

# RACE GUIDE

Welcome to the **Gerick Sports Wasa Triathlon!** It is our goal to provide you with the most enjoyable time at Wasa Lake Provincial Park. Plan to arrive early, do some light training on the course, test out your wetsuit and take in the incredible Rocky Mountain Trench.

**The event needs more VOLUNTEERS:** to sign up family members and friends, go to [www.rmevents.com/volunteers](http://www.rmevents.com/volunteers) or email [wasavolunteer@gmail.com](mailto:wasavolunteer@gmail.com) . Volunteers will receive a shirt, a subway lunch, snacks, coffee & treats and have a chance to win a draw prize.

**Weekend Schedule** - Wasa Lake & area is on **Mountain Time**, plan accordingly

## SATURDAY

- 8:30 am-12:30 pm TriKids Triathlon – help make it a fantastic day by volunteering
- 3:00-5:00 pm Race package pick-up @ Wasa Community Hall, Wasa School Road
- 5:00 pm See the race organizer with any last minute questions

## SUNDAY

- 6:00 am Transition opens for ALL racers
- 6:30-8:00 am Check-in, body marking, timing-chip pick up for all racers
- 7:30 am PRE-RACE MEETING in transition
- 8:00 am Super-Sprint START - solo
- 8:15 am Sprint START – solo & teams
- 8:45 am Standard START – solo & teams
- 11:00 am-12:30 pm Post-race lunch is served
- 12:30 pm Draw Prizes & Awards Ceremony

**Race Package pick-up:** Saturday at the Wasa Community Hall

- PLEASE come early. We cannot process everyone from 4:45-5:00 pm. Thank you.
- Every participant **MUST bring PHOTO-ID** for verification. No photo ID = No Bag = No Race! At least one member of each relay team must be present to pick up the team's race package. Remaining team members MUST bring photo ID at the Racer Check-in on Sunday morning.
- Your mandatory Waiver Form is below, fill it out, and **bring with you** to the package pick-up.
- Participants are **not allowed** to have a replacement pick-up on their behalf. No exceptions.
- If you owe money - purchasing lunches, entry fee, etc - bring **CASH** or **CHEQUE** only and go directly to the CASHIER table for payment and to receive a green GO slip. Then go to your line. There are no ATM machines at Wasa.
- Once you have your race package, you may get your last minute needs from the **Gerick Sports mobile shop** and a healthy food from **Mountain Range Foods** and **Centex Cold-Pressed Juice**.

**RACE MORNING**...this is what YOU can control to help your race start on time.

- Arrive early at Wasa so that you can get the best parking possible.
- No vehicle unloading in front of the Transition Area.
- All vehicles **MUST** enter the south park entrance, and go until directed by the **volunteer** parking marshal. There is **ABSOLUTELY** no parking anywhere on Wasa Lake Park Drive, or on roads used by the run course, or on most of the residential streets. Do not park on grass at the entrances of the parking lots. We have space, but we need your co-operation to make parking work. See the **PARKING MAP** below. BC Parks will be on hand to issue tickets and have the authority to call a tow truck if necessary.
- In transition, **all Super-Sprint and Sprint racers must rack their bike & set up on the south wing (finish line side), and the Standard racers on the north wing.** This will hugely help with flow during & after the races. Thank you in advance for your cooperation with this set-up.
- Line up ASAP at your Check-in line to sign-in, get body numbers and your timing chip.
- Anxious/nervous swimmers may request a red-colored swim cap to make personnel on the water aware of the situation.
- Timing chip: to be secured onto your ankle for the entire triathlon using the strap provided.
- Do your best to listen for your beep signal as you step on each timing mat.
- Warm-up: bike warm-up must be completed with bikes racked by 8:00am, run warm-up on the Wasa Lions Trail north of transition or on roads until 8:15am, and you may do a swim warm-up, away from swim start/finish area, anytime. It's highly recommended to at least get wet, minutes prior to your swim start.
- Be mentally ready for your race by envisioning yourself having lots of fun with your fellow competitors and embracing the challenges of triathlon!

### **Relay Teams:**

- During the race, the timing chip is transferred from the swimmer to the cyclist, then from the cyclist to the runner in the transition area.
- Find an appropriate spot near the cyclist's racking spot to do the exchange.
- The runner is to wear the provided race bib on the front.

