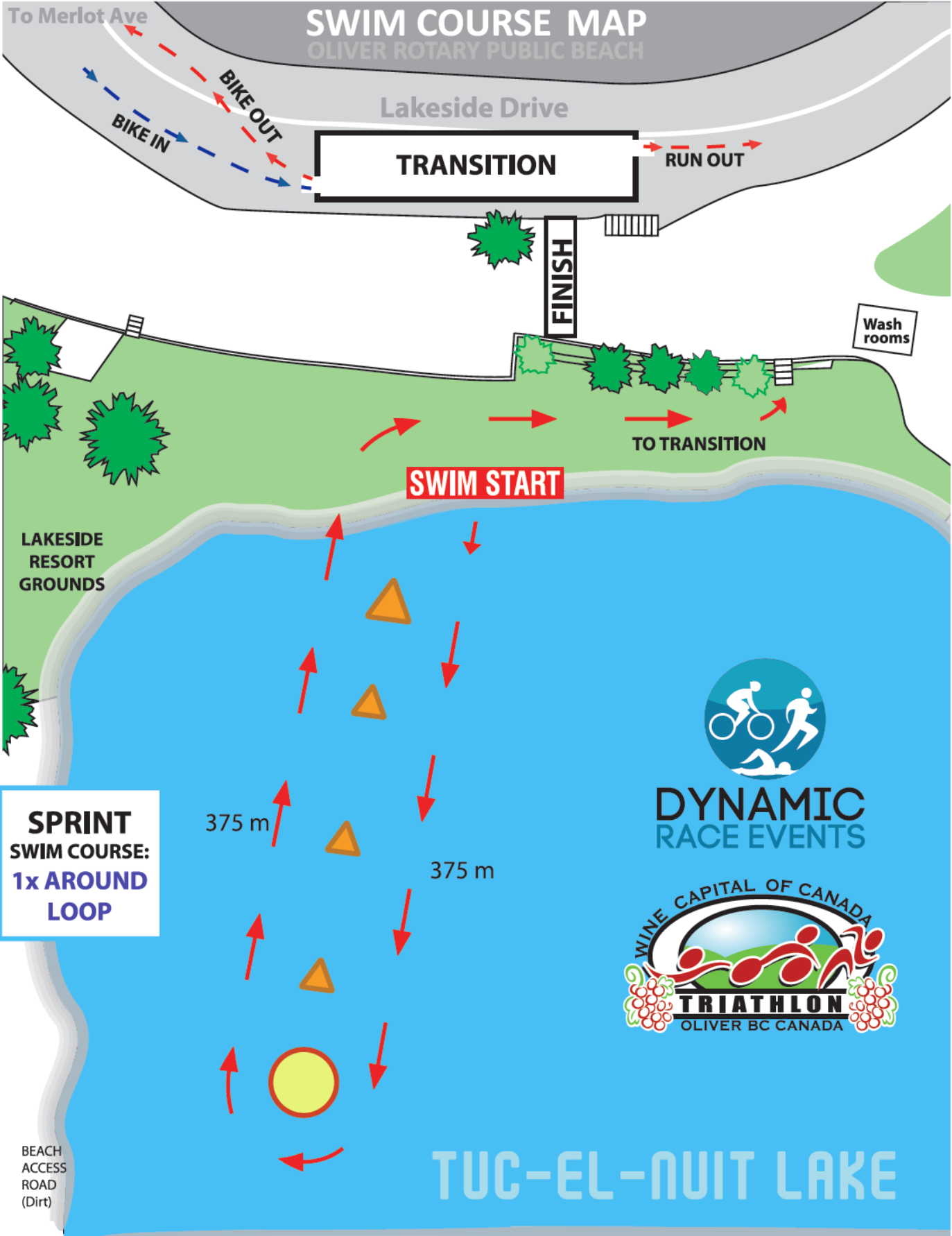
NOTE: We are continuing with our **“WHITE CAP”** system, wherein, if you feel you are a weak swimmer, or are anxious about the swim, we will give you a white swim cap which will allow us to keep a closer eye on you! We will have a small number of white caps available so please ask for a white cap at 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 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.



