



Athlete Guide

OLIVER 1/2 IRON, AQUABIKE & RELAY

Sunday June 4, 2023

ATHLETE INFORMATION GUIDE

***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 Oliver, BC & the Oliver 1/2 Iron, Aquabike & Relay

The following is an overview of what an athlete competing in the **LONG COURSE (1/2 IRON) TRIATHLON, AQUABIKE OR RELAY** 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 remiss 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

PRE-RACE | SCHEDULE

FRIDAY, JUNE 2nd

3:00-6:00 pm Package Pick Up at Tucelnuit Elementary School Gym

SATURDAY, JUNE 3rd

2:00-5:00 pm Package Pick Up at Tucelnuit Elementary School Gym

2:00-6:00 pm **MANDATORY BIKE CHECK IN**

RACE DAY | SCHEDULE

SUNDAY, JUNE 4th

5:30 am	Transition Opens
5:30-6:40 am	Timing Chip Pick Up (outside transition in SPORTSTATS tent)
6:40 am	Transition Closes
6:50 am	Pre-Race Briefing at Swim Start
7:00 am	½ IRON, AQUABIKE & RELAY RACE START
8:15 am	Swim Course Cut Off (1hr 10minutes after last swimmer enters water)
9:30 am	Aid Station #1 (outbound) – Sweep Begins before Willowbrook Rd
12:00 pm	Aid Station #3 (inbound) – Willowbrook Rd Clear of Athletes
12:30 pm	Transition Opens for Bike/ Gear Removal (NO EARLY REMOVAL)
1:15pm	Bike Course Cut Off at T2
1:20 pm	Run Start Cut Off Bike Course Closed
2:10 pm	Run Start 2 nd Lap Course Cut Off– Sweep Starts
3:30 pm	Run Course Closure
3:45 pm	Awards at Rotary Beach
4:00 pm	Venue Closes to Athletes Bikes MUST Be Removed from Transition

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 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, 1/2 IRON | 1.9km swim – 90km bike – 21.1km run
- IRONMAN or 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, Half-6hrs (Aquabike & Duathlon will mirror the triathlon times)

WHAT IS AQUABIKE?

An Aquabike consists of the swim and bike. These events can be run as stand-alone events but are often run concurrently with a triathlon and athletes run the same course/ distance removing the 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 (1/2 IRON) 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 Oliver Half Iron has long been a favourite, drawing athletes from across Canada and the Pacific Northwest. With the long course event following the shorter distance races the day before, it has become a race weekend for athletes of all abilities, offering a distance for all...with many extending their stays to tour the amazing wineries the area has to offer!

LOCATION: Rotary Beach, Oliver, B.C.

WEATHER: (average) partly cloudy 32% precip

TEMP: (average) Low: 12C | High: 26 C

SUNRISE: 4:56am | **SUNSET:** 8:58pm

Overall Course Cut-off: 3:30pm, you **MUST** remain on pace to complete the event by this time. There are various course cut offs in place to ensure both you and our volunteers are set up for a positive experience and we meet the conditions of our permit. We appreciate your understanding.



STRATOS
PERFORMANCE NUTRITION

RUN COURSE NUTRITION

Electrolytes + Fuel
For your hardest workouts

Loaded with:

- Pink Himalayan Sea Salt
- Cordyceps Mushrooms
- Cluster Dextrin
- BCAA's

ENDURANCE FUEL
STRATOS
PERFORMANCE NUTRITION

350mg
21g
2.5g
440g

TRANSITION:

Transition is located on the field at Tucelnuit Elementary School, roughly 375m from Swim Start/ Finish Line area. Athletes may leave footwear **near the wall** at Rotary Beach if they wish to wear them for the run to transition. Note that any shoes left in an area that is unsafe or impedes staff or athletes' safe mobility will be removed from the area. You may NOT have friends or family place or hand to you your footwear when you exit the water.

Transition opens at 5:30am on race morning.

AID STATION: There is water within the transition area for bottle fills.

RELAY: Relay teams will exchange timing chips in the RELAY TENT in TRANSITION.

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



SWIM

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 color-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 official 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 announcing the water temperature and usage of wetsuits. Expected temp is 16 - 18 degrees.

