



# Athlete Guide

## WESTWOOD LAKE TRIATHLON

May 15, 2022

### ATHLETE INFORMATION GUIDE

#### Sprint & Standard Races

***Disclaimer:** The Athlete Information Guide is as accurate as we can make it at the time of distribution; it will continuously be updated to reflect current venue and course conditions. When/ if a change is made, we will at the very least, notify athletes on site prior to race start. If time allows, we send an updated version via email.*

## Welcome to Nanaimo, BC & the Westwood Lake Triathlon

The following is an overview of what a **SPRINT & STANDARD athlete** (or relay) should expect and prepare for on your race day. Please review the items carefully. The following pages have been collated by our staff, with critical information as well as offerings from many of our athletes, volunteers and repeat offenders to ensure your day is straightforward and enjoyable.

We added a few quick (interesting) facts about triathlon if you're new to the sport, or one of our veterans that wished we'd mention some of these things. Either way, we are listening and will continue to refine and update this document to just the necessary bits & pieces (including race links).

Lastly, we'd be remised to mention that no race is possible without the support of a community, especially from those that have come out to support us year over year (& after a plague that shut down the industry the past 2 years). We encourage you to share your thanks with the volunteers during your race, as they help you reach your goal. We are thrilled that you chose to join us this weekend. On behalf of the entire Dynamic Race Events Team, thank you for supporting an independent Canadian owned event.

**QUESTIONS?  
SEND US A MESSAGE.  
WE'RE NICE.  
PROMISE.**

[support@dynamicraceevents.com](mailto:support@dynamicraceevents.com)

## SCHEDULE

### SATURDAY, MAY 14TH

1:30-5:00 pm      Package Pick Up at Westwood Lake Park  
5:00-5:30 pm      Pre-Race Meeting at Westwood Lake Park

### SUNDAY, MAY 15TH

6:30-7:30 am      Race Morning Package Pick Up at Westwood Lake Park  
6:30 am            Transition opens  
7:45 am            Transition closes  
7:50 am            Pre-race briefing for ALL ATHLETES at swim start entrance  
**8:00 am            SPRINT Triathlon RACE START**  
**8:10 am            STANDARD Triathlon RACE START**  
11:00-1:30 pm      Transition open to remove bicycles  
11:45 am            Awards Ceremony  
1:30pm              Venue Closes to Athletes

# TRIATHLON 101

## WHEN & WHERE DID TRIATHLON START?

Contrary to popular belief, the sport didn't start in Hawaii, but in San Diego in 1974 by two track coaches.

## WHAT ARE THE GENERAL TRI DISTANCES & EVENTS?

- Super Sprint | 400m swim – 10km bike – 2.5km run
- Sprint | 750m swim – 20km bike – 5km run
- Standard or Olympic | 1.5km swim – 40km bike – 10km run
- Long, 1/2 IRON or 70.3 | 1.9km swim – 90km bike – 21.1km run
- ITU Long | 4k swim – 120k bike – 30k run
- IRONMAN or Ultra | 3.9km swim – 180km bike – 42.2km run

## WHAT IS THE AVERAGE FINISH TIME?

It depends... on the actual course, the weather on the day and fitness/ experience level of the athlete. Based on previous years, we can estimate from our race weekends, the following stats: Sprint-1hr 50min, Standard-3hrs, Half/70.3-6hrs (Aquabike & Duathlon will mirror the triathlon times)

## WHAT IS AQUABIKE OR DUATHLON?

Both of these events are multi-sport races involving 2 of the 3 disciplines of triathlon. An Aquabike consists of the swim and bike, whereas a duathlon is a run-bike-run format. These events can be run as stand alone events but are often run concurrently with a tri and athletes run the same course/ distance removing one discipline.

## WHAT EVENTS ARE WE HOSTING?

Dynamic hosts a variety of distances and formats in each of its event weekends. The most common distances we host are: Sprint, Standard & Long Course (1/2 IRON) distance triathlons

## WHAT OR WHO IS DYNAMIC RACE EVENTS?

It is a local, Independent Series, providing **CRAFTED, PROFESSIONAL, COMMUNITY RACE EXPERIENCES** in Western Canada. The series is Canadian owned & operated by small group of passionate athletes & event professionals that also help/volunteer on a lot of other races.

