



WESTWOOD LAKE TRIATHLON

Sprint • Standard • Sprint Relay • Standard Aquabike



Athlete Guide

May 10, 2026
Nanaimo, BC

Welcome

Welcome to the Westwood Lake Triathlon—our West Coast season opener and Dynamic Race Events' favourite way to kick off the season.

This is a race built by athletes, for athletes. It's thoughtfully designed, community-supported, and just challenging enough to remind you why you signed up.

Whether you're here to race hard, shake off the off-season, or try something new—we're glad you're here.

You bring the effort. We'll handle the rest.

Questions?

support@dynamicraceevents.com

(We're nice. Promise.)

At A Glance

Location

Westwood Lake Park

381 Westwood Rd.

Nanaimo, B.C.

<https://maps.app.goo.gl/4wdMcwWc9kcGbEZw9>

Typical Conditions

- 9–16°C air temp
- 14–17°C water
- Classic West Coast spring (be ready for anything)

Key Moments

- 7:45 am → Pre-race briefing (don't miss it)
- 8:00 am → Sprint & Sprint Relay start
- 8:07 am → Standard & Aquabike start

PLAY IN
NANAIMO

Weekend Schedule

Saturday = Get Set

Time	What's Happening
1:30–5:00 pm	Package pickup (at Westwood Lake Park)
2:00–5:30 pm	Bike check-in (optional, but HIGHLY recommended!)
4:00–5:00 pm	Ask us anything (Q&A)

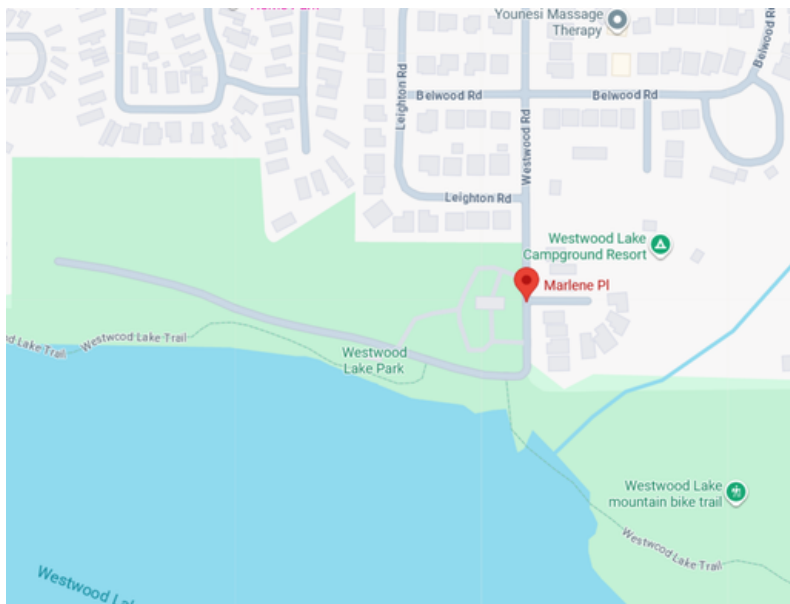
Sunday = Race Day

Time	What's Happening
6:30–7:30 am	Last chance pickup
6:30 am	Transition opens
7:40 am	Transition closes
7:45 am	Pre-race briefing
8:00 am	Sprint & Sprint Relay start
8:07 am	Standard & Standard Aquabike start
11:00 am	Transition opens for bike/ gear removal (plan accordingly)
12:00 pm	Awards
1:30 pm	That's a wrap

Parking & Arrival

Best Move - Race Morning

Get dropped off at Marlene Place → short walk in



Know This

- Parking inside fills early
- No access to Park parking lot after 6:30 am
- Westwood Rd = bike course → don't park there

Plan ahead = less stress.