****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.

CAP COLOURS:

LONG COURSE (1/2 Iron): **Green (Hi Vis)** 

LONG COURSE RELAY: **Green (Hi Vis)** 

LONG COURSE AQUABIKE: **Green (Hi Vis)** 

SWIM COURSE CUT OFF: 8:15 am or 1 hour 10 mins after the final athlete enters the water.

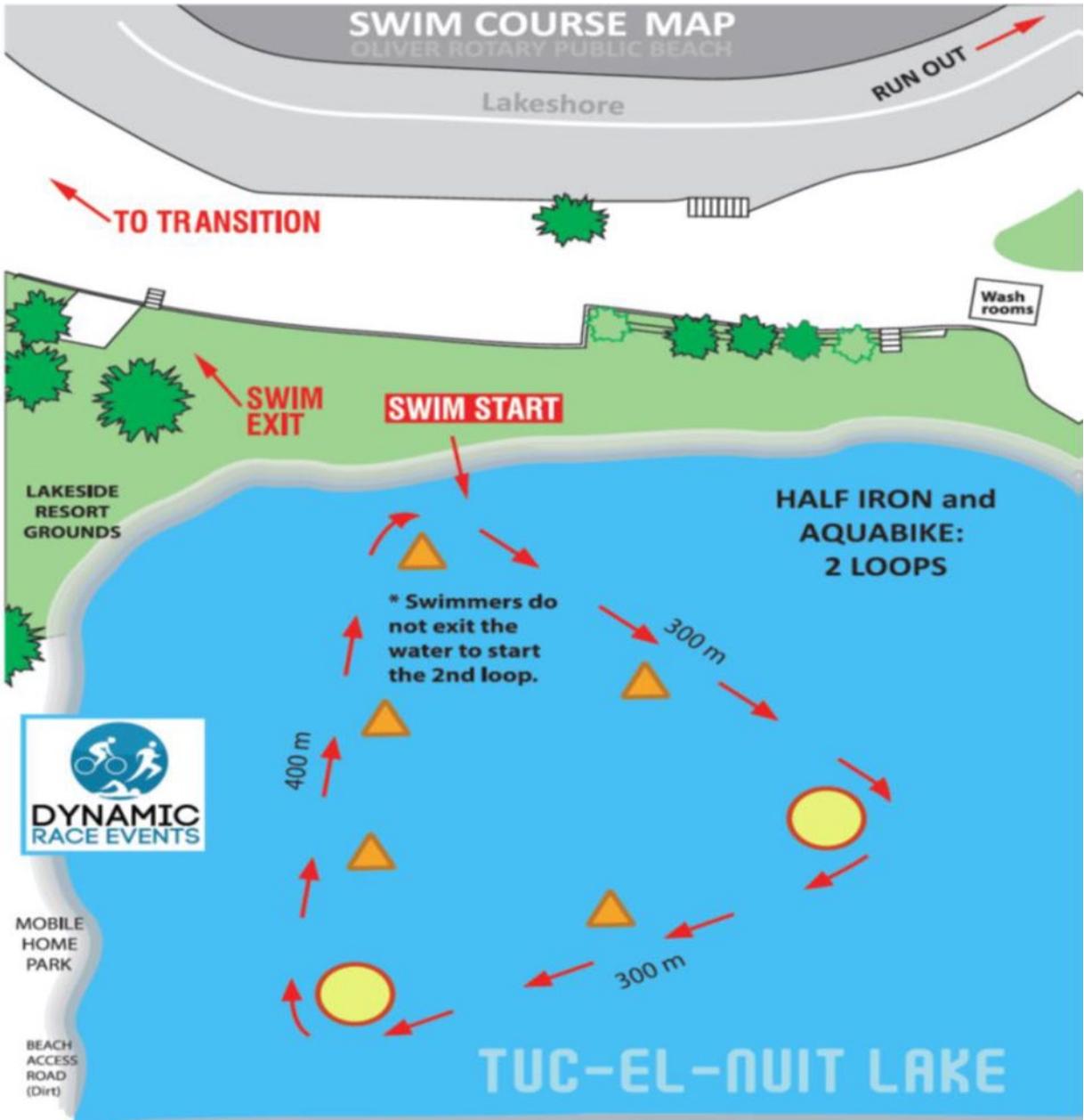
NOTE: Athletes exiting out of the water after cut-off will not be allowed to continue

SWIM START:

Athletes will self seed themselves five (5) across at swim start according to their own estimated swim time, with the fastest athletes at the front. Once we signal the beginning of the race, we will put athletes in the water at 5 second intervals in a rolling start. You cannot linger at the end of the swim start and wait for “open water” to begin your swim; you must enter the water as directed by the start personnel.

