



DYNAMIC **RACE EVENTS**

2018

**ELK LAKE TRIATHLON,
DUATHLON & AQUABIKE**

ATHLETE INFORMATION GUIDE



As Race Directors, we welcome you to the 2nd annual Elk Lake Triathlon, Duathlon and Aquabike races.

Whether you're one of the many returning visitors to the area or are experiencing the beauty and hospitality of Vancouver Island 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 this area has to offer.

No race is possible without the support of a community, volunteers and sponsors, we encourage you to share your thanks with them 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

PRESENTING SPONSOR



SCHEDULE

Saturday, Aug. 4th

| | |
|--------------------|---|
| 12:00 pm – 5:00 pm | Package Pick Up at Hamsterly Beach |
| 4:30 pm | PRO James Cook – “Training, Motivation & How to fit it all in” |
| 5:00 pm – 5:30 pm | Pre-Race Meeting at Hamsterly Beach |

Sunday, Aug. 5th

| | |
|----------|---|
| 5:30 am | Transition opens, timing chip pick up, Out of town package pick up |
| 6:45 am | Transition closes |
| 6:50 am | Pre-race briefing for athletes at swim start entrance |
| 7:10 am | Duathlon Race Start (At Mount/Dismount Line) |
| 7:15 am | Standard Wave #1 |
| 7:20 am | Standard Wave #2, Standard Relay & Aquabike Start |
| 7:22 am | Standard Participation wave (if necessary) |
| 7:25 am | Sprint Wave #1 |
| 7:30 am | Sprint Wave #2 |
| 7:32 am | Sprint Participation wave (if necessary) |
| 8:15 am | Post-Race Pancake Breakfast starts |
| 9:30 am | Sprint athletes may remove bikes from transition |
| 11:45 am | Awards Ceremony at Hamsterly Beach |
| 12:15 pm | Bikes must be removed from transition |
| 12:30 pm | Transition cleared |

PLEASE NOTE:

- 1) Please be respectful of local businesses and residents when parking and regarding noise race morning.
- 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 Saturday during scheduled times, Sunday morning for out of town participants only.

REGISTRATION

AT PACKAGE PICK UP 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, ATA or SaskTri, you MUST pay the day-of-race \$15 fee, as per TRIBC. **NOTE: You will be able to pay day-of-race fees with either Visa, MasterCard or Cash is also accepted – NO DEBIT!**

Wristband

A wristband with your race number on it will be affixed to your wrist at Package Pick Up. This band will identify you as an official participant and must be worn during the entire event. The wristband is required for access to the transition area.

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 gear from transition.

Race Numbers

There will be race numbers in your race packet that you are required to display during the event:

- The adhesive bicycle seat post number must be attached to your bike with the race number clearly visible from both sides of the bike. This number is in place of you having to wear a number on your back.
- The run number must be displayed during the run segment on the front of your body. This number does not have to be worn on the bike. Your bike seat post number identifies you to race officials.
- The sticker sheet in your athlete kit (sample below) includes:
 - Bike Seat Post Number – It goes around your Seat Tube
 - Helmet Numbers – Front and sides
 - Bag Label
 - Extra number



Pre-Race Meeting

Held at 5 pm at Hamsterly Beach on Saturday just outside transition at Elk Lake, the same site as Saturday 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 them. There will be a brief athlete briefing before each swim wave race morning at swim start.

First Triathlon? First time at the race?

ADVICE – Always walk your lines before the race start! What does that mean?

- Walk your “routes” within the venue. Start with how to get to swim start
- Know & walk Bike Out/Bike In route, where is the Mount/Dismount Line
- Where are the toilets? When you come in from the swim & off the bike
- Run Exit for your race distance – There is one exit for Sprint and a different run exit for Standard athletes, know which one is yours!
- Know where you are going once course is finished

Transition

For 2018, transition will be at Hamsterly Beach on the grass, between the main parking lot and the swim start, 100m from the swim exit.

Bike Check-In

Bikes can be checked into transition from 5:30 am to 6:40 am on race morning. Please respect the direction of the volunteers.

