

Athlete Guide

CULTUS LAKE TRIATHLON

Sunday September 17, 2023



ATHLETE INFORMATION GUIDE

Long Course & Aquabike

***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 Fraser Valley & the Cultus Lake Triathlon

The following is an overview of what an athlete competing in the **LONG COURSE and LONG COURSE AQUABIKE** should expect and prepare for on 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 and multisport 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 if we did not 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. 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

SCHEDULE

SATURDAY, SEPT 16TH

12:00-5:00 pm Package Pick Up at Main Beach
12:00-5:00 pm Optional Bike Check-In at Main Beach
5:00 pm Athlete Briefing

SUNDAY, SEPT 17TH

5:30 am Transition Opens
5:30 am-7:00am Package Pick Up at Main Beach
Timing Chip Pick Up (outside transition in SPORTSTATS tent)
7:15 am All Long Course & Long Course Aquabike Athletes
7:30 am LONG COURSE | LONG AQUABIKE RACE START
8:40 am Swim Course – CUT OFF
Bike Course – START CUT OFF (athletes must start BIKE before 8:45am)
11:00 am Bike Course – ON COURSE CUT OFF (athletes must have made the far turnaround at 43.8km by 11am)
12:30 pm Bike Course - CLOSED
Run Course – CUT OFF (athletes must start run before 12:35pm)
2:45 pm Run Final Lap – CUT OFF (athletes must start final lap before 2:45pm)
3:30 pm Final Finisher
Run Course - CLOSED
3:45 pm Awards at Main Beach (Under the Gazebo)
4:30pm Transition – CLOSED to ALL athletes
All Bikes & Gear MUST BE REMOVED from Transition

Overall Race Cut-off: 8hrs (3:30pm) for Long Course from race start, you **MUST** remain on pace to complete the event by the cut-off times. Cut off points (& times) are in place to ensure your safety as well as balancing the resourcing of volunteers, staff, permit requirements and the impact on our host communities.

Please be respectful of local businesses and residents when parking and regarding noise race morning. We have added an optional Bike Check-In on Saturday 12-5pm to ensure many of our athletes can arrive on race morning relaxed knowing they will not be waiting in several lines Sunday morning (athletes will still need to get their timing chip). Overnight Security will be onsite to ensure the safety of your bicycle.

Please print off any course maps you might need as we will not have maps in packages in an effort to try and conserve paper. Packages must be picked up during scheduled times.

*****PAY PARKING IS IN EFFECT AT CULTUS LAKE PARK** – Please do not forget to pay for your parking, a parking ticket is a terrible race souvenir!! Day pass parking in LOT D (behind waterslides) is the most economical (\$19/day)



**FUEL
YOUR
PASSION**

**OFFICIAL
RUN COURSE
NUTRITION**

AND

**RECOVERY
PROTEIN SHAKES
AT THE FINISH LINE**

**OWNED & OPERATED
VICTORIA BC**

WWW.STRATOSPERFORMANCENUTRITION.COM



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/APPROXIMATE 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 Course | 1.9km swim – 90km bike – 21.1km run
- 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, Long Course-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 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.



RACE SUMMARY

The Cultus Lake Triathlon is BC's final triathlon race of the season. This will be the 14th edition of the race (not including the years it was hosted 2x a year - June & Sept) and in addition to the Sprint and Standard Distances, this year we have again included the Aquabike. Generally, the race has attracted a field size of roughly 650 Sprint & Standard athletes and 100 Long Course athletes.

LOCATION: Main Beach, Cultus Lake, BC.

WEATHER: (average) partly cloudy 30% precip

TEMP: (average) Low: 13C | High: 19 C

SUNRISE: 6:49am | **SUNSET:** 7:14pm

COURSE CUT OFF'S:

Overall RACE Cut-off: **8hrs (3:30pm) for Long Course & Aquabike from race start.** You MUST remain on pace to complete the event by the cut-off times. **All Bikes & Gear must be removed from Transition by 4:30pm.** We appreciate your understanding.

SWIM:

The Swim Course is an open water clockwise 2 loop course held in Cultus Lake. The swim will be a deep water start with swimmers lining up at the corner of the pier in the water. The finish area of the swim is the Main Beach. Cultus Lake is usually calm and is a warm-ish lake. The optional use of wetsuits during the swim is allowed, if the water is 24.5C or less.

CAP COLOURS:

LONG COURSE: **Yellow (Hi Vis)** 

LONG COURSE AQUABIKE: **Yellow (Hi Viz)** 

SWIM COURSE CUT OFF

LONG COURSE: 70 mins (1hr & 10min) after the wave start. Athletes will not be able to start the bike course after 8:40am, and you will be marked as DNF (Did Not Finish)

LONG COURSE SWIM: 2km swim (2 loops)

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 colour-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 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. TriBC will take the official race temperature race morning and an announcement will be made at that time regarding the water temperature and usage of wetsuits. Expected temp is 16 - 18 degrees.