SWIM:

Open water (lake) swim moving clockwise around the swim buoys. The start and finish area of the swim are the main beach of Rotary Park.



SWIM:

2000m – 2 loops

BIKE:

The course features a rolling bike course through the beautiful landscape and vineyards of the South Okanagan and the rural area of Willowbrook Rd. Roads are still open to traffic. Athletes will need to be aware of their surroundings, obey the instructions of the traffic control personnel.

AQUABIKE athletes will complete the same bike course as the Long Course (1/2 Iron) Triathlon.

AID STATION: There are three (3) Aid Stations on the Bike Course, at approximately 25k (Fairview Rd - outbound), 42k (on Willowbrook Rd - outbound) and 68k (Fairview Rd - inbound). Aid Stations will have sport top water that will fit into your bottle cages, sport top orange Gatorade, bananas and GU gels (assorted flavours). Aid stations will have toilets available. Please respect the community that has welcomed us and use the toilets and dispose of garbage ONLY at aid stations.

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

RELAY TEAMS: Teams will exchange timing chips in the RELAY TENT in TRANSITION.

BIKE COURSE CUT OFF: 1:15pm. Aid Station #1 & #3 (both sides of the road) on Fairview will have outbound & inbound cutoffs due to the difficulty of the climb. Dynamic Race Staff will not allow athletes to continue (outbound) on Willowbrook Rd after 9:30 am. Additionally, all athletes must be back through that Aid Station (#1/#3) by 12:00 pm. *Our crew will attempt to warn you if you are not on pace or if you appear unfit to continue. If you are pushing the cut off and your pace shows that you will not make the cut off, you will be stopped and given a ride by staff back to transition. We appreciate your understanding.*

BIKE (continued)



RUN:

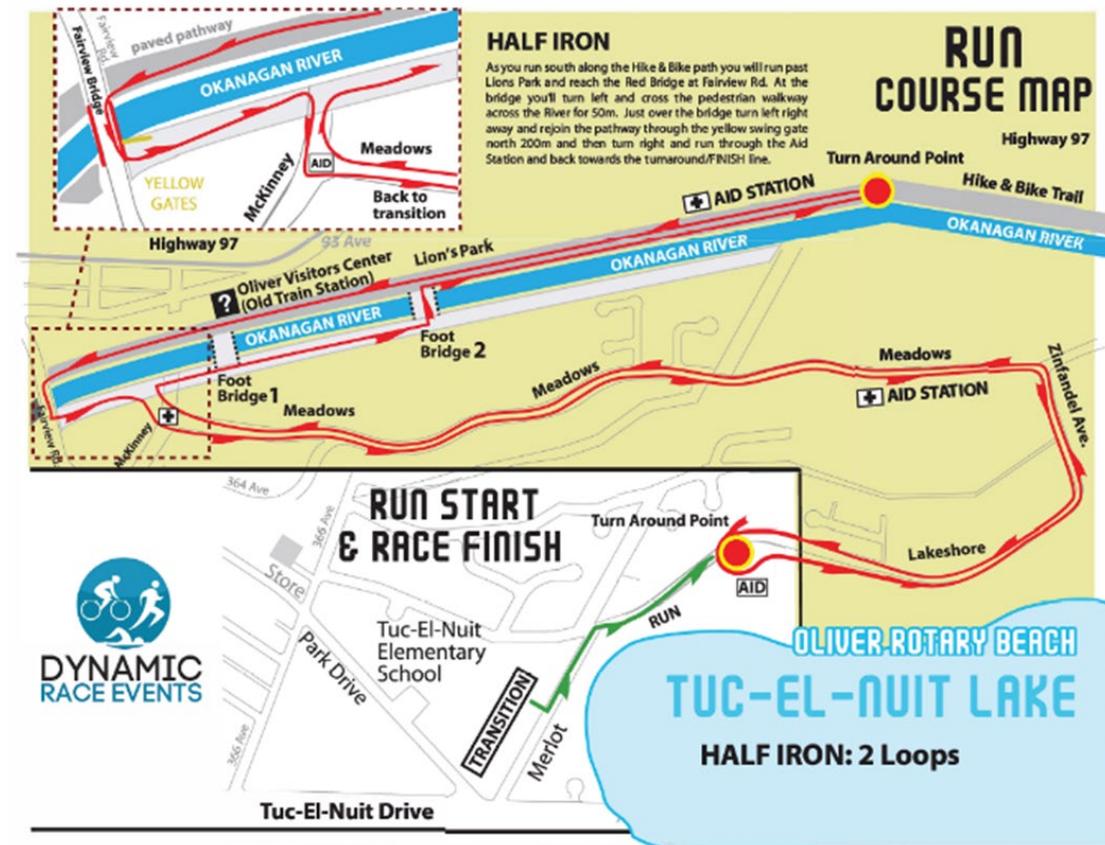
The course is a 2-loop run through the Oliver community above Tucelnuit Lake and along the Hike and Bike pathway along the river. Athletes will exit transition passing the finish line area and the first of 4 aid stations on course.