Please make sure that you pick up your athlete package 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 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.

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. If you are picking up your race package on race morning there will be supplies available at the registration tent to apply your tattoos.



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

Race Day Parking

Parking is available:

- 1) Athletes may park in the parking lot at Hamsterly Beach as well as the grass area at the N.W. corner of the lot as marked on the transition map.
- 2) On Hamsterly Road. Do not park in the business lots of LifeSport or the Veterinary Clinic.
- 3) Series Pass Athletes, Staff and Sponsors will be parking on the grass area in the park just off Hamsterly Road. If you do not have a pass and do not fit into one of these categories please do not attempt to park there.



PLEASE DO NOT PARK ON THE COURSE.

Transition Area Access – Opens at 5:30 am

Only athletes who are wearing their wristband and are body marked with their tattoos 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 until 9:30 am.

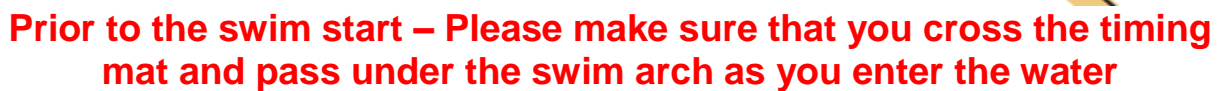
Family & friends are NOT allowed in transition – Athletes ONLY!

Transition Area Conduct

- Do not ride your bike in or out of the transition area.
- Watch out for other athletes as you move through transition and follow the instructions of race officials and volunteers.
- Do not leave your rack without your helmet strap done up going out and leave it done up until at your rack.
- Please remove all your personal items and any garbage before leaving transition at the end of your race day.
- 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.

Family & friends are NOT allowed in transition

TRANSITION AREA — Elk Lake Triathlon



RELAY TEAMS

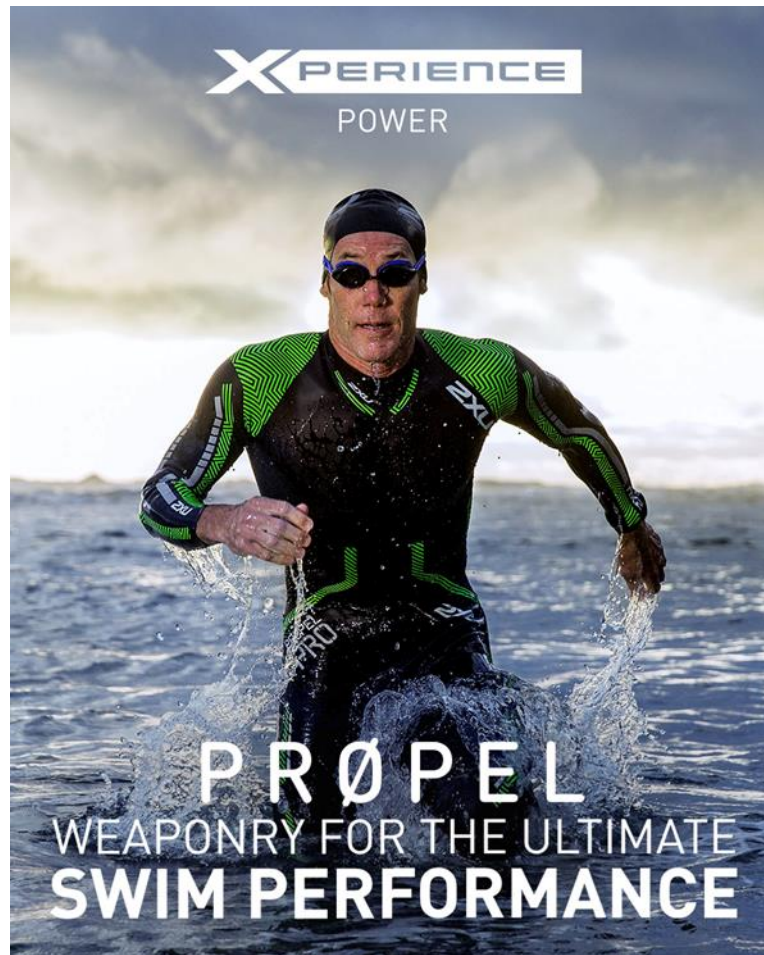
The relay team members for the bike and the run should be waiting in the Relay/Penalty tent inside transition. This is where the timing chip should be exchanged, not at the bike rack.