## IS THIS TRIATHLON AN IRONMAN?

The quick answer, **NO**. The long answer is that IRONMAN usually refers to the actual one-day ultra-distance triathlons that are a global series of races produced by the World Triathlon Corporation (WTC), with the championship race being in Kona, Hawaii in October. It is the largest event brand/ series in the world. Most of our core team members have done or volunteer for IRONMAN events regularly, but this race weekend is not that... its DYNAMIC.



## RACE SUMMARY

Westwood Lake Triathlon is a classic West Coast season opener. Westwood Lake is one of Nanaimo's best loved city parks. Nestled in the foothills of Mt. Benson it is a year-round destination for the locals. Generally, the race has attracted a modest field size of roughly 250 athletes, which is about what the industry would expect in BC, in May as many athletes transition from their trainers and swimming in the pool. This will be the 5<sup>th</sup> edition of the race and will be Sprint and Standard Distances. Fun fact, in the inaugural year Dynamic hosted a Long Course (1/2 IRON) event in this venue.

**LOCATION:** 381 Westwood Rd, Nanaimo, BC V9R 6S5

**WEATHER:** (average) cloudy 35% precip

**TEMP:** (average) Low: 9C | High: 16 C

**SUNRISE:** 5:33am | **SUNSET:** 8:52pm

### SWIM:

Open water (lake) swim moving counterclockwise around a triangle of swim buoys. The start and finish area are the main beach of Westwood Lake and feature a large sandy beach adjacent to the transition & finish areas. Swim cap colors will be different for Sprint & Standard athletes. *COURSE CUT OFF: 1 hour 10 mins after the final wave start. Athletes exiting out of the water after cut off will not be allowed to continue*

#### SPRINT SWIM:

[750m – 1 loop](#) | Orange Swim Cap

#### STANDARD SWIM:

[1500m – 2 loops](#) | Blue Swim Cap  
(Relay Athletes also Blue)

### BIKE:

The course features a challenging ride due to the great deal of variety in terrain. Both courses do the same initial 10km section. Roads are still open to traffic. Athletes will need to be aware of their surroundings, obey the instructions of the traffic control personnel. *COURSE CUT OFF: 2.5 hours after the final wave start. You will be warned 2x if you are not on pace or if you appear unfit to continue. You will be stopped and given a ride by staff back to transition on a 3<sup>rd</sup> ask.*

#### SPRINT BIKE:

[19.8km - 1 loop](#)

#### STANDARD BIKE:

[38.5km – 1 loop](#)

### RUN:

The course is a counterclockwise loop on the trail around Westwood Lake. Athletes will exit transition passing the first of 2 aid stations on course. The 2<sup>nd</sup> aid station is roughly 2.5km. *COURSE CUT OFF: 4hrs after the final wave start. Similar to the bike, we will give athletes 2 warnings before being stopped & assisted to the finish whichever side is closer to the finish/ transition area.*

#### SPRINT RUN:

[5.6km – 1 loop](#)

#### STANDARD RUN:

[11.2km – 2 loops](#)

## RACE ADMINISTRATION

### RACE RULES

Please check out the [Triathlon BC website](#) to review the race rules. It is each athlete's responsibility to know the rules of TRIBC and of the event. All our events are draft-free ("solo" endeavours) If you think you're cheating or doing something against the rules on the bike, ask before race day.

Triathlon British Columbia sanctions our races in BC. All 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. If you have questions about the rules, please seek out an official (wearing a yellow vest) prior to race for clarification. Especially if you're new to the sport, we encourage you to attend the Pre-Race Meeting the day before the race

For your reference: [Triathlon BC Rules & Regulations](#)

### 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.**

**SWIM:** 1 hour 10 minutes (after the last wave start)

**BIKE:** 2.5 hours (after the last wave start)

**RUN:** 4 hours (after the last wave start)

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

### 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 for 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 as they become available throughout the day (location to be announced race 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.

***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.***

## **RACE ADMINISTRATION (continued)**

### **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.

### **PRE-RACE | MEETING (Q&A)**

Pre-Race Meetings (Q&A) will be held the day before the race. We will review the schedule of events and each portion of the race. Please save your questions until after the meeting when race staff and Triathlon BC Race Officials will be available to answer your questions.

#### **WHEN:**

Saturday, May 14, 5-5:30 pm at Westwood Lake Park

There will also be a quick pre-race briefing at 7:50 am race morning at swim start entrance.

### **PRE-RACE | PACKAGE PICK UP**

#### **WHERE TO GO?**

Go to the Athlete | Volunteer Services Tent (largest tent - marquee in the park) – Athlete & Volunteer Tables, and volunteers will be there to assist you. The tent is adjacent to the Finish & Transition area with all the bikes in a fenced area.

