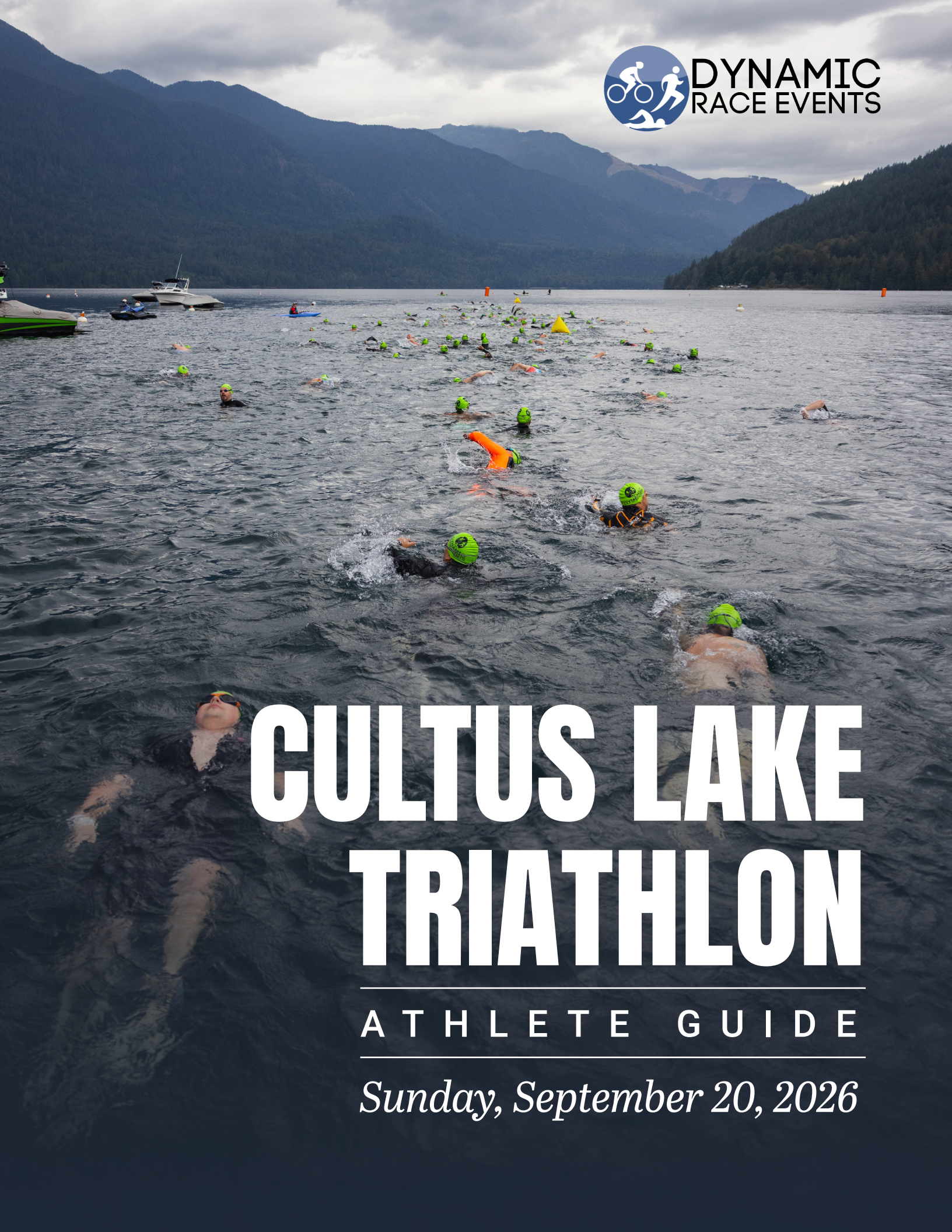




CULTUS LAKE TRIATHLON

ATHLETE GUIDE

Sunday, September 20, 2026



WELCOME TO CULTUS LAKE

Race weekend is almost here. Inside this guide you'll find everything you need to know before you arrive at Cultus Lake, including the race weekend schedule, package pickup, transition, course information, timing, parking, race rules and all the little details that make race morning run smoothly.

Whether this is your first multisport event or you're one of our repeat offenders, please take the time to read through the guide before race weekend.

EVEN IF YOU'VE RACED CULTUS BEFORE, READ THIS GUIDE.

Things have changed for 2026.

And while you're out there, please remember to thank the volunteers. Race weekend simply doesn't happen without them.

Thank you for racing with us and **supporting independent, Canadian-owned events**. We appreciate you spending your race weekend with us!

See you at the lake.

The Dynamic Race Events Team

QUICK REFERENCE

RACE DAY:

Sunday, September 20, 2026

VENUE:

Main Beach, Cultus Lake, BC

EVENTS:

Sprint Triathlon • Standard Triathlon • Standard Aquabike • Standard Relay • Standard Duathlon • Sprint Aquathlon

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

support@dynamicraceevents.com

Information in this Athlete Guide is accurate at the time of distribution. Event details may be updated if required due to operational, permitting, course, weather or safety considerations.

RACE WEEKEND SCHEDULE

SATURDAY, SEPTEMBER 19

12:00-5:00 PM - *Athlete Package Pickup* - 📍 Main Beach, Athlete Services

12:00-5:00 PM - *Optional Bike Check-In* - Transition

5:00 PM - *Athlete Briefing* - 📍 Main Beach

REPEAT OFFENDERS: THIS MEANS YOU TOO.