Finisher medals are available at the Finish Line for all relay team members.



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Swim Course

RACE START IS 7:00 AM

Open water clockwise swim course is held in Elk Lake off Hamsterly Beach.

WAVE STARTS

| | |
|---------|--|
| 7:10 am | Duathlon Race Start |
| 7:15 am | Standard Wave #1 |
| 7:20 am | Standard Wave #2, Standard Relay & Aquabike Start |
| 7:22 am | Standard Participation wave (if necessary, *see below) |
| 7:25 am | Sprint Wave #1 |
| 7:30 am | Sprint Wave #2 |
| 7:32 am | Sprint Participation wave (if necessary, *see below) |

Hamsterly Beach features a large sandy area for the start and finish. Elk Lake is usually a calm lake and the course will be well marked.

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.

Wetsuits

The use of wetsuits during the swim will be allowed if the water temperature on race morning is 23 degrees Celsius or 74 degrees Fahrenheit or less. A water temperature measurement will be conducted on Saturday to forecast the likely water temperature on race day and the likelihood of whether wetsuits will be allowed.

*In the event of a non-wetsuit legal swim, we will offer a participation wave for those athletes who wish to wear wetsuits. This wave will not be included in the Age Group results or be eligible for Age Group awards. Athletes choosing to switch to the Participation wave **MUST** check in to the Sportstats Timing tent/staff no later than 6:45 am race morning to confirm the switch.

Wetsuits are NOT mandatory! Expected temp is 21 degrees.

****NOTE**** The lake temperature will be provided race morning by our TRIBC Official. We know that as an athlete you are concerned whether the swim will be wetsuit legal, as we are out of the office this week and on site producing the event, we are not able to respond to water temperature emails.

Swim Assistance

You will be escorted throughout the swim course by swim support volunteers. If at any time during the swim you are having trouble, stop and raise your arm to attract the attention of our swim course personnel. Medical personnel will be standing by at the swim start/finish area for the duration of the swim for anyone needing medical assistance.



STANDARD SWIM COURSE



DUATHLON – First Leg

****NEW FOR 2018**** Duathlon course, first leg, is the Triathlon Sprint Run Course. The Duathlon start line is the mount/dismount line on Brookleigh Rd.



Bike Course

| | |
|-------------------------------|-------|
| Sprint | 20 Km |
| Standard, Duathlon & Aquabike | 40 Km |

This course features a challenging, scenic, fast bike course with a great deal of variety. This is not a closed course, please ride with caution and awareness.

Course Rules

Each athlete is required to wear an approved helmet during the bike segment. You must have your helmet securely fastened on your head before you mount and dismount your bike. Drafting and blocking (impeding the progress of passing cyclists) are not permitted during the race. TRIBC officials will monitor the bike course and strictly enforce these rules.

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

We wish all the athletes a wonderful, safe race day... please don't forget while you are out on the course that your day wouldn't be happening without all the wonderful volunteers, many of whom have returned year over year to help at this race, so please while you are out there, [THANK a volunteer!](#)

Oak Bay Bikes will be located outside transition before race start for any last-minute assistance.



Course Safety

Roads used for the Elk Lake Triathlon are open to traffic. Be aware of your surroundings and obey the instructions of the traffic control officers.