**IMPORTANT in the Transition Area:** the transition area is a large “**round-about**” where athletes will travel in a **counter-clockwise direction at ALL times**, this includes after the swim when travelling bare feet to the bike rack, pushing the bike to the mount line, after the dismount line on the way to bike rack, and with shoes on to the start of the run course. Essentially, all athletes will complete 2 transition laps as part of the race course. This flow will help minimize collisions, create an exciting atmosphere and allow the race announcer to energize you more often!

**AQUA SPHERE Swim Course:** Swim caps provided must be worn during the swim. Long sleeve wetsuits are recommended. Swim warm-up will take place at the swim start area 15 min. prior to your triathlon start. Swimmers will be asked to exit the lake at the end of their warm-up for final instructions on the beach. Swimmers are expected to seed themselves. Slower swimmers please take positions at the back. Swimmers must stay to the outside of the buoys or they will be disqualified. At the end of the swim, look for the beach-arch that will indicate the end of the swim course. If you encounter difficulties, raise and wave one arm and a paddle boat will assist. Resting on the canoe, kayak or board is allowed, but any forward progress results in disqualification.

**Wet Suit Stripping Zone:** During your beach run to transition area, raise your goggles on top of swim cap, lower your wetsuit below your waist and at the stripping zone drop on your back and point feet to the sky, and presto, wetsuit will be pulled off!

**GERICK SPORTS Bike Course:** Your bib number provided can be worn on your front or back. The helmet chin strap must be secured for the entire time that you're touching your bike. Bike must not be ridden until reaching the mount line, or after the dismount line. Support vehicles or other assistance is strictly forbidden. Headsets, headphones or anything that could restrict normal hearing is strictly forbidden. Course is not closed to traffic. Pass slower riders on the left and advise them verbally of your intention to pass. Each athlete is individually responsible for the repair and maintenance of their bike. Be well prepared. A cyclist may walk a bike if necessary. Please cycle on the shoulders of the road and not on the vehicle-travelled portion of the road. Upon entering the transition zone, cyclists must dismount at or before the dismount line and push bike to their rack.

**Official Bike Course Rules & Penalties:** The RED card is to be used by the motorcycle officials for a cyclist caught:

Drafting and Blocking

- 1 RED reported: 5 min time penalty added to bike time
- 2 RED's reported: automatic disqualification

Accepting the escort of a vehicle

- 1 RED reported: 5 min time penalty added to bike time
- 2 RED's reported: automatic disqualification

Crossing the centre line

- 1 RED reported: automatic disqualification

**Drafting:** Drafting off another cyclist or motor vehicle is forbidden. The draft zone of a cyclist is a rectangle 10 metres long (equivalent to 6 bike lengths behind the back wheel of the leading cyclist to the front wheel of the approaching cyclist) by 3 metres wide (this means no side by side riding). An approaching cyclist may enter the draft zone of the leading cyclist, but must be seen to progress through that zone. A maximum of 20 seconds will be allowed for an approaching cyclist to pass the front wheel of the leading cyclist. The 20 sec begins when the approaching cyclist is within the 6 bike lengths to the leading cyclist. If a cyclist is unable to pass within the allotted time, they must immediately move out of the draft zone. They may then attempt another pass if they wish. Draft zones may not overlap. The vehicle draft zone is 35 metres long by 5 metres wide.

**Escorting:** No cyclist shall have an "escort" vehicle beside, in front or behind the cyclist, for which the vehicle is not making forward progress away from the cyclist and is within 35 m of a cyclist for more than 15 sec. Officials will instruct the vehicle to clear the race course, as it creates a safety hazard.

**Blocking:** A cyclist may not intentionally "block" another cyclist and impede their forward progress.

**Centre line violation:** Cyclists may not, at any time, cross the centre line of the road. An automatic disqualification of the cyclist will be issued.

\*\*\*\*See the complete set of ITU/Tri CAN rules posted on the web.

**Your bike:** make sure that your bike will not let you down on race day. Pack 1-2 spare tubes, a pump or CO<sub>2</sub> cartridge inflator and tire levers. Practice changing a flat tire. **Gerick Sports** in Cranbrook will

be open on Friday and Saturday 9:30am to 6pm, visit them for bike servicing and parts. They will also be set-up at the Wasa Community Hall EXPO, and on race day will be in transition for emergencies only.

**Steeple Veterinary Run Course:** Your bib number MUST be worn on your front during the run. The course uses the Wasa Lions Trail and other trails in the Wasa Provincial Park. The surface varies from asphalt, grass and sand. Outside assistance with an escort or pacer is not permitted and will result in automatic disqualification. Stay on the run course at all times. The trail will be shared by 2 way traffic. Stay on the right side of the trail while encouraging other racers. 1 water station for the Super-sprint, 2 water stations for the Sprint and 4 water stations for the Standard will be available in both directions on the course. Water and Gatorade are available. Stay hydrated and please show your appreciation of the many volunteers.

