

2010 PERSONA DESERT HALF IRON TRIATHLON ATHLETE INFORMATION

The event starts promptly at 7:00 AM at Legion Beach on Osoyoos Lake.

TRIATHLON BC

At athlete check in you will be required to show picture identification (driver's license or passport) when you check in. Also, if you are not a member of TRIBC or the Alberta Triathlon Association you will be required to pay the day-of-race insurance fee of \$15. We will have a list of current TRIBC members as supplied by TRIBC race week.

If you are not a member of TRIBC or ATA and did not send in the day-of-race fee with your registration then you will be required to pay the day-of-race fee as per the direction we have received from TRIBC. ***Triathlon membership numbers from provinces and states other than Alberta or BC will not be accepted.***

NOTE: You must pickup your own package on Saturday, do not ask someone else to do this for you, as this is not possible.

RACE RULES

Triathlon British Columbia sanctions the Persona Desert Half Iron. All TRIBC and Triathlon Canada rules will be in effect during the event. Protests of penalties assessed for rules infractions must be filed with the TRIBC Head Official within 60 minutes after the protesting individual finishes the race.

Wristband

A wristband printed with your race number will be affixed to your wrist at Athlete Check-in. 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 after the race!

Race Numbers

There will be three 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.
- The small adhesive helmet number must be worn on the front of your bike helmet.

- The run number must be displayed during the run segment on the front of your body. Pin your run number to your shirt, swimsuit or race belt with the four safety pins provided in your race packet.
- You do not have to wear the Race Bib Number during the bike as you have your helmet and bike frame number. It is mandatory though that you wear the number on the run.

Timing Chips

Timing chips will be provided at the transition area race morning as you come into transition. Each chip is encoded with your specific registration data, so do not trade your chip with another athlete! The chip must be affixed to either ankle prior to the swim start and must be worn during the entire event. 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.

Body Marking

Body marking will take place from 5:30-6:45am on Sunday at the entrance to the transition area. You will not be permitted in the transition area on race day without your wristband and your body marked. Do not apply body lotion or sunscreen until after you have been body marked. Be sure that the volunteer who marks you does so using the race number printed on your wristband.

Race Day Parking

Race day parking will be available near the transition area.

Parking is available on the side streets near the Sonora Centre. Athletes and family can also park in front of the Sonora Community Centre. Please do not park your vehicle on Kingfisher Drive or other sections of the course. If you are in a no parking area on the course please note that your vehicle WILL be towed.

Transition Area Access

The transition area is located in Jack Shaw Gardens, which is located at the corner of Kingfisher Drive & 89th Street. When checking in your bike on Saturday or arriving for body marking race morning please enter Transition off of 89th Street.

The transition area will be open on race day at 5:30 am. Only athletes who are wearing their wristband and are body marked will be allowed access. Any bike not properly displaying the bike frame number will be removed from the transition area during the swim. You will not be allowed access to the transition area to reclaim your bicycle and gear until after the last athlete has started the run.

If for any reason you check your bike into transition on Saturday and find on Sunday you are not able to race, you must inform the race directors that you are not racing.

Family & friends are NOT allowed in transition

Spectator Viewing

BIKE – The bike course is out and back. If friends or family feel the need to go out the bike course please remind that they will be delayed at the intersection of Hwy 3 & Meadowlark Drive as cyclists cross Hwy 3 to ride towards the Richter Pass not far from transition in the morning.

RUN – At Legion Beach. See runner's head out through the tunnel and head out on the run. Runners will pass by Legion Beach as they go out to finish the first and second loop.

Change Tents

There will be a two change tents set up in transition.

Transition Area Conduct

For safety reasons, you will not be permitted to ride your bike in or out of the transition area. You must walk or run while in the transition area. Please watch out for other athletes as you move through transition and follow the instructions of race officials and volunteers. Please do not move other athletes bikes if they are in an incorrect spot, please find a TRIBC official in transition who will take care of the situation.

Course Cut-off Times

Due to restrictions of municipal permits, race insurance and volunteer staffing, all participants must remain on pace to complete the Persona Desert Half Iron Triathlon in **8 hours (or as close)**.

Swim 2.0km

The bike start cut-off time is **1:10 hour** after the final wave start. All participants should have the ability to swim 2Km in 70 minutes.