SPRINT BIKE COURSE



BIKE COURSE - TURN BY TURN DIRECTIONS

SPRINT COURSE

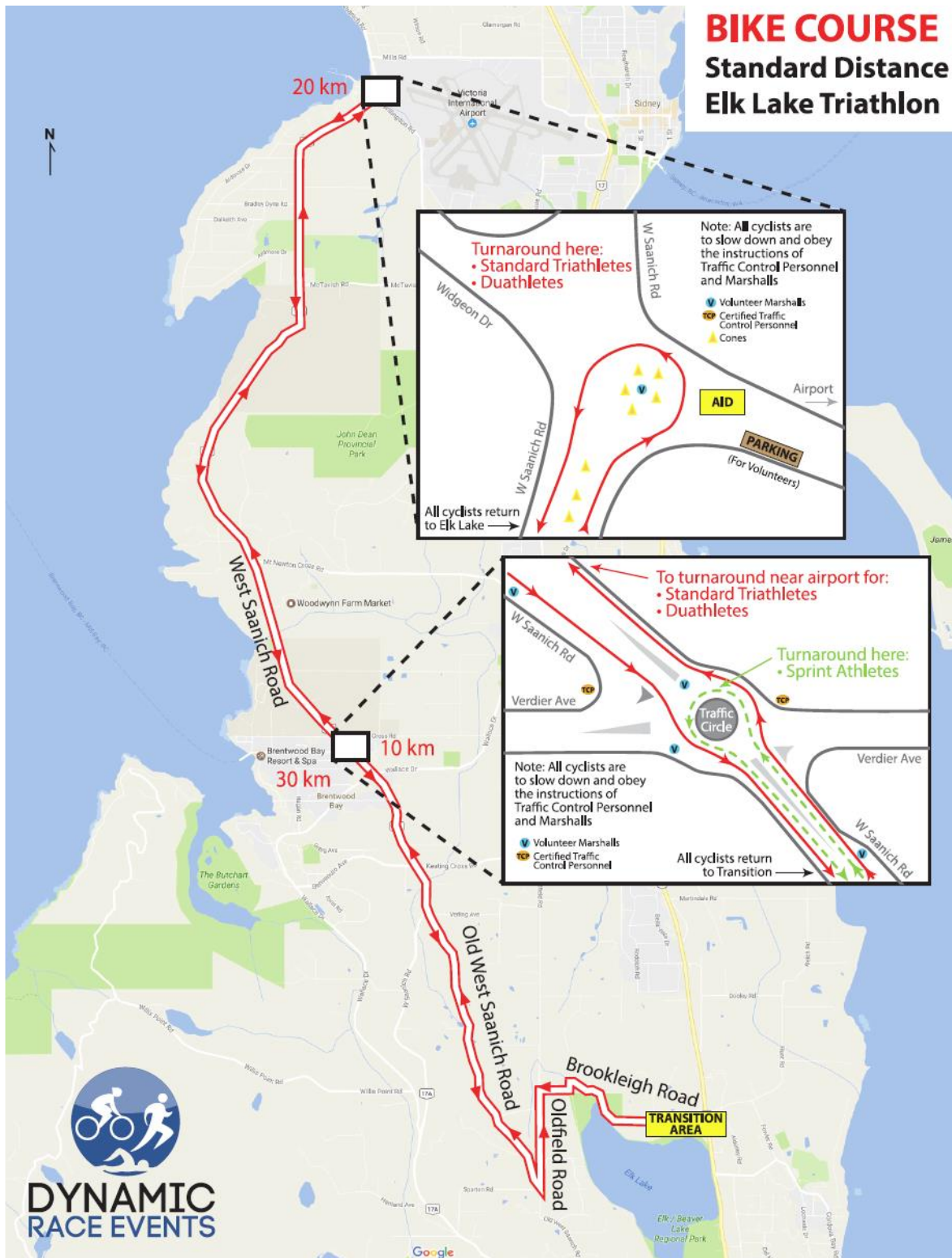
- Mount your bike and ride our Brookleigh Rd towards Oldfield Rd
- Turn left on to Oldfield Rd
- Right at Sparton Rd
- After the turn, keep to the right and ride out OLD West Saanich Rd
- OLD West Saanich Rd merges on to West Saanich Rd
- Continue along West Saanich Rd, crossing Wallace Drive
- At the roundabout at West Saanich Rd & Verdier Ave this is the Sprint turnaround point. Ride through the roundabout circling back and you are now riding back towards the lake inbound
- Turn left on to OLD Saanich Rd
- Left at Oldfield Rd
- Right at Brookleigh Rd
- Return to Mount/Dismount line on Brookleigh Rd just outside the main lot

