



# Athlete Guide

## ELK LAKE TRIATHLON

Sunday Aug 6, 2023

### ATHLETE INFORMATION GUIDE

**Sprint Triathlon, Sprint Aquathlon,  
Standard Triathlon, Standard Aquabike  
Standard Relay & Duathlon Races**

*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 Victoria, BC & the Elk Lake Triathlon

The following is an overview of what an athlete competing in the **SPRINT, SPRINT AQUATHLON, STANDARD, STANDARD DUATHLON OR 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 remised 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](mailto:support@dynamicraceevents.com)



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## SCHEDULE

### SATURDAY, AUG 5<sup>TH</sup>

1:00-6:00 pm	Package Pick Up at Hamsterly Beach Park
1:00-6:00 pm	Optional Bike Check-In at Hamsterley Beach Park
5:00 pm	Athlete Briefing at Hamsterly Beach Park

### SUNDAY, AUG 6<sup>ST</sup>

5:30am	Transition Opens
5:30am-6:30am	Package Pick Up at Hamsterly Beach <b>Timing Chip Pick Up (outside transition in SPORTSTATS tent)</b>
6:45 am	Transition Closes
6:50am	Pre-Race Briefing at Swim Start   Standard Athletes
<b>7:00am</b>	<b>STANDARD, STANDARD RELAY &amp; STANDARD AQUABIKE RACE START</b>
<b>7:05am</b>	<b>DUATHLON RACE START (at Finish Line)</b>
7:10am	Pre-Race Briefing at Swim Start   Sprint Athletes
<b>7:15am</b>	<b>SPRINT &amp; SPRINT AQUATHLON RACE START</b>
8:10am	Swim Course Closed - Cut Off
8:15am	Bike Course Start Cut Off
9:15am	Bike Turnaround (Standard) Cut Off & Sweep Begins
10:15am	Bike Course Closed - Cut Off
10:20am	Run Course Start Cut Off & Sweep Begins
10:30am	Transition Opens for Bike/ Gear Removal
<b>11:30am</b>	<b>ALL COURSES CLOSED</b>
11:45am	Awards at Hamsterly Beach
12:30pm	Venue Closes to Athletes   Bikes MUST Be Removed From Transition

*Overall Course Cut-offs (11:30am): you MUST remain on pace to complete the event by the cut-off times. Cut off points (& times) are in place to ensure your safety as well as balancing the resourcing of volunteers, staff, and the impact of our host communities.*

*Please be respectful of local businesses and residents when parking and regarding noise race morning. We have added an optional Bike Check-In on Saturday 1-6pm to ensure many of our athletes can arrive on race morning relaxed knowing they will not be waiting in several lines Sunday morning (**athletes will still need to get their timing chip on race morning**). Overnight Security will be onsite to ensure the safety of your bicycle.*

*Please print off any course maps you might need as we will not have maps in packages in an effort to try and conserve paper. Packages must be picked up on Saturday during scheduled times or Sunday morning for out-of-town participants.*

# 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 or 70.3 | 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/70.3-6hrs (Aquabike & Duathlon will mirror the triathlon times)

## WHAT IS AQUABIKE OR DUATHLON OR AQUATHLON?

These events are multi-sport races involving 2 of the 3 disciplines of triathlon. An Aquabike consists of the swim and bike, whereas a duathlon is a run-bike-run format and the aquathlon is a swim-run or swim-run-swim format. 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 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 at many other races and events.

## RACE SUMMARY

The Elk Lake Triathlon (formerly known as Self Transcendence Tri) is Canada's longest running annual triathlon. This will be the 42<sup>ND</sup> edition of the race and in addition to the Sprint and Standard Distances, we have again included a Duathlon and Aquabike and new this year, Aquathlon. Generally, the race has attracted a field size of roughly 400-500 athletes, always held over the August long weekend.

**LOCATION:** Hamsterly Beach, Victoria, B.C.

**WEATHER:** (average) partly cloudy 11% precip

**TEMP:** (average) Low: 13C | High: 19 C

**SUNRISE:** 5:43am | **SUNSET:** 8:53pm

### COURSE CUT OFF'S:

Due to restrictions of municipal permits, race insurance and volunteer staffing, all participants must remain on pace to complete **Elk Lake Triathlon in 4.5 hours**. Listed times for each course venue and transition cut-offs are noted in the following sections. Overall event cutoff at **11:30am**

### SWIM:

Open water (lake) swim moving clockwise around the swim buoys. The start and finish area of the swim are the main beach of Hamsterly Beach. Elk Lake is usually calm and is a warm-ish lake.