**Tri Club Challenge:** A very special category of the Standard & Sprint triathlons is the Tri Club Challenge. To enter your official affiliated Tri Club team, you must have at least 2 women and 5 total triathletes in the Standard or Sprint triathlon. You may list as many teammates as you wish, but for fun, we recommend that you form multiple teams. Top 5 finishing times of your Tri Club team, including at least 2 women's times, will be added together to determine the Top Tri Clubs that will win a cash prize! The leader of the club is asked to fill out the on-line Word or PDF form and e-mail it to [charlie@rmevents.com](mailto:charlie@rmevents.com) , fax it to 250-427-0021 or submit at the race package pick-up.

**Medical:** Search And Rescue's first aid attendants will be available in the transition area. If you have any special medical issues and have not already advised the event, please do so immediately.

**Finish line food:** Athletes are encouraged to help themselves to the variety of food located at the recovery table in the transition Zone. This is "racers only food".

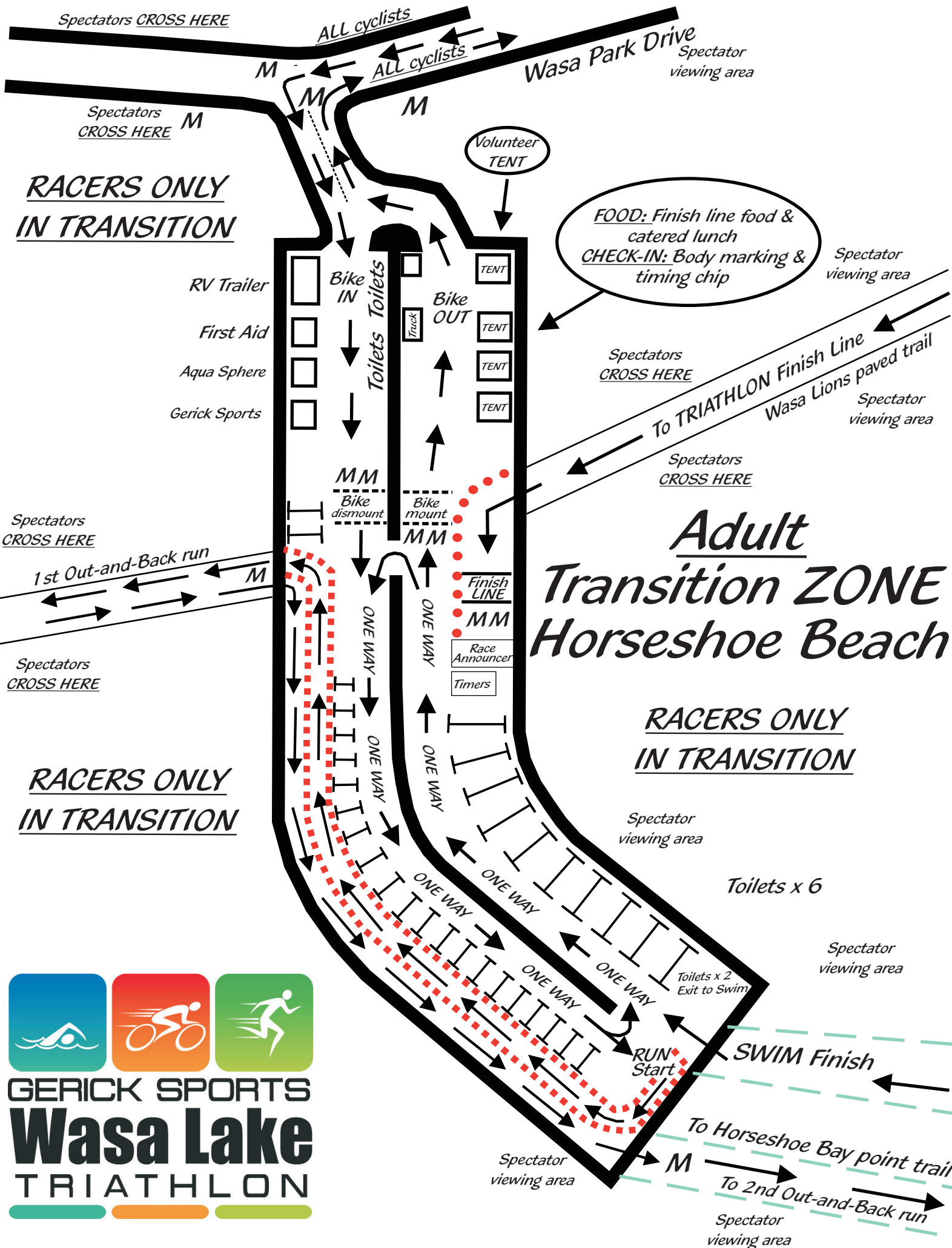
**Post-race hot lunch:** Family and friends are welcome to join us at our post-race celebration with the enjoyment of a hot lunch and a variety of salads. E-mail [charlie@rmevents.com](mailto:charlie@rmevents.com) if your family & friends have not yet secured tickets.