We strongly encourage all athletes, including returning Cultus athletes, to attend Saturday's briefing.

SUNDAY, SEPTEMBER 20

6:00 AM	Transition Opens
6:00-7:30 AM	Race-Morning Package Pickup - Athlete Services
7:45 AM SHARP	Transition Closes
7:55 AM	Sprint Athlete Briefing - Swim Start
8:00 AM	Sprint Triathlon Start
8:05 AM	Duathletes Leave Main Beach for 1st Ave
8:12 AM	Duathlon Briefing - 1st Ave
8:15 AM	Duathlon Start - 1st Ave
8:17 AM	Standard Triathlon / Aquabike / Relay Briefing - Swim Start
8:22 AM	Standard Triathlon / Aquabike / Relay Start
8:30 AM	Aquathlon Briefing - Swim Start
8:35 AM	Aquathlon Start
10:45 AM	Bike Removal Begins - PLAN ACCORDINGLY
12:30 AM	Awards - 📍 Main Beach, adjacent to Finish Area - Weather permitting
1:30 PM	All Bikes + Gear Must Be Removed from Transition

TRANSITION CLOSES @ 7:45 AM SHARP

Your first race of the day should not be from the parking lot to transition.

COURSE MAPS

Course maps are linked throughout this guide. Review your course before race weekend - knowing where you're going is part of the assignment!

PACKAGE PICKUP + TRIBC

WHEN ARE YOU PICKING UP?

SATURDAY | 12:00-5:00 PM

Recommended. One less thing on the race-morning list. We like that for you. Athlete Services, 📍 Main Beach.

SUNDAY | 6:00-7:30 AM

Athlete Services, 📍 Main Beach.

Athlete packages must be picked up in person. Bring government-issued photo ID.

RELAY TEAMS: One relay team member may pick up the race package for the entire team.

TRIBC MEMBERSHIP

All athletes must have a valid 2026 Triathlon BC Annual Membership or Triathlon BC 1-Day Membership in order to race.

NEED A TRIBC 1-DAY MEMBERSHIP?

Get it done before race weekend.

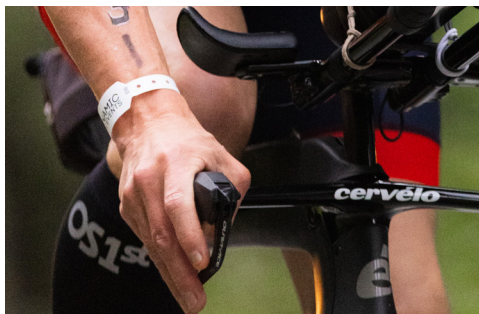
BUY 2026 TRIBC 1-DAY
MEMBERSHIP



NO PRE-PURCHASED MEMBERSHIP = NO RACE PACKAGE

Dynamic Race Events cannot issue a race package to an athlete who has not pre-purchased the required membership.

Our team and your fellow athletes thank you for helping to keep race weekend operations running as smoothly as possible!



ATHLETE WRISTBAND

Your athlete wristband will be put on when you pick up your package and must remain on for race weekend.

- Transition access
- Bike removal
- Athlete post-race food

NO WRISTBAND = NO TRANSITION ACCESS

If you don't want to wear your athlete wristband Saturday night, plan to pick up your package Sunday morning.

NEW FOR 2026

TIMING CHIP PROCESS

YOUR TIMING CHIP NOW COMES WITH YOUR PACKAGE.

There is no separate race-morning timing-chip pickup.

PICKING UP SATURDAY?



Your timing chip comes home with you Saturday. Keep it safe. Bring it back Sunday.

PICKING UP SUNDAY?



Your timing chip will be included with your race package Sunday morning. No separate timing-chip stop required.

**NO SEPARATE
SUNDAY CHIP PICKUP.**

- **YOUR CHIP = YOUR CHIP** - Each chip is assigned to a specific athlete. Do not swap.
- **ANKLE** - Wear the timing chip securely on either ankle for the entire race. If wearing a wetsuit, the timing chip must be worn outside the wetsuit.

PRO TIP: Left ankle is best — it helps keep the timing chip away from your bike's chainrings and other moving components.

- **RETURN IT** - Return your chip at the Finish.

**LOST / UNRETURNED
CHIP = \$50**

**No chip = no time.
Keep track of the little guy.**

DON'T FORGET THE LITTLE GUY.

If you pick up your package Saturday, your timing chip comes home with you.

Keep it with your race gear and bring it back Sunday morning.

RACE NUMBERS + TATTOOS

BIKE NUMBER



Attach the adhesive bike number to your bike seat post, clearly visible from both sides. Attach it before entering Transition. Do not cut, trim or alter it.

RUN BIB



Your run bib must be visible on the front of your body during the run. It does not need to be worn on the bike.

DUATHLON

Your run bib must be worn for **both** run legs.

AQUABIKE

Yep, you get a bib too. You won't need it to race, but you'll need the attached ticket for post-race food. And you can keep the bib for the memories.

RACE-NUMBER TATTOOS



- 1 CLEAN** - Start with clean, dry skin. Do not apply sunscreen or lotion to the area first.
- 2 PEEL** - Remove the clear protective film.
- 3 PLACE** - Place the tattoo NUMBER-SIDE DOWN against your skin.
- 4 WET + HOLD** - Completely wet the paper backing and hold for approximately 30 seconds.
- 5 REMOVE + DRY** - Carefully peel away the paper backing and allow the tattoo to dry before putting on clothing or sunscreen.