SWIM COURSE MAP

OLIVER ROTARY PUBLIC BEACH

Lakeside Drive

TRANSITION

RUN OUT

FINISH

Wash rooms

TO TRANSITION

SWIM START

LAKESIDE RESORT GROUNDS

SPRINT SWIM COURSE:
1x AROUND LOOP

375 m

375 m



DYNAMIC RACE EVENTS



TRIATHLON
OLIVER BC CANADA

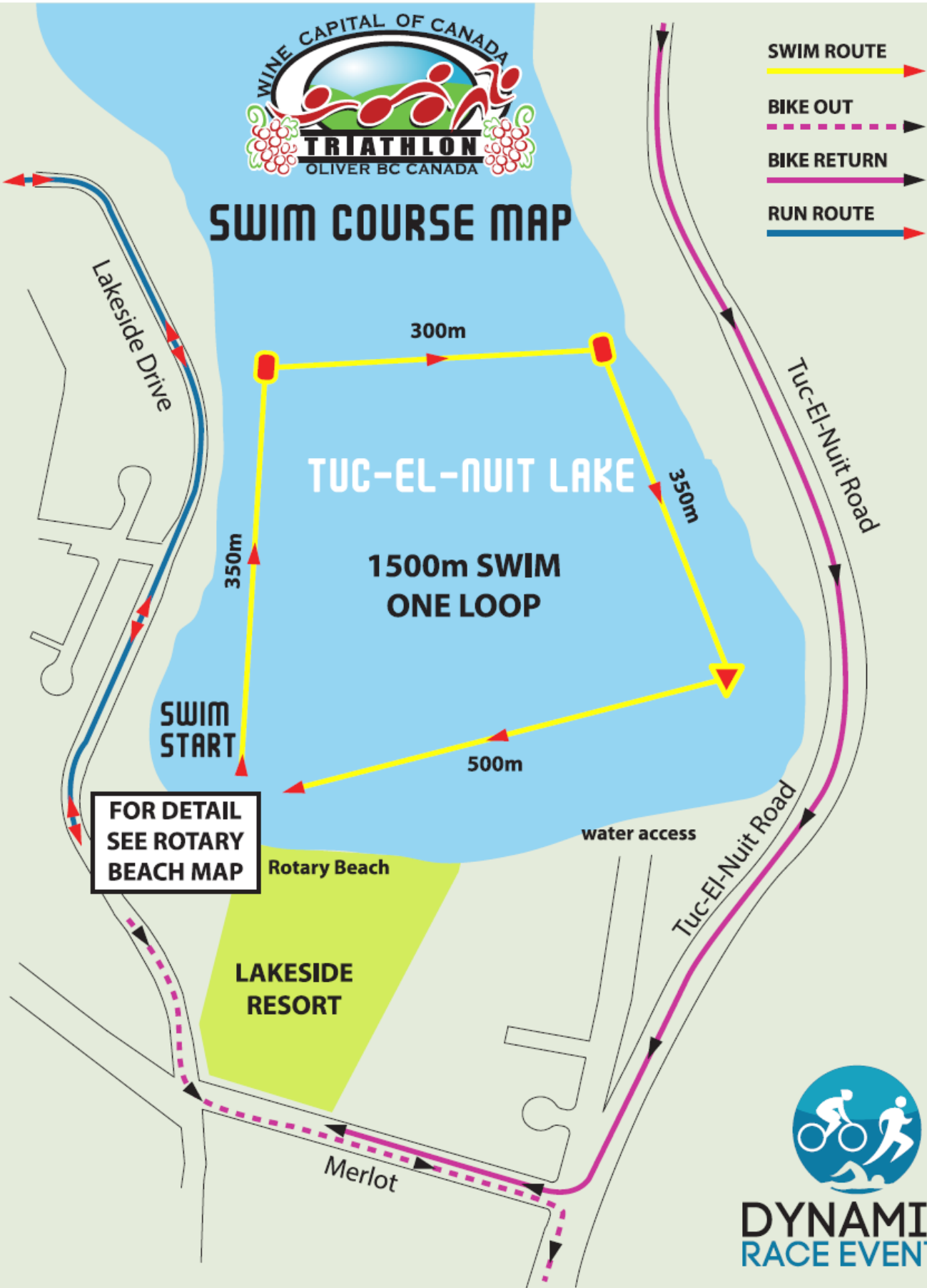
BEACH ACCESS ROAD (Dirt)

TUC-EL-NUIT LAKE



SWIM COURSE MAP

- SWIM ROUTE
- BIKE OUT
- BIKE RETURN
- RUN ROUTE



DYNAMIC RACE EVENTS

Swim Assistance

You will be escorted throughout the swim by a series of paddle boarders & kayakers who each cover a particular section of the course in a back and forth sweep pattern. EMT personnel will be standing by at the swim start/finish area for the duration of the swim for anyone needing medical assistance.