STANDARD COURSE – (Same initial section)

- At the roundabout continue along West Saanich Rd to the turnaround which is another 10 km past the roundabout
- The Standard turnaround is at West Saanich Rd & Widgeon Rd
- Return along West Saanich Rd, passing through the roundabout and rising back towards the lake inbound
- Turn left on to OLD Saanich Rd
- Left at Oldfield Rd
- Right at Brookleigh Rd
- Return to Mount/Dismount line on Brookleigh Rd just outside the main lot

**PLEASE REMEMBER THAT THIS IS NOT A
CLOSED COURSE. BE CAUTUIOUS WHEN GOING
THROUGH MAIN INTERSECTIONS.**

STANDARD & DUATHLON BIKE COURSE



F2CTM
NUTRITION

POWERING CHAMPIONS

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Malindi Elmore
Canadian Olympian and Professional Triathlete

Brent McMahon
4x sub 8hr IRONMAN, IRONMAN Champion and Olympian

Jasper Blake
IRONMAN Champion and B78 Head Coach

Steph Corker
Professional Triathlete

Eric Dokter
Professional Triathlete

Jeff Symonds
IRONMAN and Challenge Champion

Nathan Kilam
Professional Triathlete

Dusty Spiller
Professional Triathlete

Jordan Monnink
Professional Triathlete

Jessey Elf
Professional Triathlete

James Cook
Professional Triathlete

Jen Annett
Challenge Champion

Kevin Cutjar
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Use code
DYNAMIC2018
for 20% off our products at
f2cnutrition.com.
Bonus F2C water bottle with purchase

The Official On Course
Sports & Recovery Drink



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.

Example:

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

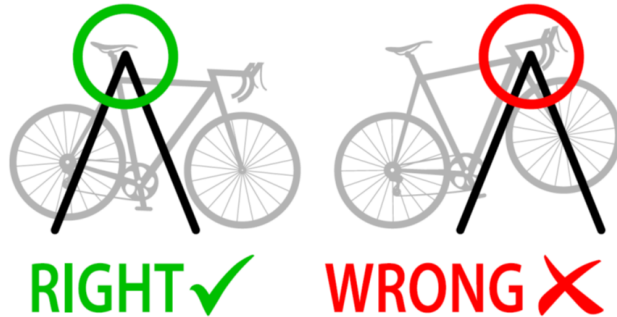
Bikes do NOT have to be in exact sequence order for that rack, just on the correct side of the rack with tires facing out.

Athlete bib numbers and bike racks are numbered according to your age groups to create the fairest means of space allocation.