COURSE CUT OFF: 3:30pm – you must remain on pace to complete the event by this time, you must start your 2nd lap by 2:10pm. Like the bike, our crew will attempt to warn you if you are not on pace or if you appear unfit to continue. If you are pushing the cut off and your pace shows that you will not make the cut off you will be brought back into the finish area by crew.

AID STATIONS: There are four (4) Aid Stations on the Run Course, serving water, Stratos Performance Endurance, GU gels, pretzels, salt tabs and flat cola. Aid stations are marked on the Run Course map for reference. The first aid station is approximately 400m outside of transitions on your run out.

RELAY TEAMS: Teams will exchange timing chips in the RELAY TENT in TRANSITION.

RUN COURSE:



21km – 2 loops

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.

RELAY TEAMS

Relay Teams will exchange timing chips in the RELAY TENT in TRANSITION.

SWIM:

Your swimmer will run in, once completing the swim portion, and running up to T1, you will exchange the timing chip with the cyclist in the RELAY TENT.

BIKE:

At the RELAY TENT the cyclist receives the timing chip from their swimmer and will then go put on their helmet AT THEIR BIKE and un-rack their bike, (helmet must be on and clipped before un-racking bike) and run their bike out to the mount line to head out on the course. Once the cyclist returns, they must FIRST rack their bike and then meet their runner in the RELAY TENT to exchange the timing chip.

RUN:

Once your cyclists returns & has re-racked their bike, exchange the timing chip at the RELAY TENT, your runner can then head out to complete the final leg of the triathlon.

NOTE: Relay teammates may NOT run on the run course with their runner, but they may wait at the opening to the finish line gantry and cross the line with their teammate.

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.

RACE ADMINISTRATION (continued)

COURSE CUT-OFF TIMES

Due to restrictions of municipal permits, race insurance and volunteer staffing, all participants must remain on pace to complete **Oliver ½ Iron, Aquabike & Relay in 8.5 hours.**

We want everyone to finish the race. Like at our other events, we will try and keep our run course aid station open for as long as possible. 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.

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.

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 | ATHLETE BRIEFING

A Pre-Race Athlete Briefing will be posted online race week, we will send you the link via email. A final Pre-Race Briefing will be held on the beach before race start for any last-minute course or safety updates.

Staff will be onsite during Mandatory Bike Check In to also answer any questions.

RACE ADMINISTRATION (continued) PACKAGE PICK UP

WHERE TO GO?

Tucelnuit Elementary School Gym, Athlete Services and volunteers will be there to assist you.

WHEN:

Friday 3:00-6:00pm | Saturday 2:00-5:00pm

WHAT DO I NEED?