NUMBER SIDE DOWN | ~30 SECONDS

Tattoo first. Sunscreen second.

Apply one tattoo to each forearm. If race clothing will cover your forearms, apply the tattoos to your calves instead.

Relay teams: one tattoo is for the cyclist and one for the runner. The swimmer does not require a tattoo.

TRANSITION + BIKE CHECK-IN

Transition is located on the Main Beach field adjacent to the Finish Area. Transition is athlete-only. Athletes must be wearing their event wristband to enter.

Spectators, family, friends, coaches and dogs are not permitted inside Transition.

SATURDAY BIKE CHECK-IN

12:00-5:00 PM - Saturday bike check-in is optional. Overnight security will be onsite.

- *Pick up your athlete package*
- *Your athlete wristband will be affixed at package pick up*
- *Attach your bike number to your bike seat post*
- *Check your bike into Transition*

SUNDAY TRANSITION SETUP

TRANSITION OPENS 6:00 AM | CLOSES 7:45 AM SHARP

All athletes must be completely out of Transition by 7:45 am. There is no last-minute race-setup access after Transition closes.

YOUR RACK

RACKS ARE ASSIGNED BY RACE NUMBER.

There is no need to race into Transition to claim a spot.

- *Set up equipment within your designated space.*
- *Bags, bins, foot baths, stools and oversized items may not be left beside your bike.*
- *Move bags and unnecessary equipment back to your vehicle or designated perimeter area.*
- *Do not use balloons, towels, chalk or other personal markers to identify your rack position.*

RACING THROUGH TRANSITION

HELMET ON +
FASTENED

UNRACK BIKE

WALK/RUN

MOUNT AFTER
LINE

DISMOUNT
BEFORE LINE

WALK/RUN
BIKE

RACK

HELMET
UNFASTENED + OFF

NO RIDING IN TRANSITION

AFTER YOUR RACE - TRANSITION



YES - You may enter transition after racing

- Morning clothes
- Keys
- Other personal gear



NO BIKE REMOVAL BEFORE 10:45 AM.

This restriction is for the safety of athletes still racing, volunteers and event staff.

THE 10:45 AM BIKE REMOVAL TIME IS NOT NEGOTIABLE. PLAN ACCORDINGLY.

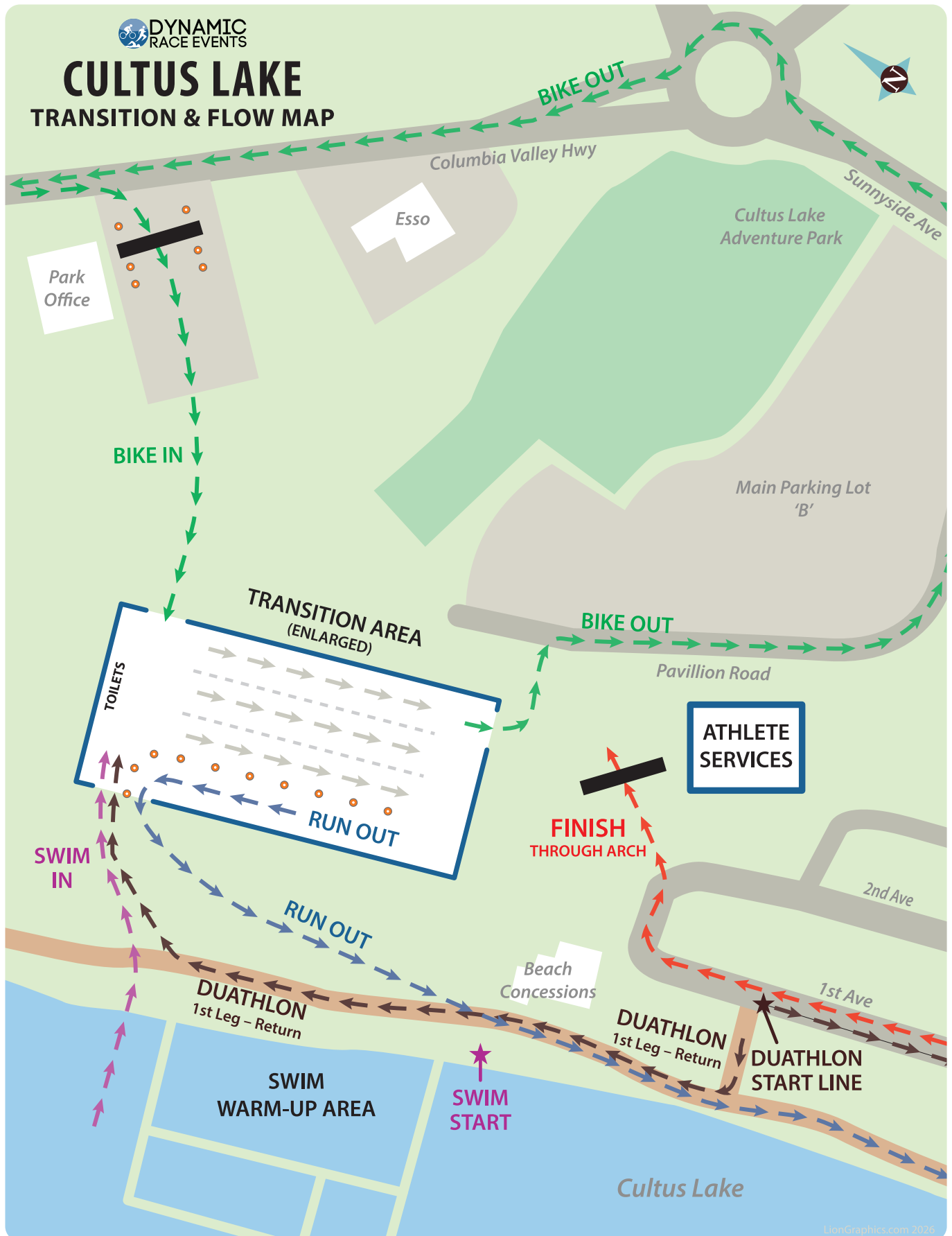
Your athlete wristband and corresponding bike number are required to remove your bike.