#### 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:**

**SPRINT: GREEN** 

**STANDARD INDIVIDUAL: ORANGE** 

**SPRINT AQUATHLON: BLUE** 

**STANDARD RELAY: ORANGE** 

**STANDARD AQUABIKE: ORANGE** 

**SWIM COURSE CUT OFF**

*SPRINT: 30 mins after the final athlete enters the water. STANDARD: 70 mins after the final athlete enters the water. Athletes will not be able to start the bike course after 8:15am, and you will be marked as DNF (Did Not Finish) **\*\*Athletes exiting out of the water after cut-off will not be allowed to continue\*\****

**SPRINT SWIM:**

750m – 1 loop

**STANDARD SWIM:**

1500m - 2 loops

**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.



## RACE SUMMARY (continued)

### BIKE:

***\*Please note that due to road work on our original course, this year's bike courses have been slightly changed in the interest of athlete safety. Please review the links below for the new routes\****

The course features an out and back rolling bike course through the beautiful backroads of Old West Saanich Road and West Saanich Road. Both turnaround points are on West Saanich Rd and will be well marked and have traffic control personnel at each location. Roads are still open to traffic. Athletes will need to be aware of their surroundings, obey the instructions of the traffic control personnel.

***BIKE COURSE CUT OFF:*** 9:15am (Standard) turnaround only or 10:15am into transition. If you are not on pace at the Standard bike turnaround you will be stopped and given a ride back to transition by race staff. If you arrive after 10:15am across the dismount line, you cannot start the run or leave transition. In both instances you will be marked as DNF (Did Not Finish).

#### **SPRINT BIKE:**

[20km - 1 out-n-back loop](#)

#### **STANDARD BIKE:**

[44.2km – 1 out-n-back loop](#)

### RUN:

The Sprint course is an out and back on the East side of the lake. The Standard athletes will complete one counterclockwise loop of the Elk Lake trail. Sprint athletes will exit transition and turn LEFT passing the finish line area and head out on the eastside of the lake, with 1 aid station on course. Sprint athletes will pass this station twice. Standard athletes will exit transition and turn RIGHT toward the west side of the lake. There will be 4 aid stations (approx. 2k ,5k, 6.5k, & 8.5k) around the lake.

***COURSE CUT OFF:*** 10:20am is the course cut off to start the run, with all courses closed by 11:30 am – you must remain on pace to complete the event by this time. After 11:30 your result time will be marked as DNF (Did Not Finish).

#### **SPRINT RUN:**

[5km – 1 out-n-back loop](#)

#### **STANDARD RUN:**

[10km – 1 loop](#)







### TRANSITION:

Transition is located on the field at Hamsterley Beach adjacent to the Finish Area roughly 20m from Swim Start/ Finish Line area. You may NOT have friends or family place or hand you items during the

race. Only athletes with a wristband will be able to check in/ out their bikes with corresponding race number. No Exceptions. We appreciate your understanding.

Transition opens at 5:30am on race morning.

There is an OPTIONAL bike check in on Saturday August 5th – 1:00-6:00pm

BIKE GEAR/REMOVAL: 10:30-12:30am. *NOTE: Friends & Family are NOT allowed in transition & you will NOT be able to grab your bike and gear before then.*

AID STATION: There is water within the transition area.

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.



## **RACE SUMMARY (continued)**

### **AQUABIKE**

The Aquabike will complete the same SWIM and BIKE courses as the Standard 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.

### **AQUATHLON**

The Aquathlon will complete the same SWIM and RUN courses as the Sprint Triathlon.

The Aquathlon athletes will start at the same time as the Sprint Triathlon athletes, as you are doing the same swim course. Once you finish your 1 loop 750m swim you will exit the swim and head into T1 get your run gear. Aquathletes will then leave transition turning LEFT out onto the SPRINT run course. Athletes need to be aware of their surroundings, as we will have multiple races happening at the same time. There will be swimmers still exiting the water and duathletes coming back in on the run course. Keep your head up! Once you come back in from the run portion, you will turn right up the finish chute to complete your race.

### **DUATHLON**

The Duathlon will start at the FINISH LINE. Duathlon athletes must wear their bib numbers for both legs of the run.

### **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 will then go and unrack their bike (helmet must be on and clipped before unranking 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, at the **RELAY TENT** you can exchange your timing chip with your runner and they 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 finishes 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.

### COURSE CUT-OFF TIMES

Due to restrictions of municipal permits, race insurance and volunteer staffing, all participants must remain on pace to complete **Elk Lake Triathlon in 4.5 hours**. Listed times for each course venue and transition cut-offs were in the previous pages. All courses are closed at **11:30am**

We want everyone to finish the race. Like at our other events, we will try and keep our run course aid stations 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 (and many other events) 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, age group and chosen gender category results are correct as results are posted AND 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 to the staff at the Sportstats tent 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 (or via email) 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 | BRIEFING**

An optional Pre-Race Athlete Briefing will be held in person for the Elk Lake Triathlon

### **WHERE TO GO?**

Hamsterly Beach Park

### **WHEN:**

Saturday 5:00pm

Additionally, there will be a quick briefing before each event start on race morning to ensure we can update athletes of any course changes, advisories or safety concerns.