Photo ID

You will be required to show picture identification (drivers' licence or passport) to pick up your package. ***NOTE: If you do not have picture ID with you, you will not be able to pick up your package with no exceptions.***

WHERE DO I PARK?

- Parking available on the Fortis right-of-way (underneath the power lines) on Merlot Drive

PLEASE DO NOT PARK in front of the Elementary School or their Parking Lot on Friday, June 2nd (School is in session), we appreciate your understanding.

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 other Provincial Sporting Organizations) you MUST prepaid for a single day membership. **This MUST be paid 11:59pm Thursday June 1st!**

Prepay here: [1-day TriBC 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.

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 ITEMS (continued)

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.

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

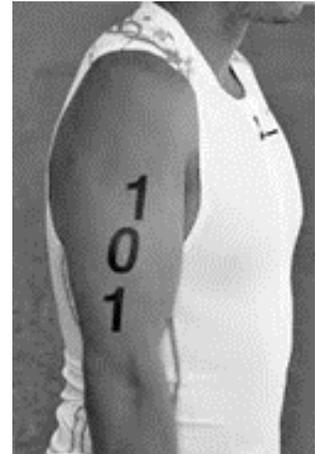
RACE ITEMS (continued)

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. If you are picking up your package race morning, we will have supplies for athletes needing to put on their number tattoos race morning.

You will receive two race number (2) tattoos in your athlete kit. Preferably, affix one on one calf and one upper arm, unless you intend on wearing gear that will cover those areas, then please try and place them in a visible spot.

Relay Teams: One number is for your cyclist and one number is for your runner, no tattoo is necessary for your swimmer.



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 12:30pm** unless otherwise directed by race officials. Plan accordingly. *All Bikes must be removed by 4:00pm*

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.

Please remove all your personal items and any garbage before leaving transition at the end of your race day. Thank you!

PRE-RACE | TRANSITION & BIKE CHECK IN

BIKE CHECK IN – MANDATORY

Bike check in is Saturday 2:00-6:00pm. ***THERE IS NO RACE MORNING BIKE CHECK-IN!***

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?

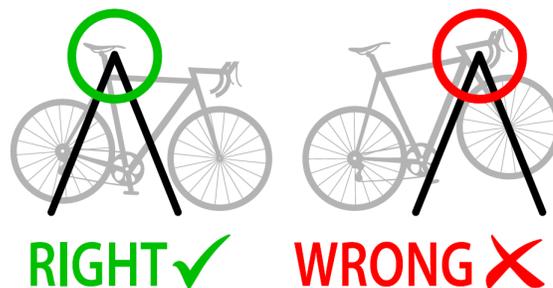
The Bike Check In is the transition area – which will be fenced with bike racks

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 on the Fortis right-of-way (underneath the power lines) on Merlot Drive
- At the Fortis office site and across the street from Tucelnuit Elementary **as long as you do not block any of their access gates.**
- At Tucelnuit Elementary School parking lot
- Please follow the directions of our parking volunteers who help us maximize our parking

NO PARKING ALONG PARK DR IN FRONT OF SCHOOL & DO NOT PARK ALONG THE BIKE COURSE

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 | FINAL PRE-RACE BRIEFING

PRE-RACE BRIEFING

6:50am for **ALL 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 will close at 6:40am, all Athletes will need to be at Rotary Beach immediately following transition closing

RACE DAY | AID STATIONS

There is water within the transition area for water bottle fills.

There are three (3) Aid Stations on the Bike Course, at approximately 25k (Fairview Rd - outbound), 42k (on Willowbrook Rd - outbound) and 68k (Fairview Rd - inbound). Aid Stations will have sport top water that will fit into your bottle cages, sport top orange Gatorade, bananas and GU gels (assorted flavours). Aid stations will have toilets available. Please respect the community that has welcomed us and use the toilets and dispose of garbage ONLY at aid stations.

There are four (4) Aid Stations on the Run Course, serving Stratos Performance Endurance, GU gels, pretzels, salt tabs and flat cola. Aid stations are marked on the Run Course map for reference. The first aid station is approximately 400m outside of transitions on your run out.

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.

At the finish line Stratos Performance Nutrition will be serving post race recovery drinks. Post race nourishment will be set up in the marquis tent below the finish line area.