#### **WHEN:**

Saturday 1:30-5pm | Sunday (Race Day) 6:30-7:30am

#### **WHAT DO I NEED?**

Photo ID.

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.***

#### **WHAT ABOUT RACE DAY INSURANCE?**

If you are a member of Triathlon BC you are insured to race. We will have a list of current TriBC members as supplied by TriBC race week. If you are not a member of TriBC (or Provincial Sporting Association) and did not pay the day-of-race insurance fee when you registered, you will be required to pay \$15 fee to TriBC before you receive your race package. NOTE: Payment for Day of Race Insurance can be made by cash, or credit. There is a surcharge for credit card payment.

## **RACE ITEMS**

### **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 on the bike course.

### **TIMING CHIPS**

Timing chips will be provided to you at the Sportstats timing tent, just outside transition, on race morning. Each chip is encoded with your specific registration data, do not trade your chip with another athlete!

### **WHERE DOES THE TIMING CHIP GO?**

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.

### **WHAT IF I LOSE MY TIMING CHIP?**

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. There will be a charge for lost chips as we are billed from our timing company.

### **WHAT IF MY TIME IS WRONG?**

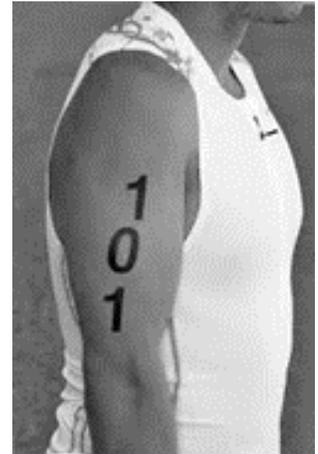
If you have any timing issues post-race, please see the Sportstats staff at the timing tent located at the finish line. Please do not proceed from swim to bike OR bike to run without a timing chip...if you cross the line without a timing chip you will be marked as a DQ.

## RACE ITEMS (continued)

### BODY MARKING | RACE TATOOS

Body marking has been replaced by race tattoos. Each athlete is responsible for putting on their race number tattoo before the race and they **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.

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. Note: Relay Teams: One number is for your cyclist and one number is for your runner, no tattoo is necessary for your swimmer.



## PRE-RACE | TRANSITION & ACCESS

### TRANSITION AREA ACCESS

Transition Area is only open to athletes with wristbands. No spectators, family, friends or coaches – no exceptions. **NOTE: You will not be able to remove your bicycle or gear from the transition area until 11:00am** unless otherwise directed by race officials. Plan accordingly.

### 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.

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

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.

## PRE-RACE | TRANSITION & BIKE CHECK IN

### BIKE CHECK IN

Bike check in is either Saturday 1:30-5pm or race morning at 6:30am

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.

### WHERE DO I GO FOR BIKE CHECK IN?

The Bike Check In is the transition area – which will be fenced with bike racks

### 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 and distance covered per athlete.

## RACE DAY PARKING

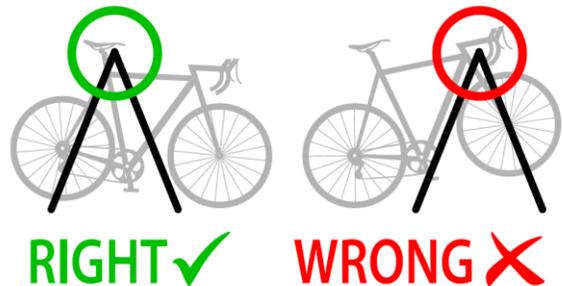
### WHERE DO I PARK?

Our recommendation is to arrange to drop your athlete off at Marlene Place and find parking below Westwood Lake Park so that you and your friends/ family have the flexibility to leave once you have finished the race.

We will have marshals in place race morning at Marlene Place for a drop off and turnaround. Athletes will need to walk in the 100' into the race venue.

NOTE: Very limited parking in Westwood Lake City Park on Race Morning – **you will NOT be able to enter or exit after 0615 – 1200pm** as the main portion of the parking area is a pedestrian zone. There will be cars being towed from Westwood Rd. as this is part of the bike course.