RACE SUMMARY (continued)

****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. Should you need to take a break during the swim, you may stop and hold on to a boat or SUP and rest, you may not make any forward progress with the boat or SUP during that rest.

BIKE:

The course features an out and back course along Chilliwack Lake Road. Turnaround point for the Long Course is at the end of Chilliwack Lake Rd with an Aid Station. It will be well marked and have traffic control personnel. Athletes will be turning around at 43.8k. Roads are still open to traffic. Athletes will need to be aware of their surroundings, obey the instructions of the traffic control personnel.

BIKE COURSE CUT OFF: All athletes must be on pace to make the turnaround by 11am and 12:30pm into transition. If you arrive after 12:30pm across the dismount line, you cannot start the run. In both instances you will be marked as DNF (Did Not Finish).

LONG COURSE BIKE:

[87.5km - out-n-back \(click link\)](#)

LONG COURSE | TURN BY TURN

- Mount your bike after the mount line in the parking lot
- LEFT – onto Sunnyside Rd
- LEFT – around roundabout (@ Sunnyside & Columbia Valley Hwy)
- STRAIGHT – down Columbia Valley Hwy from Cultus Lake to Vedder Mtn Rd
- RIGHT – 2nd roundabout (@ Columbia Valley Hwy & Vedder Mtn Rd)
- CROSS – Chilliwack River
- RIGHT – 3rd roundabout (@ Mtn Vedder Rd, Chilliwack Lake Rd & Vedder Rd)
- STRAIGHT – Chilliwack Lake Rd
- TURNAROUND (@ Chilliwack Lake Campground Rd Access – 43.8km)
Return same route in reverse back through 2 roundabouts and up to Cultus Lake
- STRAIGHT – Chilliwack Lake Rd
- LEFT – Roundabout (@ Mtn Vedder Rd, Chilliwack Lake Rd & Vedder Rd)
- CROSS – Chilliwack River
- RIGHT – 2nd exit, around 2nd roundabout (@ Columbia Valley Hwy & Vedder Mtn Rd)
- STRAIGHT – Columbia Valley Hwy (uphill from the roundabout)
- RIGHT** – at Cultus Lake Park Board Office parking lot to Bike Dismount
***Not the same as MOUNT area – if you hit a 3rd roundabout you missed the turn*

RUN:

The Long Course run is comprised of a small section across the lake and then a 5km loop repeated 4x. The 5km loop has 2 turnaround points (one on the beach just past the playground and one on the trail at the top of Park Dr). Athletes will exit transition and turn RIGHT and run past SWIM start across the footbridge to Lakeshore Dr for 2 out and back sections. Returning across the footbridge and passing the finish/ transition area and the first aid station. Athletes continue along the lakeshore path past the main boat launch, continuing onto the beach and past the campground. The turnaround is located past a playground and big Yellow slide. The turnaround will be marked. Returning to the boat launch and turning right, athletes will pass the next Aid Station on course (you will pass this aid station twice) running east on Park Dr to the 2nd turnaround (on the pathway just before it meets Columbia Valley Hwy). Athletes return and pass the aid station again veering right onto 1st Ave, running back towards the finish & transition area. Athletes will repeat this loop 3 more times (total of 4) by making a left before the finish passing the 1st aid station again and running south on the lakeshore path repeating the loop.

COURSE CUT OFF: 12:35pm is the course cut off to start the run. 2:30pm is the course cut off to start the last 5km loop, with the run courses closed for ALL athletes at 3:30 pm – you must remain on pace to complete the event by this time. After the cut offs your result time will be marked as DNF (Did Not Finish).

Long Course Run 20.7km – Looped Course



RACE SUMMARY (continued)

TRANSITION:

Transition is located on the field at Main Beach adjacent to the Finish Area roughly 40m from Swim Start/ Finish Line area. You may NOT have friends or family place or hand you items during the race. [Only athletes with a wristband will be able to check out their bikes with corresponding race number after 10:30 am No Exceptions.](#) All bikes and gear must be removed by **4:30pm** We appreciate your understanding.

AQUABIKE

The Aquabike will complete the same swim and bike course as the Long Course Triathlon.

WHERE DOES THE AQUABIKE FINISH?

The Aquabike official overall time for ranking will be at the entrance of T2, when you finish the bike course. Athletes can take their time racking their bike, change shoes and make their way to the finish line area to be called across the line and collect their finishers' medal.

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. Appeals of penalties assessed for rules infractions must be filed with the TriBC Head Official within 15 minutes after the last athlete finish the race. Procedures and requirements for appealing a decision can be found in the [Triathlon BC Rules and Regulations](#). If you have questions about the rules, please seek out an official (wearing a yellow vest) prior to race for clarification.

COURSE CUT-OFF TIMES

Due to restrictions of municipal permits, race insurance and volunteer staffing, all participants must remain on pace to complete **Long Course Cultus Lake Triathlon by 3:30pm**. Listed times for each course venue and transition cut-offs were in the previous pages. **All bikes & gear must be removed from transition by 4:30pm**

We want everyone to finish the race. 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.