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



HOW TO RACK YOUR BIKE



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



Run Course

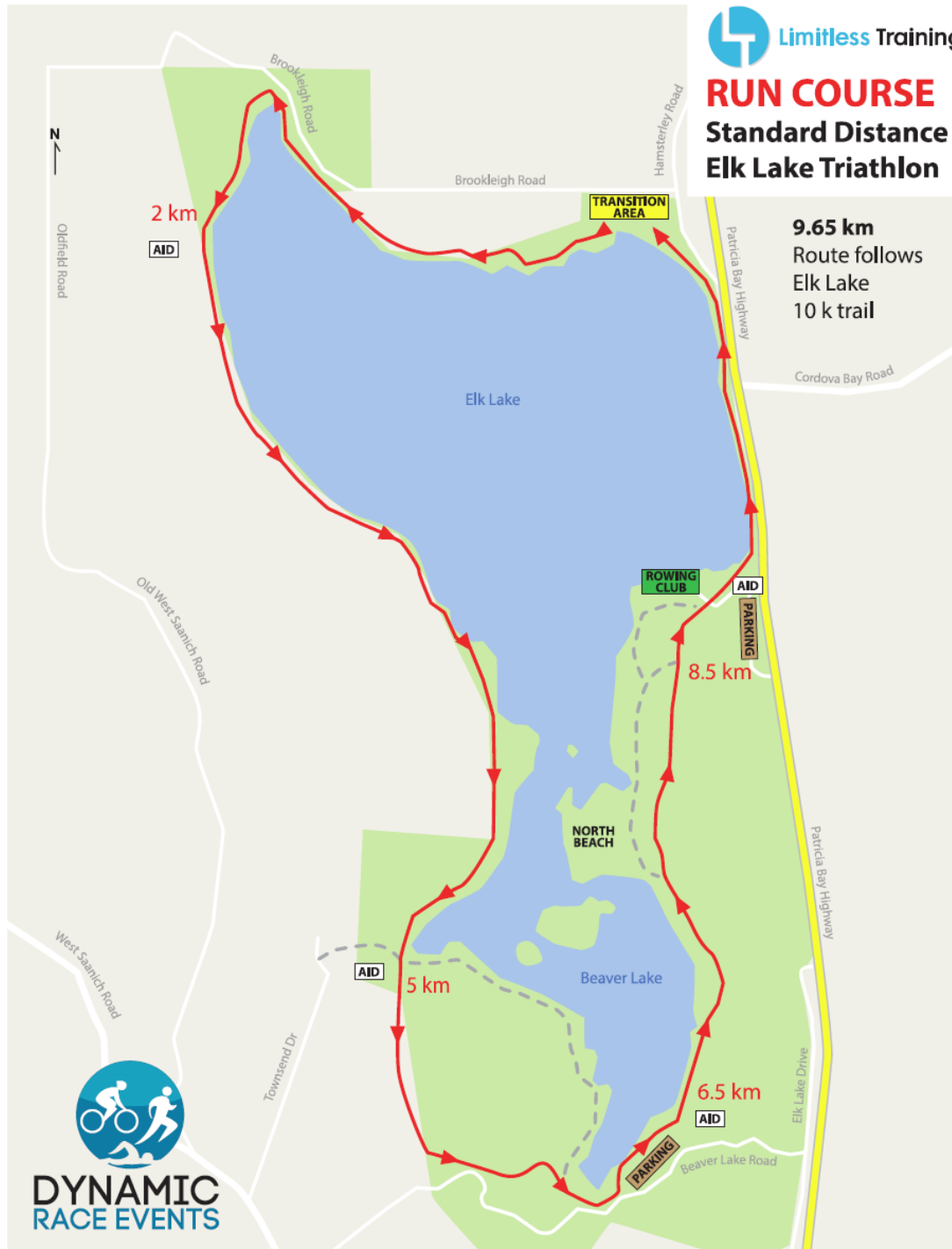
Sprint Run Course – 5 Km

Runners leave transition and run towards the lake and exit the left side of the transition zone. Turn LEFT and head out the path south towards the rowing centre. The route is out and back.



Standard Run Course – 9.65 Km

Runners leave transition and run towards the lake and turn RIGHT and follow the route of the Elk/Beaver Lake loop 9.65 Km Trail.



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 F2C Electrolyte Drink

There is one (1) aid station on the Sprint run course...you will pass this aid station twice, once at approximately 1.5 km and again at 3.5 km. There will be a toilet at this aid station.

There are four (4) aid stations on the Standard run course located roughly at 2 km, 5 km, 6.5 km and 8.5 km. Toilets available on the Standard course are a combination of portable toilets and the permanent toilet buildings along the trail. There are toilets available just past the aid station at the 2 km mark and a portable toilet at Beaver beach aid station at the 6.5 km mark and again at the 8.5 km aid station.

Toilets

There will be toilets at Hamsterly Beach within transition for athletes and outside transition for spectators.

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.*



Limitless Training is an intimate, boutique fitness studio that creates a personalized environment like no other. Their elite trainers and coaches are constantly evolving with the latest training strategies while keeping within their training methodology. Limitless Training is located at 582 Johnson Street in downtown Victoria.