## HOW TO RACK YOUR BIKE



PLEASE RACK YOUR BIKE  
WITH YOUR FRONT  
WHEEL DOWN

## **RACE DAY | TIMING CHIPS**

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## **RACE DAY | PRE-RACE BRIEFING**

### **PRE-RACE BRIEFING**

Pre-Race Briefing will happen at 7:50am at the swim start. This is one last opportunity for staff and race officials to update you on any given changes to ensure athlete safety. NOTE: Transition will close at 7:45am, all Athletes will need to be at the Beach

## **SWIM**

### **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, unless the water temperature is below the required wetsuit optional temperature, as outlined in the Triathlon BC rules. 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.

## SWIM:

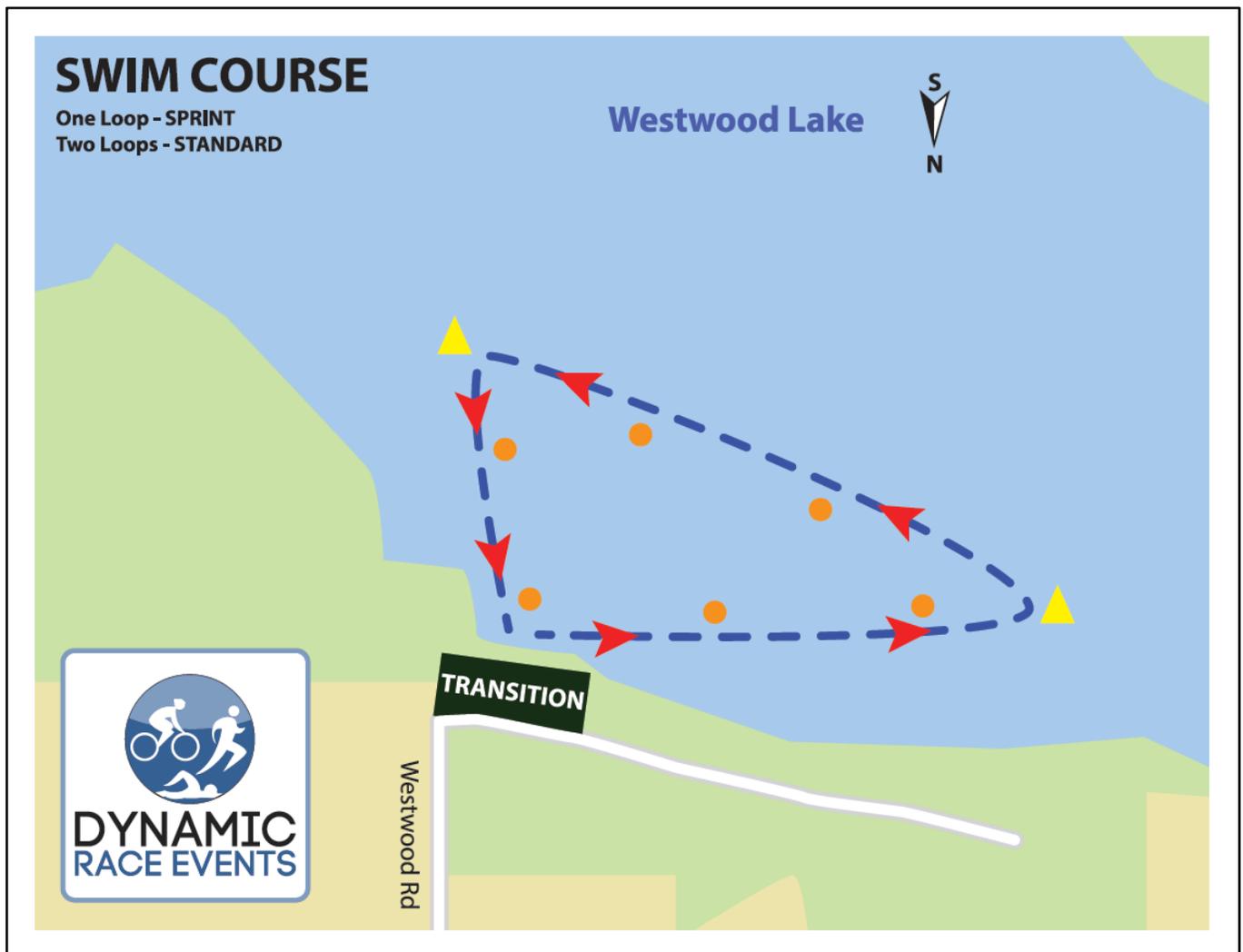
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[750m – 1 loop](#) | Orange Swim Cap

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(Relay Athletes also Blue)