**Creekside Physiotherapy Clinic:** visit Kari, Ryan and staff at their physio tent in transition if you're in need of a treatment. Thank you to Creekside Physio for making this service available to racers.

**Awards Presentations:** Race results will be posted and awards presented at 12:30pm in transition. Stick around for the numerous draw prizes for racers.

**BC Parks** provide us with this opportunity to recreate and celebrate in a very beautiful area of BC. Thank you in advance for respecting the following guidelines:

- **Please leave your dog at home**, or keep it away from the race, beaches and Day-Use Areas.
- Late campground check-out: you MUST notify staff if you plan on vacating your site past your check-out time. This may be done when you check-in.
- Noise: thanks for respecting the quiet hours in the Park.
- Park your vehicle only in designated parking areas and not on the residential streets or on grass. Stay on pavement!
- No littering please: treat the Community of Wasa and Wasa Lake Provincial Park like you treat your own property. It's a privilege to race at such a beautiful location!



Spectators CROSS HERE

ALL cyclists

Wasa Park Drive

Spectator viewing area

Spectators CROSS HERE

RACERS ONLY  
IN TRANSITION

Volunteer TENT

FOOD: Finish line food & catered lunch  
CHECK-IN: Body marking & timing chip

Spectator viewing area

- RV Trailer
- First Aid
- Aqua Sphere
- Gerick Sports

Bike IN  
Toilets  
Track  
Bike OUT

TENT  
TENT  
TENT

Spectators CROSS HERE

To TRIATHLON Finish Line

Wasa Lions paved trail  
Spectator viewing area

Spectators CROSS HERE

1st Out-and-Back run

MM  
Bike dismount  
Bike mount  
MM

Spectators CROSS HERE

Adult  
Transition ZONE  
Horseshoe Beach

Spectators CROSS HERE

RACERS ONLY  
IN TRANSITION

RACERS ONLY  
IN TRANSITION

Spectator viewing area

Toilets x 6

Spectator viewing area



Toilets x 2  
Exit to Swim

SWIM Finish

To Horseshoe Bay point trail

To 2nd Out-and-Back run  
Spectator viewing area



GERICK SPORTS

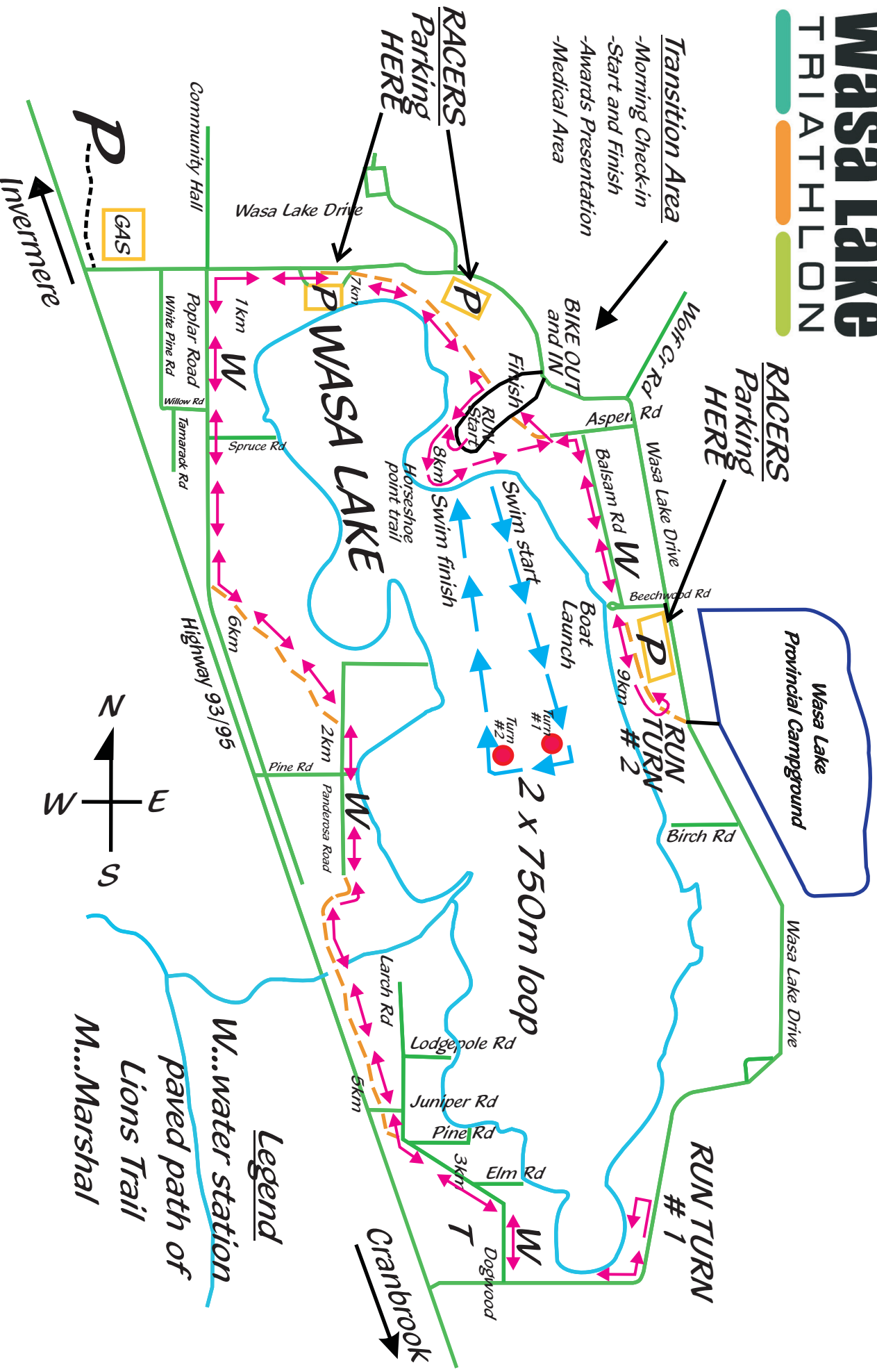
**Wasa Lake**

TRIATHLON

# Standard Triathlon

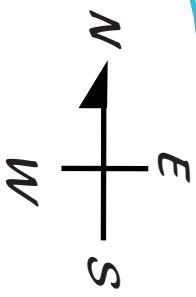
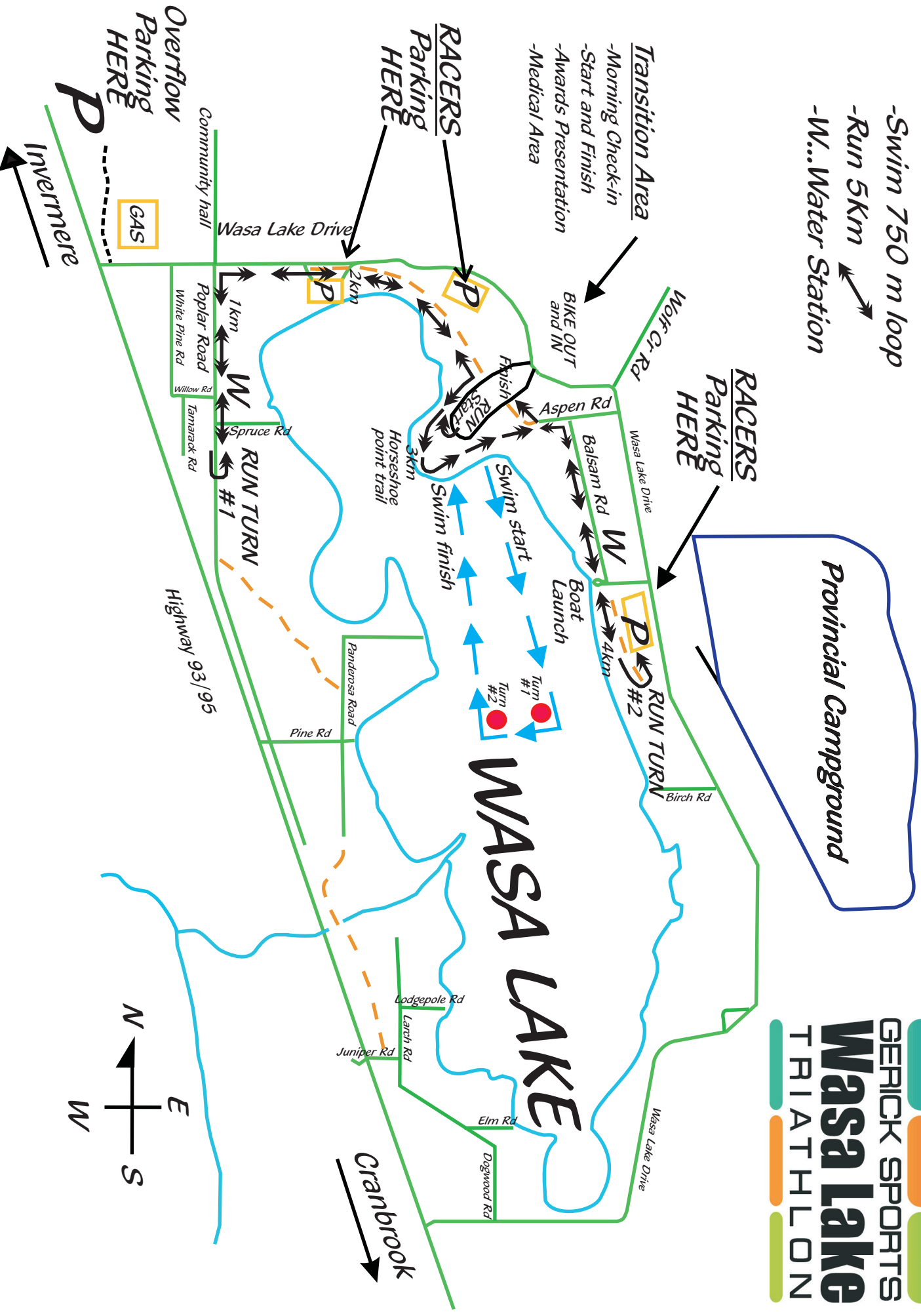
Swim Course = 1.5 km