ALL BIKES + GEAR MUST BE REMOVED BY 1:30 PM.



CULTUS LAKE

TRANSITION & FLOW MAP





START PROCEDURES

SPRINT TRIATHLON



DUATHLON



Don't wait for the swimmers to start before heading over. You've got somewhere else to be.

GET DIRECTIONS TO DUATHLON START >>

STANDARD TRIATHLON / AQUABIKE / RELAY



AQUATHLON



SWIM READY

*A good swim starts before
you hit the water.*



BEFORE RACE DAY

Get some open-water swimming in before race weekend. Use equipment you are familiar with.

Race day is not the ideal time to discover that your goggles leak or your wetsuit has developed opinions.

WARM UP

The designated swim warm-up area is the middle section of the docks between Swim Start and Swim Exit.

- **SPRINT** - out of the water by 7:50 AM
- **STANDARD / AQUABIKE / RELAY** - out of the water by 8:12 AM
- **AQUATHLON** - out of the water by 8:25 AM

KNOW WHERE YOU'RE GOING

Because of boats moored in Cultus Lake, the exact swim-course configuration and buoy placement will be finalized on race weekend. Listen carefully to your pre-race briefing and look at the course from shore before entering the water.

Don't simply follow the feet in front of you and assume they're going the right way.

SELF-SEED WHERE YOU ACTUALLY SWIM

FASTER › FRONT | SLOWER › BACK

Seed by your realistic expected swim time. Do not position yourself farther forward in an attempt to manage the swim cutoff.

Proper self-seeding creates a smoother and more predictable swim for everyone.

ONCE YOU'RE SWIMMING

Start under control. Settle into your rhythm. Sight regularly. Be aware of the athletes around you.

NEED A BREAK?

NEED HELP?

STOP SWIMMING + RAISE YOUR ARM.

Don't wait for a small problem to become bigger. If something doesn't feel right, stop and ask for help. Your race can wait.

Boats, kayaks and SUPs will provide swim-course support. You may stop and hold onto a stationary support craft to rest provided you make no forward progress while receiving that support.

Race the swim you're prepared to swim.

Get comfortable. Get settled. Then get after it.



ROLLING SWIM START

SELF-SEED

3 ATHLETES

EVERY 5
SECONDS

GO

Athletes enter the water three at a time every five seconds.



YOUR INDIVIDUAL TIME STARTS WHEN YOU CROSS THE START TIMING POINT.

Self-seed according to your realistic expected swim time.

Faster swimmers toward the front. Slower swimmers toward the back.

SWIM COURSE + CAP COLOURS

Sprint Triathlon

750 M | 1 LOOP |
PINK CAP

Sprint Aquathlon

750 M | 1 LOOP |
RED CAP

Standard Triathlon Aquabike / Relay

1500 M | 2 LOOPS | GREEN CAP

The event-issued swim cap in your athlete package must be worn during the swim. If you choose to wear a second cap, it must be worn underneath the event-issued cap.



WETSUITS

We know you're wondering.

The official water temperature will be taken race morning under Triathlon BC rules. Wetsuit status will be announced race morning. We cannot confirm wetsuit status in advance.

BRING YOUR WETSUIT.

Official water temperature and wetsuit status will be confirmed race morning.

If wetsuits are deemed mandatory and you do not have a wetsuit, you will NOT be permitted to race.

SWIM CUT-OFFS



SPRINT - 30 MINUTES STANDARD - 70 MINUTES

SELF-SEED BY YOUR REALISTIC SWIM TIME.

With the rolling start, the swim cutoff is measured from the time the final athlete in that distance enters the water.