## BIKE:

The course features a challenging ride due to the great deal of variety in terrain. Both courses do the same initial 10km section. Roads are still open to traffic. Athletes will need to be aware of their surroundings, obey the instructions of the traffic control personnel. *COURSE CUT OFF: 2.5 hours after the final wave start. You will be warned 2x if you are not on pace or if you appear unfit to continue. You will be stopped and given a ride by staff back to transition on a 3<sup>rd</sup> ask.*

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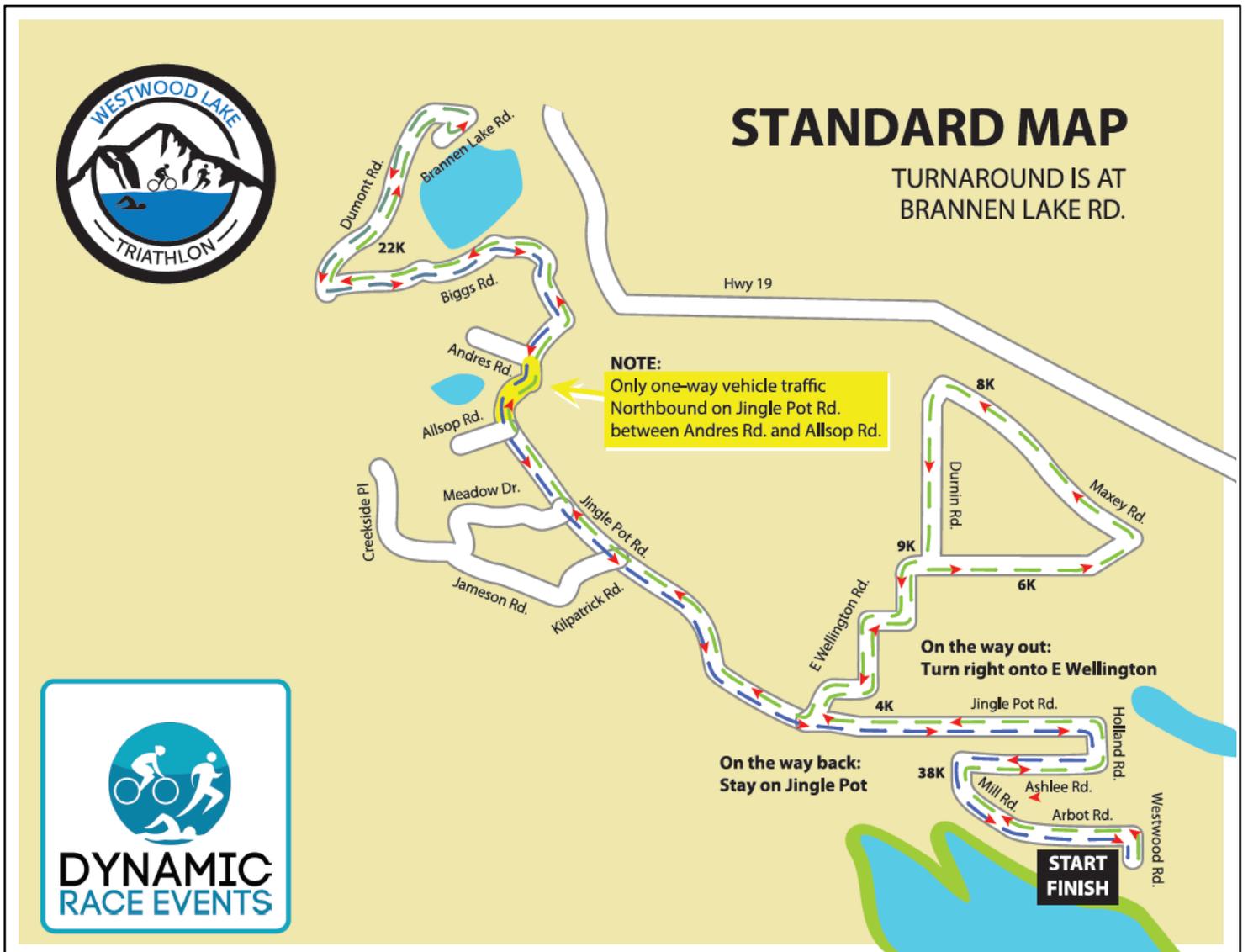


## BIKE: (continued)

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### STANDARD BIKE:

[38.5km – 1 loop](#)



## RUN:

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5.6km – 1 loop

### STANDARD RUN:

11.2km – 2 loops