Run Course = 10 km



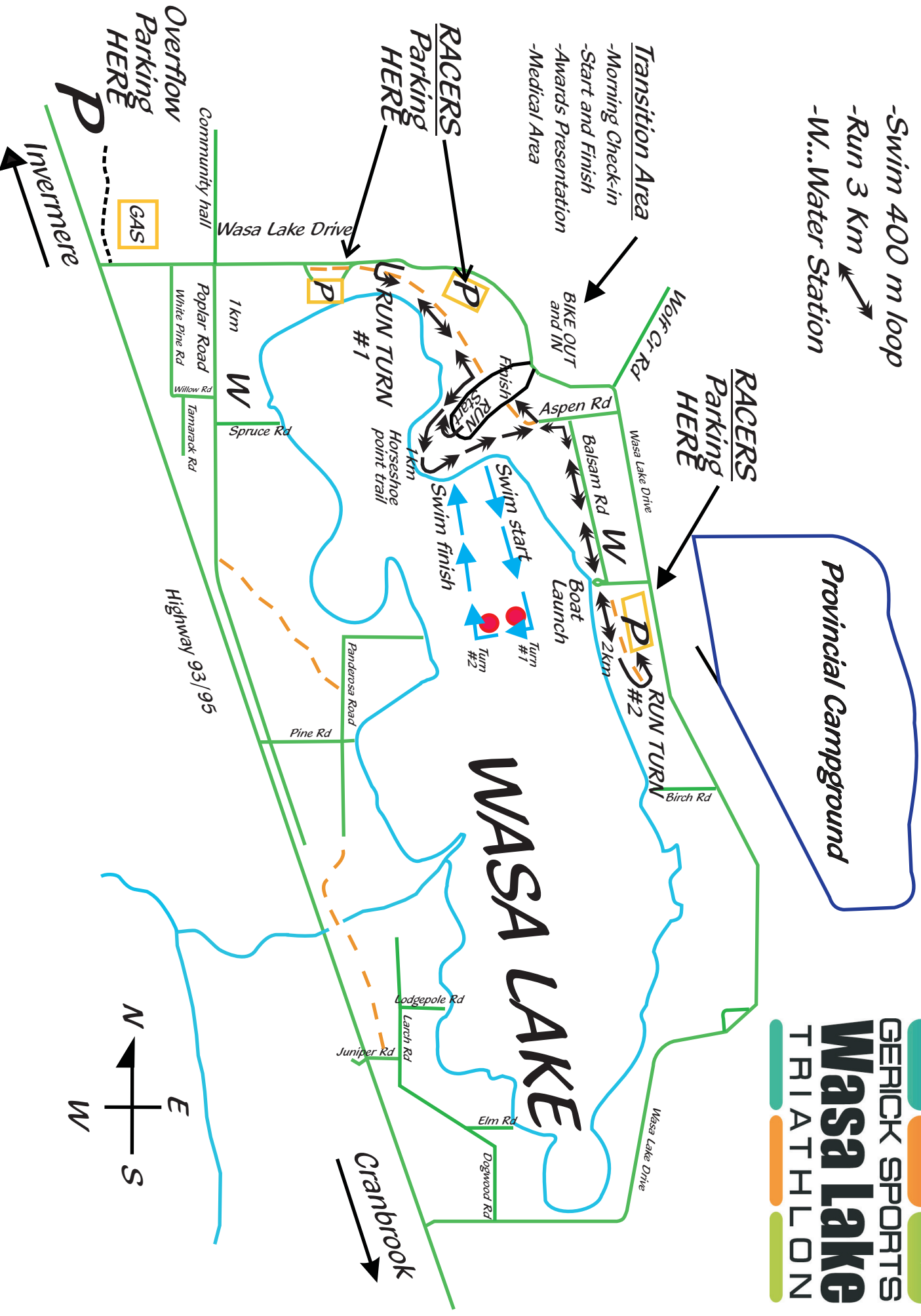
# Sprint Triathlon - Swim and Run

- Swim 750 m loop
- Run 5Km
- W...Water Station



# Super-Sprint Triathlon - Swim & Run

- Swim 400 m loop
- Run 3 Km
- W...Water Station





To Invermere and Calgary  
Transition Area  
Bike Start / Finish

Elev. 770m

All cyclists  
Turn-around # 1  
at 5.6 km

Super-Sprint  
Turn-around # 2  
at 8.6km

Sprint  
Turn-around # 2  
at 12.6km

Olympic  
Turn-around # 2  
at 22.6 km

Kootenay River

13m elev.  
hill to 785m

28m elev.  
hill to 808m

19m elev.  
hill to 823m

14m elev.  
hill to 837m

27m elev.  
hill to 844m



Bike Courses

*Super-Sprint 12 km*

*Sprint 20 km*

*Standard 40 km*

Rest Area

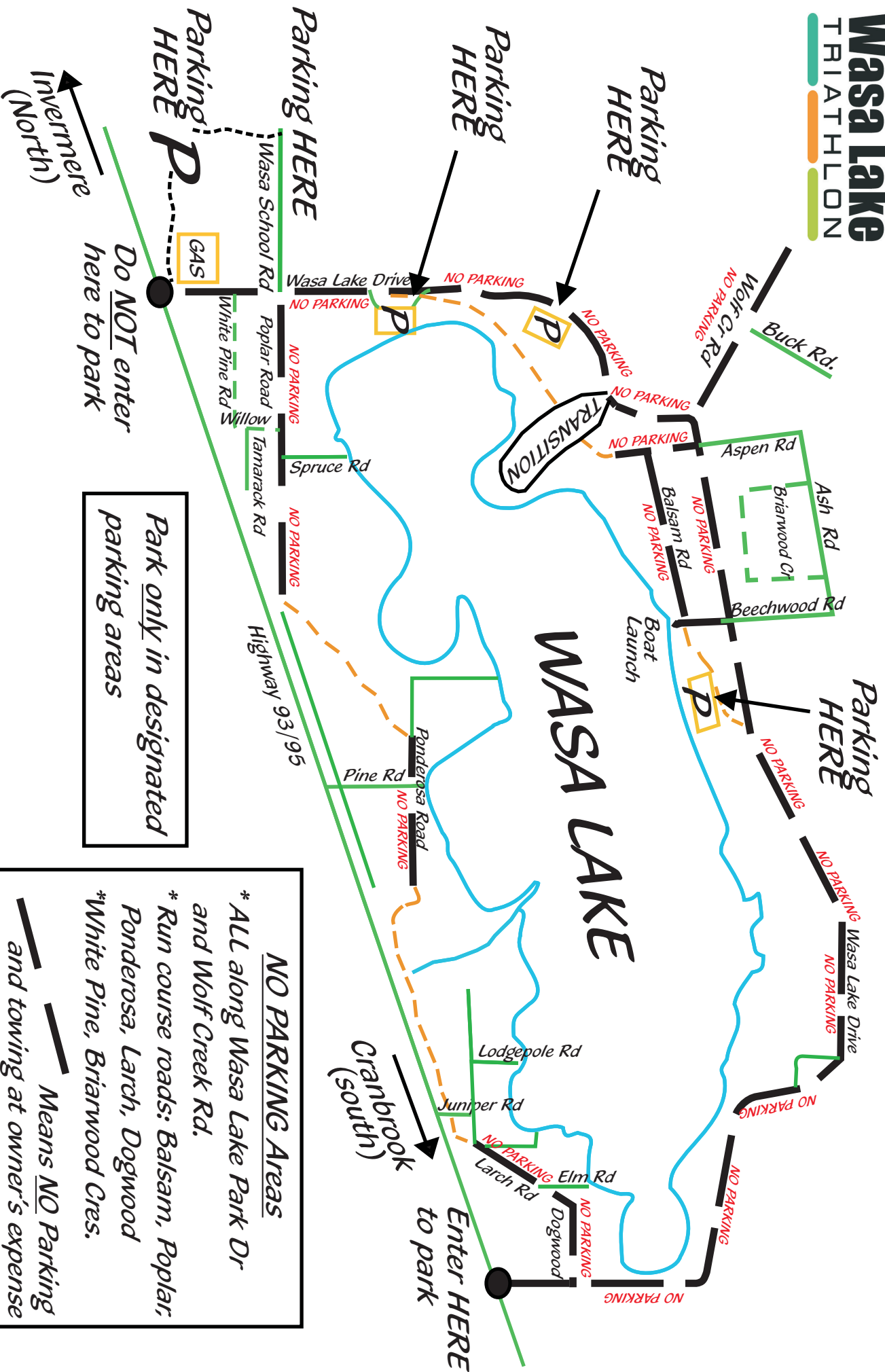
To Fort Steele & Cranbrook





GERICK SPORTS  
**Wasa Lake**  
 TRIATHLON

# Parking @ Wasa Triathlon



Park only in designated parking areas

**NO PARKING Areas**  
 \* ALL along Wasa Lake Park Dr and Wolf Creek Rd.  
 \* Run course roads: Balsam, Poplar, Ponderosa, Larch, Dogwood  
 \* White Pine, Briarwood Cres.  
 ————— Means NO Parking and towing at owner's expense