WATER 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.

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

Bike Course

Sprint 19 Km – One Loop

Standard 40 Km – One Loop

ROUTE

SPRINT COURSE

Cyclists leave transition on Lakeshore and ride south turning left on Merlot Avenue and ride towards Tucelnuit Drive. At Tucelnuit cyclists turn right and ride towards Black Sage Rd. There is a slight “jog” in the road as cyclists turn left then right at McKinley 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'Meep Rd. After making the turn, ride back the same route riding north past Tucelnuit Elementary and the Inkameep Golf Course along Tucelnuit Drive.

STANDARD COURSE

Cyclists leave transition on Lakeside Ave and ride south turning left on Merlot Avenue and ride towards Tucelnuit Drive. At Tucelnuit Drive cyclists turn right and ride towards Black Sage Rd. There is a slight “jog” in the road as cyclists turn left then right at McKinley outside the PetroCan and ride up Black Sage Rd hill towards and ride past the Sprint turnaround and continue south along Black Sage Rd out to Rd 22. At Rd 22 cyclists turn right at the Highway and continue North until Rd 6 where they turn right and then 400m down Rd 6 turn left on to Sawmill Rd. Continue along Sawmill Rd as it bends left (just past the Oliver Public Works Yard) and then a right on to Station Street and ride across Fairview Rd riding past the Oliver Information Centre (Old CPR Station) and now merge on to the Hwy at Lions Park. Cyclists continue North along the Hwy until they reach Tucelnuit Rd and turn right on to Tucelnuit Rd. Continue along Tucelnuit Rd and past the golf course turning right on Merlot Ave and back to transition at Rotary Beach.

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!

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!](#)

Bike Aid Stations

There are no aid stations on the bike course. Please bring any nutrition and liquids with you on your bike.

Course Safety

Roads used for the WCOC 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 #1 – 16

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

Run Course

Sprint: 5km – One Loop

Standard: 10km – Two Loops

Runners exit the transition heading north out of transition past our announcer and up the hill along Lakeshore Drive and through the first aid station and beside the lake on Lakeside Drive as it turns to the left and becomes Zinfandel Ave. At the end of Meadows Drive is the run turnaround and the second aid station. Making the turn, runners run back along Meadows Drive 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: 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 COURSE MAP



SPRINT RUN COURSE: 1 Loop - 5km

STANDARD RUN COURSE: 2 Loops - 10km



**DYNAMIC
RACE EVENTS**

RUN AID STATIONS

There will be two aid stations on the run course which will be stocked with water and F2C HydraDurance. Runners will pass the aid stations at the start of the run, at the 2.5km, & 7.5km points on the course.

Course Toilets

There will be toilets below transition at Rotary Beach that you will pass as you go to the swim start, as well as at the run aid stations.

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

F2C Nutrition – Official On Course Sport and Recovery Drink for Dynamic Race Events



F2C Nutrition is an athlete focused, science driven sport nutrition company, supporting athletes by delivering premium quality, clean products. We believe nutrition education is key to an athlete's optimum performance and success. F2C Nutrition is Informed Sport Certified. F2C Nutrition products carrying the Informed Sport Logo undergoes rigorous testing and assures athletes that every batch of our product is tested for substances considered prohibited in sport by the World Anti-Doping Agency (WADA). Learn more about F2C Nutrition at f2cnutrition.com. Follow F2C Nutrition on [Facebook](#), [Twitter](#) and [Instagram](#).

SPORT & RECOVERY Drink Line Up



On the run course for all races

- Ultra-low osmolality hydration with rapid absorption
- Scientifically developed electrolyte blend
- Real fruit flavoring, no artificial colors or preservatives

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

Medical care will be available to participants requiring major medical attention and are onsite to deal with major medical issues. There will be medical staff on hand at the finish line under the red Medical Tent.

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 F2C Nutrition product will be available at the finish line.

POST RACE FOOD & AWARDS

Post-race food will be pancakes, fruit and other goodies awaiting you 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 11:45 am.

Age groups awards will go three deep in each age group for each race. Athletes must be present at awards to receive draw prizes.



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 to 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.

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

Ph (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!

Joe Dixon – Race Director

Angie Woodhead – Athlete Services