Bike 90km

Due to concerns for entrants, we will extend the bike course cutoff time to **5:30 after the final wave start (12:45pm)**. The run course sweeps will leave approximately 15 minutes after the last runner departs.

You will be stopped due to cutoff times if:

- Race staff deems you in no condition to continue
- You are too far behind the next to last athlete
- The sweeps have departed from the Overlook. Look up 'sweep' in the dictionary to understand why
- *NOTE:* There are two police-controlled/flagger intersections in Osoyoos on the bike course. Congestion is anticipated and it is imperative that the race does everything possible to harmonize with the local community.

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We will be opening up these intersections to normal traffic flow in advance of a rider pushing the edge of the cutoff time. This means you may find yourself having to obey traffic laws at the busy intersections of Hwy 97 and 74th street (opening at 12:45pm). A race vehicle will proceed at cutoff time pace to inform you of your position and open the intersections.

Run 21km

There will be a run course cut-off time at the run turnaround (10.5Km) **at 6:45 after the final wave start**. No one will be allowed to proceed with the second loop of the run after the cut off. The official race finish is 8:00 after the final wave start.

We want everyone to finish the race. We will try and keep our run course aid station open 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.

Dropping Out

Please notify a race official and return your timing chip at the finish line if you drop out of the race.

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 at Outback Events races in the future.

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 during 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 on the side of the at Jack Shaw Gardens, as they become available. Results will be posted on the race website the day after the race as well as on www.raceheadquarters.com

Medical Care

Medical care will be available to participants. A BC Ambulance crew is available to the race and there will be two local doctors in the medical area at the finish line as well.

Awards Party

The awards party begins as soon as you cross the finish line! Be sure to stick around for the post race barbeque, awards and draw prizes post race. Post race barbeque is at Sonora

center where the athlete meeting was held. Family members are welcome to eat lunch by donation.

Race Package Pick-Up & Race Expo

Fri., July 9th @ Sonora Community Ctr
68th Street Osoyoos, B.C.
(Beside Osoyoos Elementary)
Time 2:00 pm – 5:00 pm

Sat., July 10th @ Sonora Community Ctr.
68th Street Osoyoos , BC
(Beside Osoyoos Elementary)
Time: 12:00pm - 5:00 pm

NOTE: YOU MUST PICK UP YOUR OWN PACKAGE AND YOU MUST BRING PICTURE ID TO BE ABLE TO PICK IT UP.

Pre Race Meeting

Held from 5-6 on Saturday at Sonora Community Centre at the same site as package pick up.

Bike Check

Athletes must check their bikes in on Saturday. Bikes can be checked into transition between 12-5 or 6-7 on Saturday. Please respect the direction of the volunteers.

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 bike and do not have an athlete band on & without a bike frame number will not be allowed into transition.

There is no mandatory bike inspection before the race.

2Km

Blue Seventy / www.blueseventy.com

An open water 2 km (2 - 1Km laps) swim is held in Osoyoos Lake. Legion Beach features a large sandy area for the start and finish. Osoyoos Lake is usually a calm lake and the course is well marked and we will have a contingent of swim support staff to ensure your safe completion of the first of three disciplines. Volunteers will be on hand to aid in removing wetsuits in preparation for transition on to the bike. Waves will be announced at the Athletes meeting on Saturday.

WE EXPECT A WETSUIT SWIM ON RACE DAY

Swim Cap

The 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 are nervous about the swim please ask for a white cap at package pick up. This will help the lifeguards keep track of swimmers that are concerned about their swim.

Wetsuits

The use of wetsuits during the swim will be allowed if the water temperature on race morning is 23 degrees Celsius or 74 degrees Fahrenheit or less. A water temperature measurement will be conducted on Saturday to forecast the likely water temperature on race day and the likelihood of whether wetsuits will be allowed.

Volunteers will be on hand at the swim exit to strip wetsuits

Swim Waves

There will be two swim waves this year. Waves will be announced at the pre-race meeting.

Swim Assistance

You will be escorted throughout the swim by a series of canoeists & kayakers who each cover a particular section of the course in a back and forth sweep pattern. An ambulance with trained EMT personnel will be standing by at the swim start/finish area for the duration of the swim. If you are having difficulties please raise your hand to catch the volunteer's attention. We will have 6 lifeguards on site for assistance also.