Where Can I Park

Parking is available below the park in the residential area. Please be mindful to not block residents' driveways

Race Day Essentials

Bring With You

- Photo ID (*required for race package pickup*)
- Wetsuit
- Bike + helmet
- Running gear
- Nutrition & hydration
- A bit of patience (*race mornings are busy*)

Your Race Kit

You'll get:

- Wristband (*affixed at package pickup*)
- Event Swim Cap (*must be worn*)
- Bike + helmet stickers
- Run bib
- Race tattoos

Timing Chip

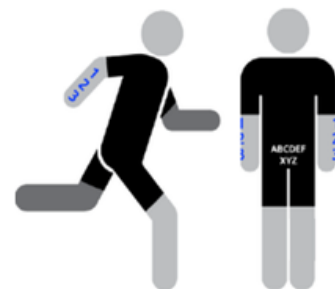
- Pick it up race morning
- Wear it on your ankle (*outside your wetsuit*)
- Return it after you finish

No chip = no time. No exceptions.

Body Marking

- Tattoos (*affix one to each forearm*)
- Done before entering transition

Quick, easy, and no sharpies required.



Race Day Essentials cont'd

Transition Area

Access

Athletes only. **No exceptions.**

(Not even your very supportive mom.)

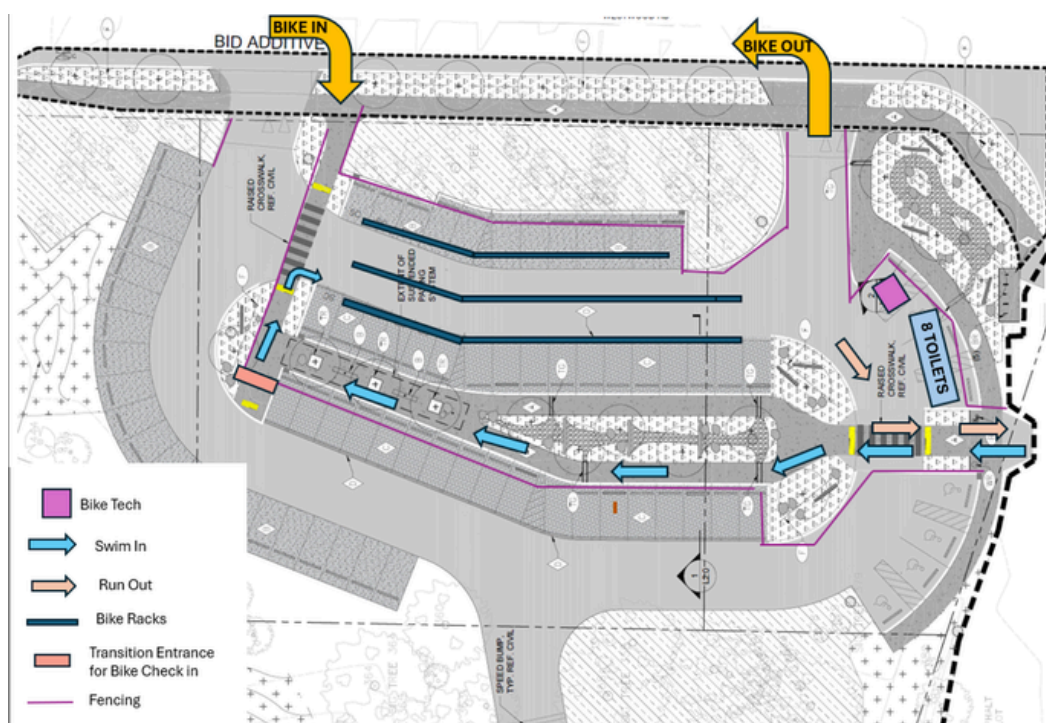
Setup

- Keep it tight (0.5m max space)
- Rack by your seat
- No bins, chairs, or “mini living rooms”