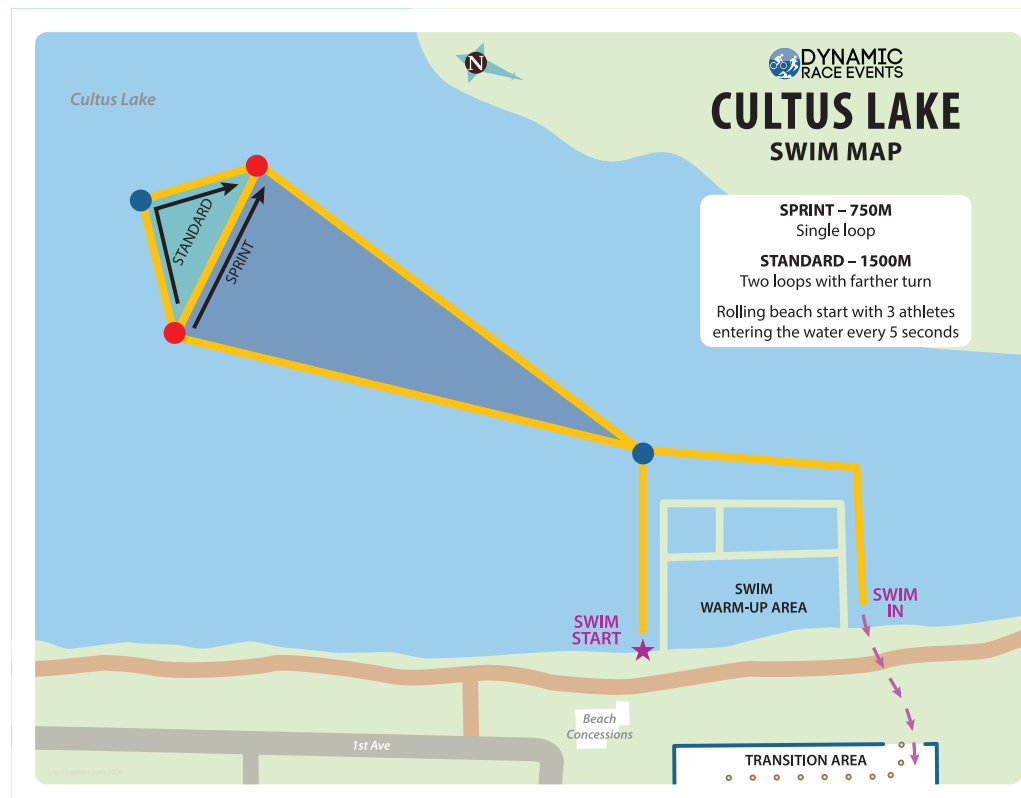
This does not change how you should self-seed. Athletes must seed according to their realistic expected swim time, with faster swimmers toward the front and slower swimmers toward the back.

Starting farther forward should not be used as a strategy to beat or manage the swim cutoff.

Athletes who have not completed the swim within the applicable cutoff will not be permitted to continue onto the bike course and will be recorded as DNF.

PROJECTED SWIM COURSE

DUE TO MOORED BOATS, FINAL COURSE CONFIGURATION + BUOY PLACEMENT CONFIRMED RACE WEEKEND.



BIKE COURSE



Sprint Bike

19 KM | OUT + BACK

[VIEW SPRINT BIKE COURSE](#)



Standard Bike

41.4 KM | ONE LOOP

[VIEW STANDARD BIKE COURSE](#)



BIKE = SELF-SUPPORTED

THERE ARE NO AID STATIONS ON THE BIKE COURSE. Carry all hydration and nutrition for your entire bike leg and basic flat-repair supplies.

ACTIVE RAILWAY CROSSING

Both the Sprint and Standard bike courses cross an active railway line. There is no train scheduled during the race; however, the railway remains active.

[VIEW RAILWAY CROSSING](#)



ROADS ARE OPEN TO VEHICLE TRAFFIC.

Traffic control will be positioned at key locations to help you safely navigate the course — but open roads are still open roads. Stay alert and aware of traffic.



ONSITE BIKE TECH + BIKE CUTOFF



WENTING'S CYCLE AND MOUNTAIN SHOP



ONSITE BIKE TECH

Saturday during Bike Check-In • Sunday race morning • Location: outside Transition

Have a last-minute bike issue? Need something checked before you rack? This is the time to deal with it - not 7:42 am Sunday.

Athletes requiring assistance should bring their bike to Wenting's outside Transition before entering.



BIKE IN CUTOFF

11:45 AM

DISMOUNT
LINE

TRANSITION

Athletes must cross the dismount line and enter Transition by 11:45 am.

**AFTER 11:45 AM: YOU MAY NOT
BEGIN THE RUN ► DNF**

RUN COURSE



Sprint Run

5.3 KM

Used by Sprint Triathlon and Sprint Aquathlon.

**VIEW SPRINT RUN
COURSE**



Standard Run

10.3 KM

Used by Standard Triathlon, Standard Relay and Standard Duathlon final run.

**VIEW STANDARD
RUN COURSE**



WATER • STRATOS ELECTROLYTES • TOILETS

Available at both run aid stations.

AID STATION #1

Passed outbound by Sprint athletes. Passed outbound by Standard athletes and again during the Standard second loop.

**VIEW AID
STATION #1**



AID STATION #2

Passed outbound and inbound by Sprint and Standard athletes; Standard athletes pass it on both loops. Duathlon athletes also pass Aid Station #2 outbound and inbound during Run 1.

**VIEW AID
STATION #2**



Keep it on the course. Not in the forest.

GARBAGE = DESIGNATED AID-STATION DISCARD AREAS ONLY

Do not throw cups, gel wrappers, bottles or any other garbage anywhere else on course. Discarding garbage outside designated areas is a race-rule violation and may result in penalty.

The forest didn't sign up to clean up after us.

DUATHLON



RUN 5.3 KM



BIKE 41.4 KM



RUN 10.3 KM

! NEW DUATHLON START

1st AVE | 8:15 AM

GET DIRECTIONS TO
DUATHLON START



LEAVE MAIN BEACH 8:05 ▶ BRIEFING 8:12 ▶ START 8:15

Don't wait for the swimmers to start before heading over. You've got somewhere else to be.

! NEW RUN LEG 1 COURSE

5.3 KM

VIEW DUATHLON
RUN 1



After Run 1, duathletes enter Transition through the SWIM IN entrance, sharing access with triathletes exiting the swim. Be courteous and follow volunteers and officials.