Course Cut-off Times

Due to restrictions of municipal permits, race insurance and volunteer staffing, all participants must remain on pace to complete the Elk Lake Triathlon by 11:30am.

Swim

The sprint course swim cut-off is 45 mins. The standard swim course cut-off time is 1:10 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 has a final cutoff time at 10:30 am, if you enter transition off the bike later than 10:30 you will not be allowed to continue to the run.

Run

The final finisher must stay on pace to finish by 11:30 am.

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



Timing chips will be provided to you outside transition on **race morning**. Each chip is encoded with your specific registration data, so do not trade your chip with another athlete! The chip must be affixed to either ankle prior to the swim start and must be worn during the entire event. Athletes are responsible for crossing the timing mats at the end of each segment (e.g., swim finish) and for the safe return of the chip at the finish line. There will be a charge for lost chips as we are billed from SportStats for these.

If you lose your timing chip race morning or after the swim portion see the timers who will be at the swim start/finish. If you leave transition and realize you are without a timing chip stop at the timing tent at the Finish Line and get one before as you are heading out on the run course. If you have any timing issues post-race, please see them at the timing truck at the finish line.

NO CHIP = DNF

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.

**Race results will be available online at Sportstats.ca
post-race to view your results**

2018 COMMUNITY GROUP PARTNERS



Finish Line

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

Make sure that you give your timing chip to a volunteer after crossing the finish. Post-race nourishment from F2C Nutrition and bottled water will be available just past the finish line. Make sure to receive your official finisher medal after crossing the line.

AQUABIKE FINISH – Athletes rack their bikes and exit transition through the Sprint run exit to the left and follow the first 50m of run out before turning left and entering the finish chute to pass through the finish arch and receive your medal.



Race Photographer

We will have race photographers at various points on the course race morning taking photos. These photos will be available to view and download from our

Facebook page post-race. If using these photos on social media, we request that you please credit the photographer.

Medical Care

Medical care will be available to participants requiring major medical attention and are onsite to deal with major medical issues.



We will have Odyssey Medical at the Finish Line under the red medical tent all day dedicated to the event. Members of Odyssey will be out along the bike and run courses as well.

Race Day Parking

Please arrive at the race venue early as parking is limited.

Parking is available:

- 1) Main parking lot at Elk Lake.
- 2) Overflow area at the north end of the main lot on the grass. Please park smartly, do not leave tons of room between vehicles so as to maximize parking in this area.
- 3) Bottom of Hamsterly Rd across from the LifeSport building on the lake side of the street.



PLEASE DO NOT PARK ON THE COURSE.

NO PARKING IN THE FOLLOWING PARKING LOTS RACE WEEKEND:

- 1) Elk Lake Garden Centre
- 2) LifeSport
- 3) Capital Cat veterinary
- 4) In front of the High Horse Tack Shop

POST RACE LUNCH & AWARDS

Our 2018 Breakfast Partner is the Central Saanich Lions Club.

The post-race breakfast and awards will take place at Hamsterly Beach.

Breakfast will begin being served at 8:15 am with the Awards at 11:45 am

Not racing? Cheering on friends and family? Want to have breakfast with your athlete, non-athletes can purchase lunch for \$7 (cash only) directly from the Lions Club.



Don't usually stay for awards?

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

- 2XU triathlon package
- 2XU Compression clothing
- Race Entries, Prizing from Total Body Health & Oak Bay Bikes
- F2C Prize Pack

PLEASE NOTE:

- Security will be in transition until 12:30 pm on race day.
- Remember to keep your athlete band on until you have had lunch and removed all your gear as you can't do that without the band to identify you.
- Please remove all your items by 12:15 pm to allow our crew to begin wrapping up.

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 Elk Lake Triathlon, Duathlon & Aquabike. All TRIBC and Triathlon Canada rules will be in effect during the event. Protests of penalties assessed for rules infractions must be filed with the TRIBC Head Official within 60 minutes of their finish.

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

GOOD LUCK & HAVE A FUN, SAFE RACE!

Joe Dixon – Race Director
Angie Woodhead – Athlete Services