90Km Bike Barn / Orbea Bike Course

A challenging bike course with a great deal of variety. The bike starts at Jack Shaw Gardens and heads up over the Richter Pass, over the rollers and out towards Cawston. The bike route will give you a taste of some of the most challenging and scenic riding in Canada. Bike Tech Support will be provided by the Bike Barn out on the course.

Bike Course Route

Exit transition at Jack Shaw Garden and mount your bike on 89th Street. Ride up 89th Street turning left on 74th. Ride up 74th, crossing Hwy 97, and then right on Meadowlark Drive. Ride along Meadowlark Drive turning left on to Hwy 3 (Watch for flaggers and RCMP at intersection). Cyclists ride out Hwy 3 towards Cawston. At Barcelo Rd. cyclists turn right. Cyclists ride up Barcelo Rd. and turn left on Coulthard Rd. and ride down the hill to Hwy 3. At Coulthard Rd. & Hwy 3 cyclists turn left and ride back to Osoyoos.

Bike Racks

Bike racks are assigned by number. When you arrive at your bike rack please rack your bike on the correct side. One side is for even numbered athletes and the other for odd numbered athletes. Athletes are numbered according to age groups to create the fairest means of space allocation.

Example:

Rack 1 #1-10

Rack 2 # 11-20

Please do not bring storage bins or oversized bags into the transition area

Course Rules

Each athlete is required to wear an approved helmet during the bike segment. You must have your helmet securely fastened on your head before you remove your bike from the rack and it must remain fastened until your bike is placed back in the rack. Also, please ensure that your handlebar ends are plugged properly with tape as the officials will be walking around checking for this. It is considered a safety item and can result in you not being allowed to start your race. Drafting and blocking (impeding the progress of passing cyclists) are not permitted during the race. TRIBC officials will monitor the bike course and strictly enforce these rules.

Bike Bottle Exchange

There are 3 aid stations on our bike course. The Gatorade and the water bottles are a sport top style that you twist and then drink from.

Aid Station 1 is a Hydration station with water and Gatorade.

Aid Station 2 and 3 will have bottled water, Gatorade and bananas available.

Please discard all empty bike bottles and sports nutrition wrappers at the aid stations. Red apple bins will be placed at the end of each aid station to discard bottles. This will make our clean-up efforts much easier. Discarded bottles or gear will not be returned after the race. Please do not discard items other than at aid stations.

Aid Station #1 – Top of the Richter Pass

Aid Station #2 – On Barcelo Rd., just before you turn to go back towards Osoyoos @ 45KM Mark.

Aid Station #3 – Located just before you climb up the backside of the Richter by the turnoff to the Nighthawk border crossing @ 66KM Mark.

Course Safety

The roads used for the Desert Half Iron are open to traffic. Be aware of your surroundings, obey the instructions of the traffic control officers and volunteers and be considerate of others during the race.

21KM

New Balance/Fresh Air Experience Run Course

Run Course – 2 Loop Course

Runners exit South through the tunnel below Kingfisher drive and turn left to head out along Kingfisher drive towards Main Street. At Main Street turn right, cross the bridge and on to the Pioneer Walkway. Exit the Pioneer Walkway on to Main Street. Run on Main Street for 50m turning right on Harbour Key Drive. Harbour Key Drive and run across Cottonwood and along the in front of the new condo development for 75m and come out on Solano Key Crt. Once on Solano Key Court turn left and run towards Main Street. Turn right on to the road that runs parallel to the Hwy and run past Campo Marina Restaurant and the aid station there. Keep going and join the pathway that begins at Lakeshore Rd. Turn right on Lakeshore and run on this path until it ends.

You must run on the Lakeshore Pathway, NOT the road, on this section of the course!

At the end of the path is the first turnaround. Run around the telephone pole and return the same route you came.

As you come back along Kingfisher Drive you run past Legion Beach and turn left on 89th Street. Run along 89th Street, through the parking lot, aid station for both directions, and then turn left on Oleander Drive. Continue South on Oleander to the second turnaround about 700m and turnaround. Runners come back North on Oleander, right on 89th, through the aid station at the Legion Beach parking lot, right on Kingfisher and out for the second lap.