## **PRE-RACE | PACKAGE PICK UP**

### **WHERE TO GO?**

Hamsterly Beach, Athlete Services and volunteers will be there to assist you.

### **WHEN:**

Saturday 1:00-6:00pm | Sunday (Race Day) 5:30-6:30am

### **WHAT DO I NEED?**

Photo ID

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

### **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 reciprocating Provincial Sporting Association) and did not pay the day-of-race insurance fee when you registered (if you registered after Dec. 1, 2022, you HAVE not paid during the registration process), you will be required to pay the \$15 fee ONLINE at the link below directly to Triathlon BC **by 11:59pm Thursday August 3<sup>rd</sup>.**

BUY RACE INSURANCE HERE: [1 DAY TRIATHLON BC 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. If you do not wish to have the bracelet on prior to race day, you will need to wait until race morning to pick up your race package.

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.

**DUATHLON athletes:** You **MUST** wear the race bib for both run legs of your race

**AQUABIKE athletes:** Bibs numbers are provided solely to provide you with your FOOD TICKET (really, the most important part!!)

**AQUATHLON athletes:** You will be provided with a swim cap and bib number ONLY

#### 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, if the swim is wetsuit legal. 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

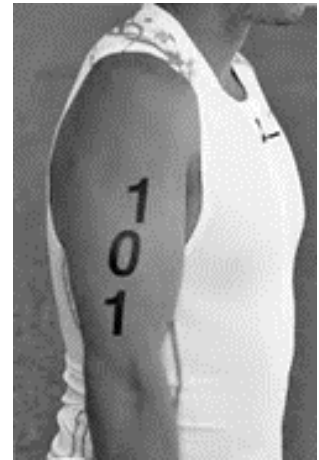
## RACE ITEMS (continued)

### 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 and they **MUST** be applied before you will be given access to transition. If you are picking up your package race morning, we will have supplies for athletes needing to put on their race number tattoos race morning.

You will receive two race number (2) tattoos in your athlete kit. Affix one to each arm, unless you intend on wearing sleeves, then affix one on your calf.

Note: 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 10:30am** unless otherwise directed by race officials. Plan accordingly.

### 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.

## PRE-RACE | TRANSITION & BIKE CHECK IN

### BIKE CHECK IN

Bike check in is either Saturday 1:00-6:00pm (optional, but very convenient and stress reducing for race morning!) or on race morning from 5:30-6:30am

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?

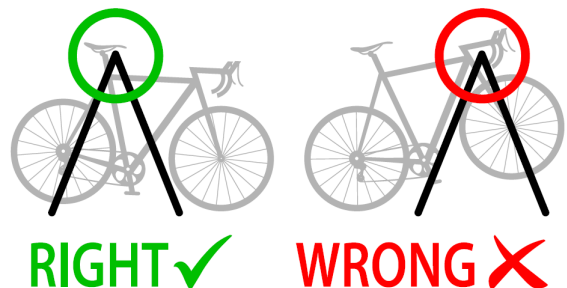
The Bike Check In is the transition area – which will be fenced with bike racks

### 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 opposite side of the lake
- Across the Hwy along Sayward Rd & Alderley Rd
- At Hamsterly Beach parking lot (very limited) – do not park on Brookleigh or Hamsterly Rd

**NO PARKING ALONG BROOKLEIGH (THE BIKE COURE) OR HAMSTERLY Rd. Please be considerate to the ELK LAKE GARDEN CENTRE and DO NOT park in their lot or block access to the site.**

## **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 | PRE-RACE BRIEFING**

### **FINAL PRE-RACE BRIEFING**

6:50am for **STANDARD/ STANDARD RELAY/ STANDARD AQUABIKE** athletes at swim start

7:00am for **STANDARD DUATHLON** at Finish Line (Duathlon Start Line)

7:10am for **SPRINT/ SPRINT AQUATHLON** 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 6:45am, all Athletes will need to be at the Beach immediately following transition closing

## **RACE DAY | AID STATIONS**

There is water within the transition area. Aid stations will be serving water and Stratos Endurance Electrolytes. Sprint, Sprint Aquathlon and Duathlon (1<sup>st</sup> leg) athletes will pass 1 aid station twice on the East side of the lake. Standard and Duathlon (3<sup>rd</sup> leg) athletes will pass 4 aid stations once. *NOTE: There are no Aid Stations on the Bike Course, all athletes MUST be self sufficient on the Bike portion of the race.*

## **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 breakfast will be served on site by the Central Saanich Lions Club