RACE ADMINISTRATION (continued)

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 (Long Course – Athletes).

Results will be posted online in real time. 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.

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 | BRIEFING

Pre-Race Briefing will be held at Main Beach (near Athlete Services tent) at 5pm on Saturday September 16th.

There will also be a quick briefing on race morning on the beach before race start to update athletes of any last-minute course or safety notes.

PRE-RACE | PACKAGE PICK UP

WHERE TO GO?

Main Beach, Athlete Services and volunteers will be there to assist you.

WHEN:

Saturday 12:00-5:00pm | Sunday (Race Day) 5:30-7:00am

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, 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 reciprocating Provincial Sporting Association) and did not pay the day-of-race insurance fee when you registered (if you registered after Dec. 1, 2022, you HAVE not paid during the registration process), you will be required to pay the fee ONLINE at the link below directly to Triathlon BC **by 11:59pm Thursday September 14th.**

PURCHASE RACE INSURANCE HERE: [1 DAY TRIATHLON BC MEMBERSHIP](#)

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/ race start and must be worn during the entire event. Please ensure your timing chip is OUTSIDE your wetsuit. 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.

RACE ITEMS (continued)

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.

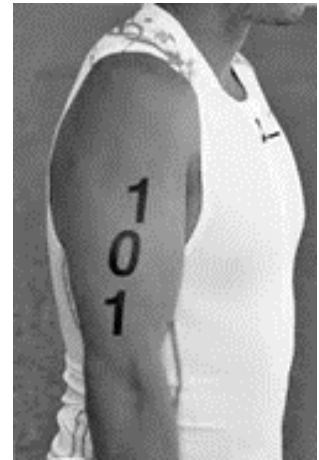
PENALTY TENT

If you are given a penalty out on course, you must self report to the PENALTY TENT in Transition to serve your penalty with a TriBC Race Official

BODY MARKING | RACE TATTOOS

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 on race morning. 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.



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 10:30am** 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, all gear to be used during the race must be placed no more than 0.5m from one side of the bike and should not extend out past the front wheel.

Bags, bins, foot baths, stools 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 first leg of the race once transition has closed.

Any markings used to make sighting your bike easier (balloons, towels, markings on the ground) will be removed during the first leg of the race. 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 12:00-5:00pm (optional, but very convenient and stress reducing for race morning!) or on race morning from 5:30-7:00am

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?

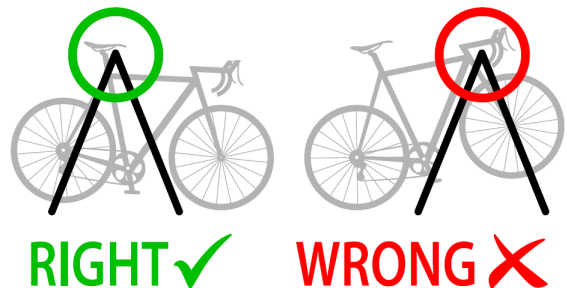
The Bike Check In is the transition area – which will be fenced with bike racks

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.

HOW TO RACK YOUR BIKE



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

RACE DAY | PARKING

WHERE DO I PARK?

- Parking available at Lot B (next to transition) – usually full by 6:15am on race day
- Lot A (Lakeshore Dr – before the gas station) – 5 min from transition
- Lot D (next to the waterpark-behind waterslide) – 5 min from transition **CHEAPEST OPTION!!**

NO PARKING ALONG SUNNYSIDE RD OR IN THE LAKESIDE BEACH CLUB PARKING LOT

RACE DAY | TIMING CHIPS

TIMING CHIPS

Timing chips will be provided to you at the 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!

RACE DAY | PRE-RACE BRIEFING

PRE-RACE BRIEFING

- 7:25 am for **LONG COURSE & AQUABIKE** athletes at 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 warning will be issued at 7:15am. All Athletes will need to be at the Beach immediately following transition warning at 7:20 am.

RACE DAY | AID STATIONS

There is water within the transition area. On Sunday, the Long Course athletes will have 1 Bike Aid Station (at the turnaround) and there will be 2 Run Aid Stations. The Bike Aid Station will have sport top bottled water, sport top Gatorade, gels and bananas. Run Aid Stations will be serving water and Stratos Endurance Fuel (electrolytes) and gels. Athletes will pass the Bike Aid Station at the turnaround point. Athletes will pass 2 run aid station multiple times. They will pass the aid station once leaving transition, 4x with each loop. They will hit the 2nd aid station twice in each loop (coming & going) near the boat launch.

PENALTY TENT

If you are given a penalty out on course, you must self report to the PENALTY TENT in Transition to serve your penalty with a TriBC Race Official.

RACE DAY | MEDICAL & POST RACE

Any athletes needing medical assistance, we will have medical set up in the finish line area, as well as roving on the courses. Should you need medical assistance out on the course, please let one of the race staff or volunteers know and we can call in for medical.

Post race nourishment will be set up in the marquis tent near the finish line.