Aid Stations

Each station will be stocked with water and a Gatorade, Fruit. Selected aid stations will have Hammer Gel and flat coke.

Aid stations are located roughly every 1.8Km and service runners headed in both directions.

Outside Transition – You will pass this aid station when you start the run just before you go through the tunnel to start the run.

Outside Campo Marina Restaurant – Both directions

Outside Walton's Campground on Lakeshore – Both directions

Legion Beach Parking Lot (89th Street) – Both directions. Runners run through this lot and back up on to 89th. This is just below road level.

Massage

We will strive to have as many massage volunteers as possible on race day. Please be patient if you are waiting.

IMC SPOTS

The allocation of our 35 Subaru Ironman Canada spots will be announced closer to race day.

Any unused spots will be drawn. The rolldown of IMC spots is slated to be held at the Sonora Community Centre gym right after the awards ceremony @ approx 4:30pm.

If you are successful, you must have cash, certified cheque, or money order made out to **Outback Events** at the time of acceptance.

The IMC fees for 2010 will be announced. If you are not present to accept or decline at the time your name is called, your name will be removed from the list and the spot will be rolled down one place.

Note: Any unused spots in a particular age group will be rolled down starting with the age groups with the largest number of entrants.

Summary of TriBC Rules:

Triathlon Canada competition rules govern all sanctioned races in British Columbia. These rules are outlined in the summary below.

II. GENERAL CONDUCT OF COMPETITORS

Competitors will:

- a) Practice good sportsmanship at all times
- b) Be responsible for their own safety and the safety of others.
- c) Treat other competitors, officials, volunteers and spectators with respect and courtesy.
- d) Inform race officials after withdrawing from the race.
- e) Be responsible for knowing and staying on the course.
- f) Not have bare torsos, headsets, headphones or glass containers on course.

III. DISCIPLINE OF COMPETITORS

1. Warning

- a) It is not necessary for an official to give a warning prior to issuing a more serious penalty. The purpose of a warning is to proactively alert competitors to possible rule violations.
- b) Warnings may be given when:
 - A rule violation appears unintentional and can be corrected after a warning;
 - A race marshal believes a violation is about to occur;
 - No advantage has been gained.
- c) Warnings will be given by being shown a yellow card. The competitor must stop when safe, dismount with both feet on one side of the bicycle, and raise both wheels off the ground at the same time. The official will then tell the competitor to “GO”, and continue in a safe manner. A time or deferred penalty may be issued for safety reasons.

2. Disqualification

- a) A competitor may be disqualified for:
 - Failing to follow the prescribed course;

- Blocking, charging, obstructing or interfering with another competitor;
 - Accepting assistance from anyone other than race officials; illegal equipment;
 - Not wearing their unaltered race number provided in the proper way;
 - Using abusive language or behaviour, or unsportsmanlike conduct;
 - Wearing items deemed a hazard to oneself or others (*i.e.* a cast, headphones, etc.).
- b) Is assessed by sounding a whistle, showing a red card, and calling the competitor's number.
3. Suspension
- a) A competitor can be suspended for unsportsmanlike conduct, etc.

IV. SWIMMING CONDUCT

1. Rules

- A competitor may stand on the bottom or rest by holding an inanimate object such as a buoy, but there must not be any forward progression (e.g. walking or dolphining).
- In an emergency, a competitor should raise an arm overhead and call for assistance. Once official assistance is rendered, the competitor must retire from competition.

2. Equipment

- a) A competitor must wear the swim cap provided by the race organisation.
- b) If weather conditions dictate, wetsuits may not be allowed.

3. Illegal Equipment

- a) Artificial propulsion devices (*i.e.* fins, socks, paddles, flotation devices, etc.).

V. CYCLING CONDUCT

1. General Rules

- a) Competitors who have established the right-of-way must not block others.
- b) Competitors must obey traffic laws unless otherwise directed by an official.
- c) Bare torsos are not permitted.