BIKE

41.4 KM - Standard Bike Course.

VIEW STANDARD
BIKE COURSE



FINAL RUN

10.3 KM - Standard Run Course.

VIEW STANDARD
RUN COURSE



AQUABIKE / AQUATHLON / RELAY

STANDARD AQUABIKE



Aquabike starts with the Standard Triathlon at 8:22 am. Your official race time is recorded at the entrance to T2 when you complete the bike.

After crossing the T2 timing point:

RACK BIKE ▶ CHANGE SHOES IF YOU WANT ▶ WALK TO FINISH ▶ GET CALLED ACROSS ▶ MEDAL.

Yep, you get a bib too. You won't need it to race, but you'll need the attached ticket for post-race food. And you can keep the bib for the memories.

SPRINT AQUATHLON



Aquathlon starts at 8:35 am. Athletes use the Sprint swim and Sprint run courses.

NUMBERED GEAR BIN IN TRANSITION

Aquathlon athletes use an assigned numbered bin for run gear rather than a bike-rack position.

STANDARD RELAY



ALL CHIP EXCHANGES = RELAY TENT

All exchanges take place at the Relay Tent inside Transition.

SWIM ▶ BIKE: swimmer meets cyclist at Relay Tent, transfers chip; cyclist then goes to bike. Helmet fastened before unracking.

RACK BIKE FIRST.

BIKE ▶ RUN: cyclist returns, racks the bike FIRST, then meets the runner at the Relay Tent and transfers the chip.

Relay teammates may not accompany the runner on course, but may meet at the designated finish-chute entrance and cross the Finish Line together.

RACE RULES

The Cultus Lake Triathlon is sanctioned by Triathlon BC. Athletes race under the applicable current Triathlon BC Provincial Non-Drafting Age Group/U19 rules and World Triathlon rules.

YOU DON'T NEED TO MEMORIZE THE RULEBOOK.

You do need to know the rules that apply to your race.

VIEW TRIBC
RACE RULES >>



NON-DRAFTING - Do not draft, ride side-by-side or block.

NO HEADPHONES / EARBUDS.

NO SPEAKERS - Music may not be played aloud from a phone or device.

NO OUTSIDE ASSISTANCE - Friends/family/spectators may not provide food, hydration, clothing, equipment or mechanical help.



TORSO COVERED during bike and run.

RUN BIB visible on front; duathletes wear bib on both runs.

MOUNT / DISMOUNT LINES apply; no riding in Transition.

PHONES + DEVICES



PERMITTED ONLY

- Emergency use
- Using phone as bike computer



NOT PERMITTED

- Music through phone/speaker
- Selfies or photos on course
- Video recording
- Non-emergency calls
- Messaging, posting or other use while racing



UNAUTHORIZED PHONE USE = AUTOMATIC DISQUALIFICATION

Your race deserves your attention. So do the athletes and traffic around you.

PENALTIES / PROTESTS / SPORTSMANSHIP

PENALTY? Self-report to the PENALTY TENT IN TRANSITION as directed. Getting a penalty is one thing. Not serving it is another.

PROTEST? Initiate within 15 minutes of the finish time of the Protestor. Speak with the TriBC Head Official onsite.

SPORTSMANSHIP: unsportsmanlike conduct or verbal abuse toward athletes, volunteers, officials or staff will not be tolerated and may result in disqualification.

RACE HARD. BE KIND. THANK THE VOLUNTEERS.

MEDICAL + DROPPING OUT

MEDICAL SUPPORT

Professional medical personnel will be onsite throughout race day, with medical support at the swim extraction point, Finish Area and roving on course.

NEED HELP?

STOP

TELL A VOLUNTEER /
OFFICIAL / STAFF MEMBER

MEDICAL IS
CONTACTED

If you see another athlete who appears to require medical attention, alert race personnel. If something doesn't feel right, don't try to tough it out just to finish. Your race can wait.

LIFE-THREATENING EMERGENCY ▶ 911

Emergency phone use is permitted. Notify race staff as soon as possible.

DROPPING OUT ≠ DISAPPEARING

1. Tell race staff or a race official.
2. Return your timing chip.
3. Do NOT cross the Finish timing mat.

This ensures we know you are accounted for and prevents the race team from initiating an unnecessary search.

Please don't make us come looking for you.



FINISH + POST-RACE

YOU MADE IT.

Cross the line. Get your medal. Enjoy the moment. Then please keep moving through the Finish Area so the athletes behind you can have theirs too.

YOUR FINISH LINE = YOUR FINISH LINE

FINISH CHUTE = REGISTERED ATHLETES ONLY

Children, family members, friends and pets may not enter the finish chute or cross the Finish Line with an athlete. This is a race rule.

They can absolutely celebrate with you approximately 12 seconds later.

Relay exception: teammates may meet their runner at the designated finish-chute entrance and cross the Finish Line together.

RETURN YOUR TIMING CHIP

RETURN CHIP AT FINISH | LOST/UNRETURNED = \$50

Yes, even if you've become emotionally attached. We need it back.

POST-RACE FOOD

Athlete post-race food will be available near the Finish Area. Your tear-away food ticket is attached to your race bib, you'll need it to receive your post-race food.

Aquabike athletes: remember that bib we gave you even though you don't have a run? This is its moment. You'll need the attached ticket for post-race food.

POST-RACE RECOVERY

- Hydrate
- Eat
- Change into dry clothing
- Check your results
- Cheer for athletes still racing

If you feel unwell, see the medical team before leaving the venue.



RESULTS + AWARDS

CHECK YOUR RESULTS BEFORE AWARDS.