Flow

- Walk your bike in transition
- Mount/dismount at the lines

Think **controlled, not chaotic.**



Course Overview

Swim

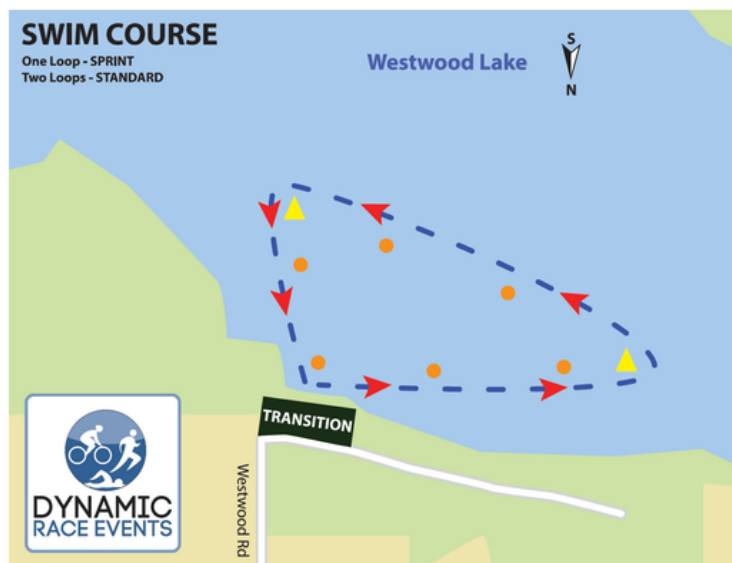
Rolling start. Straightforward course.

- Counterclockwise triangle
- Keep buoys on your left

Swim Cap Colours:

Sprint • **Sprint Relay** • **Standard** • **Aquabike**

Distance	Format	Cutoff
Sprint	750m (1 loop)	30 min
Standard	1500m (2 loops)	1h 10m



Swim Assistance

If you need help in the water:

- Raise your hand to signal for assistance
- Roll onto your back and stay calm
- You may hold onto a SUP, kayak, or support boat to rest

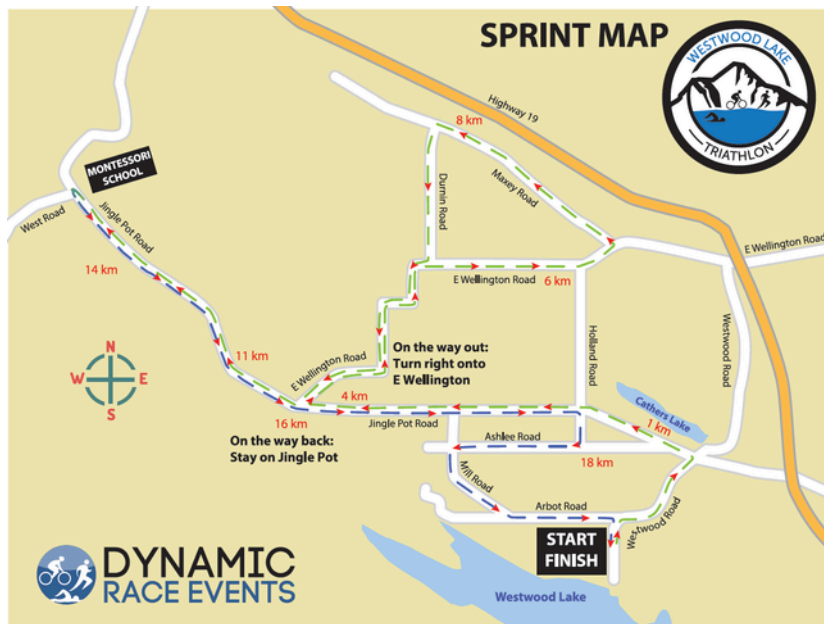
You may rest, but cannot make forward progress while holding on

Course Overview Cont'd

Bike

This is where things wake up.

- Rolling terrain
- Some punchy sections
- Roads open to traffic
- ***Bike Course Cut Off: 11:00am***



Click map to link to RidewithGPS map

Course Overview Cont'd

BIKE COURSE – KEY NOTES

Outbound

- Steep, fast descent on Westwood Rd, followed by a hard left onto Jingle Pot Rd.
- Traffic Control Personnel will be in place to stop vehicles and give you right of way.

Inbound

- Approaching from Arbot Rd → right turn onto Westwood Rd.
- Make sure you are in the correct gear before the turn—it comes up quickly.

YOUR SAFETY COMES FIRST

- Even with certified Traffic Controllers on course, stay alert.
- If a vehicle does not appear to be stopping, slow down or stop if needed.

ROAD CONDITIONS

- Be aware of potholes, broken pavement, and rough sections.
- Roads have been prepared, but conditions can change.

Stay smooth. Stay aware. Ride smart.

Course Overview Cont'd

Run

Trail loop. Scenic. Honest effort required



[Click map to link to RidewithGPS map](#)

Aid Stations

They're there (two of them)—use them.
Water + Stratos Performance Nutrition electrolytes will be available.

Toilets only at the first station.