2. Drafting

- a) Drafting off another competitor or motor vehicle is forbidden. All competitors must reject any attempt by others to draft.
- b) The draft zone is defined as a rectangle, 5 metres long by 2 metres wide, surrounding every competitor. The trailing edge of the leading bicycle's back wheel defines the beginning of the 5 metre length, which ends at the leading edge of the trailing bicycle's front wheel. The 2 metre width is calculated from the pedal axle of each bicycle.
- c) A competitor may enter the draft zone of another competitor, but must be seen to be progressing through that zone. A maximum of 15 seconds will be allowed to pass through the draft zone of another competitor.
- d) If a competitor 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.
- e) Draft zones may not overlap.
- f) The vehicle draft zone is a rectangle, 35 metres long by 5 metres wide.

3. Equipment

- a) Bicycles must have the following characteristics:
 - Fairings or devices which reduce air resistance are prohibited;
 - The front wheel may be a different diameter than the rear wheel, but must be of spoke construction. Covers are allowed on the rear wheel;
 - Handlebar ends must be plugged, tires well glued, headsets tight, and wheels true;
 - There must be a well-functioning brake on each wheel.
- b) Bicycle helmets are compulsory.
 - The helmet must be approved by an officially recognized testing authority (ANSI or Snell);
 - Alterations to the helmet are forbidden;
 - The helmet must be securely fastened at all times when the competitor is in possession of the bicycle;
 - Headsets, headphones, and glass containers are forbidden.

VI. TRANSITION CONDUCT AREA

1. General Rules

- a) All competitors must have their helmet securely fastened from the time they remove their bicycle from the rack at the start of the cycle until after they have placed their bicycle on the rack at the finish of the cycle.
- b) Competitors must use only their designated bicycle rack, and rack their own bike.
- c) Competitors must not impede the progress of other competitors in the transition area.
- d) Competitors must not interfere with another competitor's equipment.
- e) Competitors must mount and dismount their bicycle at the designated area or line.
- f) Cycling is not permitted in the transition area.
- g) Nudity or indecent exposure is forbidden.

LOCAL RESTAURANTS

Please note: It is recommended that all athletes make reservations before going to dinner to better equip the local restaurants for the number of people in town on this weekend. This will help cut down on wait times and help provide great service.

OSOYOOS

Diamond Steak & Seafood House

Gus & Maria Tsigonias

Located at 8903 Main St., Osoyoos. The Diamond serves incredible pasta and provides excellent service. Seating capacity of 225.

Call 250-495-6223 to make reservations

Campo Marina – Authentic Italian at 5907 Main St.

Mike Oran

Located on Main Street towards the Windmill. Another incredible pasta spot.

Call 495-7650 for reservations

Osoyoos Pizza Factory

John or Sanai Peyman

Located at 8115 Main St and is the pizza favorite of Outback Events

250-495-2033

Osoyoos Golf & Country Club

Randy LaRoche - Manager

12300 Golf Course Dr.

Call the Restaurant at 250-495-7118

www.golfosoyoos.com

El Toro Loco

Erick Kaffka

8316 Main Street. An incredible Mexican Café and Cantina

Call the Restaurant at 250-495-5337

OLIVER

Toasted Oak at 34881 97th Street

Located on Hwy 97th on the main street of Oliver. With over 250 wines on their wine list it is a great place to enjoy a taste of the Okanagan. The Toasted Oak VQA Wine Shoppe stocks over 250 wines. Call 498-4867 for reservations. Seats 120

Cock N' Bull Cappuccino Bar at 34849 - 97th St

The place to go for breakfast and coffee. Famous for a great breakfast bagel and a killer lunch lasagna. Rick will be at Rotary Beach race morning selling coffee and muffins for spectators.

Inkameep Canyon Restaurant at 37041-71st St.

Located at the Inkameep Canyon Golf Course on Tucelnuit Drive across from Tucelnuit Lake. The restaurant has a balcony overlooking the lake and also serves breakfast race morning if friends want to watch the race from their patio.

Call 250 498-2880 as reservations are required.

www.inkameepcanyon.com/

Savvios

Savvas Gavrilidis

Located at 34646-97th St, Oliver. Savvios is a new Greek and Italian Restaurant with authentic Greek and Italian Cuisine.

Call 250-498-4418 to make reservations

GOOD LUCK & HAVE A FUN, SAFE RACE!