[VIEW LIVE RESULTS >>](#)

Check your result after you finish - preferably before you're three snacks deep.

TIME / EVENT / AGE GROUP / PLACEMENT WRONG?

See Sportstats at the Finish Area BEFORE awards.

ONCE FINAL RESULTS ARE SIGNED OFF BY TRIBC, RESULTS STAND.

AWARDS

 12:30 PM | MAIN BEACH | Adjacent to Finish Area

Triathlon

5-Year Age Group Awards +
Top 3 Men / Women /
Non-Gendered Overall

Aquabike

Top 3 Men / Women /
Non-Gendered Overall

Duathlon

DYNAMIC Awards

Top 3 Men / Women /
Non-Gendered Overall

Duathlon

Provincial Championship

Triathlon BC medals to Top 3
athletes in each Age Group

Aquathlon

Top 3 Men / Women /
Non-Gendered Overall

Relay

Top 3 Overall Teams

AWARDS CANNOT BE PICKED UP EARLY.

A friend may collect your award during the ceremony. Otherwise email support@dynamicraceevents.com after the event to arrange shipping; shipping + handling charges apply.



WORLD CHAMPIONSHIP QUALIFYING

2027 MULTISPORT WORLD CHAMPIONSHIPS

Edmonton, Alberta

Sprint Aquathlon

1 Qualifying Spot
per Age Group

Standard Duathlon

1 Qualifying Spot
per Age Group

2027 TRIATHLON WORLD CHAMPIONSHIPS

Hamburg, Germany

Standard Triathlon

2 Qualifying Spots
per Age Group

Standard Aquabike

4 Qualifying Spots
per Age Group

RACING FOR A SPOT? DO THIS BEFORE YOU RACE.

EOI closes on Sept 18, ahead of race weekend.

COMPLETE TRIATHLON
CANADA EOI



VISIT TRIATHLON
CANADA



Dynamic Race Events hosts the qualifying event but does not administer qualification eligibility, EOI requirements, spot allocation or claiming procedures.

Qualification questions: Triathlon Canada • info@triathloncanada.com

WEATHER + RACE CONDITIONS

Check the forecast during race week and come prepared for the full morning. Weather, water conditions, air quality, road conditions or other circumstances may require delays, course modifications or other operational changes.

**CHECK THE FORECAST. DRESS FOR CONDITIONS.
LISTEN FOR RACE-DAY UPDATES.**

PARKING + BE A GOOD GUEST

LOT D - RECOMMENDED

\$26 DAY RATE + \$2 INFRASTRUCTURE FEE = \$28 TOTAL

For most athletes this is the easiest option: pay once, park for the day, and don't worry about how long your race or post-race stay takes.

LOTS A + B

\$6.40 / HOUR + \$2 INFRASTRUCTURE FEE PER TRANSACTION

If parking in Lots A or B, purchase enough parking time for your entire race and post-race stay.

A PARKING TICKET IS A TERRIBLE RACE SOUVENIR.

Park only in legal designated parking spaces. Do not block driveways, residences, businesses, access routes or emergency access.

WE'RE GUESTS IN THE CULTUS LAKE COMMUNITY. LET'S BE GOOD ONES.

Please keep voices, vehicle stereos and general race-morning enthusiasm reasonable while parking and walking to the venue.

Once you get to Main Beach? Then you can be excited.

Parking illegally, blocking residents or creating unnecessary disruption doesn't just affect race morning - it can impact our ability to receive an event permit and return to Cultus Lake in the future.



HELP US KEEP GETTING INVITED BACK.

SPECTATORS + RACE DOGS



SPECTATORS

Bring the cowbells. Bring the signs. Bring the person who somehow knows exactly when you need someone yelling your name.

- Stay outside Transition and other restricted race areas.
- Do not provide outside assistance to athletes.
- Only registered athletes may enter the finish chute, with the relay-team exception.

RACE DOGS

We love a race dog. Honestly, they're some of our favourites.

LEASHED • UNDER CONTROL • PICKED UP AFTER

Dogs are not permitted inside Transition. Keep dogs clear of the finish chute and active race-course areas.

- ✓ RACE DOGS = YES.
- ✗ RACE DOGS IN TRANSITION = NOPE.

WHERE TO STAY

COAST CHILLIWACK HOTEL

\$294 / NIGHT | CODE: TEAM

Booking: visit the Coast Hotels guest portal, select Coast Chilliwack, enter stay dates, click Special Code, and enter TEAM in the Company/Offer field.

**BOOK COAST
CHILLIWACK**



RACE WEEKEND CHECKLIST - SATURDAY PICKUP

PICKING UP SATURDAY? THIS CHECKLIST IS FOR YOU.

BEFORE YOU COME

- ☐ TriBC Annual or 1-Day Membership purchased
- ☐ World Championship EOI completed (if applicable)
- ☐ Course maps reviewed
- ☐ Briefing/start confirmed
- ☐ Parking plan made

YOU'LL RECEIVE

- | | |
|--|--|
| ☐ Athlete wristband | ☐ Race bib |
| ☐ Timing chip | ☐ Bike number |
| ☐ Event swim cap | ☐ Race-number tattoos |

BRING TO PACKAGE PICKUP Saturday 12:00-5:00 PM

- ☐ Government-issued photo ID
- ☐ Bike, if checking in Saturday

CHECKING YOUR BIKE SATURDAY?

- ☐ Athlete wristband ON
- ☐ Bike number attached to seat post

BRING YOUR WETSUIT.