# Wasa Triathlon WAIVER

I acknowledge that the Wasa Triathlon is a test of a person's physical and mental limits and carries with it the potential for death, serious injury, and property loss. I fully accept these risks. I certify that I am physically fit, have sufficiently trained for participation in this event, and have not been advised against participation by a qualified health professional. In consideration for allowing me to participate in the Wasa Triathlon, I, the applicant, on behalf of myself, members of my family, my heirs, executors, administrators and assigns take the following action:

a) I WAIVE, RELEASE AND DISCHARGE from any and all claims or liabilities for death, injury, property damage, theft or damages of any kind, which arise out of or relate to my participation in, or my traveling to and from the Wasa Triathlon, the following persons and entities: RM Events Management, Community of Wasa, Wasa Lions Club, Ministry of Transportation and Highways, Ministry of Water Lands & Parks, event sponsors, College of the Rockies, event directors and organizers, volunteers, and the officers, directors, employees, representatives and agents of any of the above;

b) I AGREE NOT TO SUE any of the persons or entities mentioned above for any of the claims or liabilities that I have waived, released or discharged herein; and I INDEMNIFY AND HOLD HARMLESS the persons or entities mentioned above from any claims made or liabilities assessed against them as a result of my actions during the Wasa Triathlon.

In the case of severe weather conditions on race day (ie. lightning, high winds, flooding, etc), the races may be modified or cancelled if participant safety is at risk. In the case of cancellation, my registration fee will not be refunded.

I grant permission to any and all to use any photographs and motion pictures for any purpose including commercial use. I understand that my email address will be shared with the official event photographer.

I acknowledge that I am responsible for the roadworthiness and correct operation of my bicycle.

In witness thereof, I have hereunder set my hand this date: \_\_\_\_\_, \_\_\_\_\_

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Printed Name

Signature

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Signature of Parent/Guardian if Under 19 years of age

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Witness Name

Witness Signature