

Hello registrants,

Hope that your build-up and prep are going great. We're ready for you - just one week away ! Here are some important updates and reminders, READ CAREFULLY. Continue to make your TO-DO list !

See way below for the News Update # 1.

[www.rmevents.com](http://www.rmevents.com)

-If you cannot attend the event, please e-mail me ASAP, thank you for your cooperation.

-If needed, get your bicycle service now, a good working bike will not end your triathlon early. Pack 1-2 tubes, a pump or CO2 cartridge, tire levers, and practice. You got time. Gerick Sports will be open on Friday and Saturday 9:30am to 6pm, visit them for bike servicing and parts. On race day, Gerick Sports will be in transition only, and for emergencies only. Thank you Gerick Sports !

-Wasa Lake Provincial Park is on Mountain Time, despite being in BC

-Schedule:

Saturday June 12

-2:30-4:30pm Race package pick-up, Prestige Hotel, 209 Van Horne St South, Cranbrook

-4:30pm Race Meeting, Prestige Hotel

-5:30pm Carbo Load Banquet Dinner, Prestige Hotel (see details below)

-9pm Lights out

Sunday June 13

-6:30am Transition opens for ALL racers check-in

-8:15am Sprint start

-8:30am Olympic men and relay team start

-8:55am Olympic women start

-11:30am-1:30pm Post-race lunch is served (see below for details)

-1:30pm Awards Ceremony (or sooner if we can)

-Tickets are still available for

**Carbo Load Banquet Dinner:** everyone, racers and support teams are invited to fill up on pastas with a selection of sauces, roasted chicken, vegetables, potatoes, bread. A dinner to not disappoint, join 350 friends for some chillin out time ! Adults \$20, Youth 12-17 \$12, Child under 12 \$8, kids 3 and under free

**Post-race lunch:** Family and friends are totally welcome to join us in our celebrations, come stack your own delicious burger and scoop up one of those fine salads. Adults \$15, Youth 12-17 \$10, Child under 12 \$6, kids 3 and under free

\*\*\*\*To get tickets now until Wed, June 9 5pm, please e-mail me with your order, I'll reserve, you pay and pick-up at the race package. Tickets will also be for sell on Saturday at the race package pick-up, and Sunday at the volunteer tent.\*\*\*\*

-Please bring your Photo ID for Race package pick-up. No ID, no race. 2010 TriBC and ATA members, bring your cards, and ATA members, a little heads up, I'm not provided with a ATA list, so no card means we need to collect \$15, sorry.

**Race Meeting:** what can I say, be there. Draw prizes may include a Aqua Sphere wetsuit, a prize from Impact Magazine (XTERRA Wetsuits valued at \$900) and a Desoto wetsuit, thanks to TriGeeks.ca . **Be prepared ahead of time by reviewing race maps and race guides.**

-Waiver: everyone needs to do this...go to the RM Events website, print your waiver, fill it out, and bring to the race package pick-up.

-Parking: there's a plan in place for race day, go the homepage of the web-site, print the map, and know what to do. There'll be a tow truck on site to deal with people who have not done their homework !

-The bike courses will be littered with motorbike officials, and there's rules in place to keep the bike course fair & safe. See the homepage of the website for the link, and what's going to happen to you if you get away from being fair !

-Race Guides: at the homepage of the web-site, click, print, study, and bring with you

-Swim course: the course for Sprint and Olympic is undertermined as of yet, but with the water level coming up as a result of the rain in the last 2 weeks, a final decision will be made on pre-race Friday. Be at the race meeting to know what part of the lake you'll be swimming in ! The web-site, and Race Guides, show our swim in the north bay, likely to be our course if the water does not come up to it's usual level. The water will be on the cooler side since water is coming up late this year, but a little sunshine and warm air temp will help this week coming. Wetsuits are highly recommended, and practice your swim at Wasa Lake on Friday, Sat or Sunday morning early. Don't make your swim start the first time you submerge !

-Tri Club Challenge: A very special category of the OLYMPIC triathlon is the **Triathlon Club Challenge**. To enter your official affiliated Tri Club team, you must have at least 2 female and 5 total triathletes in the olympic triathlon. You may list as many teammates as you wish, but for fun, we recommend that you form multiple teams. Top 5 finishing times will be totaled to determine the 2010 champion Club, who'll drive away with prizes and gas money! The leader of the club will fill out the on-line Word form, then e-mail or fax 250-427-0021 back to me ASAP or submit to me at the race meeting.

*If you, a family member and/or a friend are able to volunteer some time at the Wasa Triathlon, there are opportunities starting early in the a.m - when the coffee is hot! All inquiries/interest can be directed to me by e-mail, and I can provide a detailed list of the volunteer roles available. Thanks in advance for your support in this important part of running a safe and enjoyable triathlon. Volunteers will receive a souvenir shirt, a subway lunch and a chance to win draw prizes.*

WASA BC PARK and Campground rules and considerations:

- Please leave your dog at home, or keep it away from the race and Day-Use Areas at Wasa (no beach or parking lots)
- Late campground check-out: you MUST notify staff if you plan on vacating your site past your check-out time. Do this when you check-in
- Noise: thanks for respecting quiet hours
- Parking only in designated areas
- Garbage: treat the community of Wasa and Wasa Park like you treat your own home, thank you. It's a privilege to race in such a beautiful setting!

Come early to Wasa Lake Provincial Park if you can, it's beautiful, and enjoy some training on the course before the race. Test out your wetsuit by getting one more lake swim (or the first) , and relax while building race day confidence.

Thank you Sponsors: Gerick Sports, Prestige Hotel, Hearing Loss Clinic, Tourism Kimberley, Blue Sky Realty, Kimberley Lodging Company, High Country Sports, Falkin Insurance, Togs N Toys Family Consignment Store, Subway Eat Fresh, New Balance, Specialized, Coke, Kootenay News Advertiser, Aqua Sphere Active Swim Equipment

Thank you Supporters: Kicking Horse Coffee, PowerBar, Gatorade, WinningTime.ca, Culligan, TriGeeks, DeSoto Sport, Impact Magazine, Kootenay Kwik Print, Prestige Catering, BC Parks, Kimberley Husky, Finning, Wasa Community, Air Liquide, City of Kimberley, Casey's Greenhouses, Kootenay Communications, EK MainRoad, BA Black Top