Official water temperature + wetsuit status will be confirmed race morning.

BIKE

- ☐ Bike, unless checked in Saturday
- ☐ Helmet
- ☐ Bike shoes
- ☐ Sunglasses
- ☐ Basic flat-repair supplies
- ☐ Hydration for the entire bike
- ☐ Nutrition for the entire bike

PRE-RACE PACKING - SWIM

- ☐ Wetsuit - BRING IT
- ☐ Event-issued swim cap
- ☐ Goggles
- ☐ Timing chip

RUN

- ☐ Running shoes
- ☐ Race bib
- ☐ Race belt / bib attachment
- ☐ Hat, optional

OTHER

- ☐ Tattoos ready/applied
- ☐ Sunscreen
- ☐ Weather clothing
- ☐ Dry post-race clothing
- ☐ Car keys
- ☐ Pre/post-race nutrition

YOUR TIMING CHIP IS GOING HOME WITH YOU. BRING IT BACK.

Put it with your race gear now. Future Race-Morning You says thanks.

RACE WEEKEND CHECKLIST - RACE-MORNING PICKUP

PICKING UP RACE MORNING? THIS CHECKLIST IS FOR YOU.

BEFORE YOU LEAVE HOME

- ☐ TriBC Annual or 1-Day Membership already purchased
- ☐ World Championship EOI completed (if applicable)
- ☐ Course maps reviewed
- ☐ Briefing/start confirmed
- ☐ Parking plan made

PACK - SWIM

- ☐ Wetsuit - BRING IT
- ☐ Goggles

BRING YOUR WETSUIT.

Official water temperature + wetsuit status will be confirmed race morning.

BIKE

- ☐ Bike
- ☐ Helmet
- ☐ Bike shoes
- ☐ Sunglasses
- ☐ Basic flat-repair supplies
- ☐ Hydration for the entire bike
- ☐ Nutrition for the entire bike

RUN

- ☐ Running shoes
- ☐ Race belt / bib attachment
- ☐ Hat, optional

OTHER

- ☐ Government-issued photo ID
- ☐ Sunscreen
- ☐ Weather clothing
- ☐ Dry post-race clothing
- ☐ Car keys
- ☐ Pre/post-race nutrition

RACE-MORNING PACKAGE PICKUP | 6:00-7:30 AM

- ☐ Athlete wristband
- ☐ Timing chip
- ☐ Event swim cap
- ☐ Race bib
- ☐ Bike number

**TRIBC MEMBERSHIP MUST
ALREADY BE PURCHASED
BEFORE YOU ARRIVE.**

DUATHLON

Duathletes can ignore goggles and swim cap.

BEFORE ENTERING TRANSITION

- ☐ Athlete wristband ON
- ☐ Bike number attached to seat post
- ☐ Race-number tattoos ON

**GET INTO TRANSITION. GET SET UP.
GET OUT BY 7:45 AM.**

BEFORE LEAVING TRANSITION

- ☐ Timing chip ON
- ☐ Swim cap + goggles ready
- ☐ Wetsuit Ready/ On
- ☐ Run bib ready
- ☐ Helmet + bike shoes ready
- ☐ Bike hydration + nutrition loaded
- ☐ All race gear placed correctly

VOLUNTEERS + CULTUS COMMUNITY THANK-YOU

IT TAKES A COMMUNITY TO MAKE RACE DAY HAPPEN.

There are a lot of moving parts behind a race like this. And a lot of really great humans.

Please, athletes - thank the volunteers while you're out there. The race simply doesn't happen without them.

**To every volunteer who gives their time
to help athletes have a great race day:**

THANK YOU.

A SPECIAL CULTUS THANK YOU

This race has called Cultus Lake home for a long time, and that only happens because of the people and organizations who continue to welcome and support us.

Cultus Lake Elementary School PAC - a huge thank you for being part of race weekend and supporting our athletes and event.

The Froese family - a very special shout-out for their continued support of the Cultus Lake Triathlon.

Cultus Lake Park Board - thank you for the continued support of this long-running event and for helping us return year after year.

The community and residents of Cultus Lake - thank you for sharing your community with us for the weekend, and for putting up with a little race-weekend shenanigans along the way.

We know hosting hundreds of athletes changes the rhythm of your neighbourhood for a weekend, and we genuinely appreciate being welcomed back.



HELP US KEEP GETTING INVITED BACK.



2026 EVENT PARTNERS

PRAIRIEMOBILE
COMMUNICATIONS

 **Fraser Valley**
JUNK SOLUTIONS

**Beethoven's Pizza**

 **CASCADE**
PHYSIOTHERAPY & CHIROPRACTIC

STRATOS
PERFORMANCE NUTRITION

 **TRIATHLONBC**

**WENTINGS**
CYCLE & MOUNTAIN SHOP

SIDEKICK
BREWING

FROM ALL OF US AT DYNAMIC

You've done the training.

We've done the planning, permitting, course marking, volunteer wrangling, cone counting and approximately all the things that happen behind the scenes.

Now we get to do the fun part.

QUESTIONS?

Dynamic Race Events Athlete Services
support@dynamicraceevents.com

RACE DAY.

Thank you for choosing to race with us and supporting independent, Canadian-owned events and for spending your race weekend with us at Cultus Lake.

Race hard. Be kind. Thank the volunteers.

AND HAVE ONE HECK OF A GOOD DAY OUT THERE.



SEE YOU AT THE LAKE.

The Dynamic Race Events Team