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**OFFICIAL
RACE DAY
NUTRITION**



ON-WATER SAFETY PARTNER

Nanaimo Search & Rescue
(NSAR)

You're in good hands.

NSAR's trained volunteer team is on the water all race long—helping keep the swim safe and supported so you can focus on your race.

Rules & Safety

Know the Rules

This is a Triathlon BC sanctioned event.

All athletes are responsible for knowing the rules before race day.

Full rules: [**CLICK HERE**](#)

Membership Requirement

You must be either:

- A current Triathlon BC (or reciprocating PSO) member
OR
- Registered for a 1-day membership ***before package pickup***

Click **HERE** to register

USAT memberships are not valid.

Drafting

This is a non-drafting race.

Riding in another athlete's draft zone will result in a penalty.

Headphones

No headphones or audio devices allowed on the bike or run.

Immediate disqualification (DQ) if used at any time.

Conduct

Unsportsmanlike conduct or abuse of volunteers/officials will result in:

Immediate disqualification

Rules & Safety Cont'd

Wetsuit Policy

Wetsuit use is determined race morning based on water temperature. Anticipated water temp: 14-17C

- ***If it's mandatory, it's mandatory.***
- If optional → athlete choice

Penalties

Penalties will be issued for rule violations.

- Must be served at the designated penalty tent/area in transition
- Failure to serve a penalty may result in disqualification

Protests

If you wish to protest a penalty:

- Notify the Head Referee within 15 minutes of finishing
- Submit a formal protest within 30 minutes

All protests must go through the Head Referee

General Safety

- Roads are open to traffic
- Follow all officials and Traffic Control Personnel
- Stay aware of your surroundings at all times

If something feels unsafe—slow down or stop

Rules & Safety Cont'd

Cutoffs (Keep It Moving)

- You've got **4h 15m** total to finish.
- Each race leg's cut-off applies independently
- If you're off pace, we'll step in. Not to be harsh—just to keep everyone safe and the event running smoothly.

Support on Course

You're not alone out there:

- Lifeguards & paddlers (swim)
- Medical team on site
- Volunteers everywhere

Give them a quick thank you—they're a big part of your race.

Before You Go

- Return your timing chip
- Check your results - [HERE](#)
- Put your garbage in the trash can
- Grab your gear
- If your award is important to you - stick around, or have a fellow athlete take it home for you

FAQs

Where do Aquabike athletes finish?

Aquabike athletes finish at Transition (after the bike). You will then rack your bike and change your shoes, make your way through the finish line and receive your medal! Official time ends when you come into T2.

Where do relay teams exchange the timing chip?

All relay exchanges happen at the bike rack in transition.

- Swimmer → Cyclist: at the rack
- Cyclist → Runner: at the rack

Do I need ID for package pickup?

Yes. Government-issued photo ID is required.

No ID = no package.

When do I get my timing chip?

Race morning, near transition in the green Sportstats tent

- Must be worn on your ankle
- Must be returned after the race

What happens if I lose my timing chip?

Report to timing staff immediately.

Lost chips may result in a replacement fee.

When can I rack my bike?

- Saturday: 2:00–5:30 pm
- Sunday: from 6:30-7:30am

You must have:

- Wristband
- Bike number attached

FAQs Cont'd

Can I ride my bike in transition?

No. You must walk or run your bike at all times in transition.

Can spectators enter transition?

No. Transition is athletes only (wristband required).

Where can I leave my bags?

Not beside your bike.

- No bins, bags, or large items in your rack space
- Store items in your vehicle or transition perimeter

What if I need to drop out during the race?

Notify a race official and return your timing chip.

Do not cross the finish line.

When can I pick up my bike after the race?

After 11:00 am, once the bike course cutoff has passed.

What if my result is incorrect?

Report it to timing staff within 15 minutes of posting.

Results are finalized before the awards ceremony.

What if I miss a cutoff?

You may be removed from the course and transported back to transition.

Cutoffs are in place for:

- **Safety/ Rules**
- **Permits**
- **Volunteer operations**

Final Word

This race only works because of a strong, generous community—volunteers, race crew, and athletes like you.

Race hard. Respect the course. Enjoy the day.

We'll see you at the finish line.

— The Dynamic Race Events Crew

