

Subaru Sooke Triathlon:

***Important Race Announcements!

1. **Mandatory Bike Drop & Package Pick-Up on Saturday**
2. **Two Transition Zones & Bus Shuttle**
3. **Kids Run on Saturday**
4. **Volunteers Needed!**
5. **Schedule of Events**
6. **Live Timing**
7. **PowerBar Offer**
8. **Other Info**

1. **Mandatory Bike Drop & Race Package Pick-Up on Saturday:**

Due to the nature of the race site, all bikes must be dropped off and your race kits must be picked up at Transition #1, [Camp Barnard](#) at Young Lake, 3202 Young Lake Road on **Saturday September 13 from 1:00PM to 3:30PM, or 5:00PM to 7:00PM**, no exceptions. This Boys Scout Camp has limited parking, so please try to car-pool.

2. **Two Transition Zones & Bus Shuttle:**

This triathlon has two transition zones:

- Transition #1 is at [Camp Barnard](#) at Young Lake, 3202 Young Lake Road for the Swim and Bike start.
- Transition #2 is at [John Phillips Memorial Park](#), 2205 Otter Point for the bike finish, run start and the run finish.

You will have to setup both transitions as per the schedule listed below under the “Schedule of Events”, so schedule time to do this on race morning. A bus shuttle will be available to transport you from Transition #2 to Transition #1 on race morning. You will be given a gear bag to use and leave in transition #1. Please pack as much as possible in your gear bag, and try not to leave anything outside your gear bag. We will transport this gear bag back to Transition #2.

3. **Kids Run:**

Fun for the kids! Bring your kids out for a fun run on Saturday at 3:00PM to Transition #2 at [John Phillips Memorial Park](#), 2205 Otter Point. The distance is 1K but will be adjusted down for the younger kids. All ages invited. Great ribbons and goodies for all finishers! Click [here](#) for more details on this **FREE** Kids Run.

4. **Volunteers Needed:**

We still need volunteers for the race. Volunteers get a great shirt and the satisfaction of helping the athletes achieve their goals. If any of your family or friends are joining you and wish to get

involved by volunteering, please get them to fill out the volunteer registration form located at <http://www.lifesport.ca/Volunteer.php>. Thanks you!

5. Schedule of Events:

Saturday, September 13

1:00PM to 3:30PM, or

5:00PM to 7:00PM

Mandatory Bike Drop & Race Package Pick-Up

- All bikes must be dropped off and secured overnight at [Camp Barnard](#) (3202 Young Lake Road).
- The bikes will be kept protected overnight by security.
- The Camp has limited parking, so please try to car-pool.
- Your registration and race package kits including you race garments will be given to you when you drop off the bikes.
- All members of Triathlon British Columbia must present their membership card.
- Everyone must also sign a waiver.
- Your timing chips will be handed out on Sunday morning.

3:00PM:

Kids Fun Run at [John Phillips Memorial Park](#), 2205 Otter Point Road

This FREE fun and family oriented run will kick start the weekend. No entry fee or registration required, click [here](#) for more details.

3:30PM

Race Clinic

[John Phillips Memorial Park](#), 2205 Otter Point Road.

- LifeSport Open Water Swim Technique Clinic (FREE)
This short clinic will provide the participants with the knowledge to swim faster in the open water with less effort. Learn from Olympic Gold Medal Coach Lance Watson on topics including warm-ups, starts, sighting, drafting, wetsuit selection, training tips. There will also be information how to transfer pool swimming into the open water and give you some open water workout suggestions that you can implement into your own training.

4:00PM

Mandatory Pre-Race Meeting

[John Phillips Memorial Park](#), 2205 Otter Point Road.

Everyone must attend

Sunday, September 14:

Parking & Bus Shuttle for Everyone (Half Iron & Sprint):

6:00AM to 7:30AM

- Start your day at Transition #2 (bike to run) at the [John Phillips Memorial Park](#), 2205 Otter Point Road.
- This is where you will park your car for the day; do not park at Camp Barnard.
- You will need to setup your running gear here before you go to the start of the race at Transition #1 at [Camp Barnard](#).
- [John Phillips Memorial Park](#) is where you will finish your bike ride, start your run, and finish your race.
- Please try to car-pool or arrange to be dropped-off at [John Phillips Memorial Park](#).
- A bus shuttle will take you to the start of the race at Camp Barnard.

Half Race Schedule:

6:00AM to 7:15AM - Check-in, body marking and Timing Chip pick-up at [Camp Barnard](#)

7:30AM - Race Start at [Camp Barnard](#)

2:30PM - Half Awards at [John Phillips Memorial Park](#)

Sprint Race Schedule:

6:00AM to 8:30AM - Check-in, body marking and Timing Chip pick-up at Camp Barnard

8:45AM - Race Start at [Camp Barnard](#)

11:00AM - Sprint Awards at [John Phillips Memorial Park](#)

6. Live Timing!

If your friends and family cannot make it to the race, tell them to watch the live timing on their computer. Just click on the live timing links that will be available on race day at www.lifesport.ca

7. PowerBar Offer:

Sign up for the PowerBar Nutrition Edge newsletter and you could win:

- A free entry into Ironman Canada 2009, plus
- 13 weeks of PowerBar Nutrition, plus
- 13 weeks of LifeSport Coaching to help you push past your limits.

Simply fill out your entry form [here](#) and drop it off at the PowerBar booth at the finish line at [John Phillips Memorial Park](#)

8. Other Info:

Thank you for choosing to participate in race, we look forward to meeting you and putting on a great event. The Half-Iron event will start at 7:30am and the Sprint will start at 8:45am. All this information pertains to both events unless specifically identified. **Only the captains of each relay team are receiving this email, so please forward this to your other team members.**

We will be sharing the roads with the local traffic, so please obey all the rules of the road. There will be plenty of volunteers, traffic control personnel and police to keep the bike course safe. Please pay special attention to the road area adjacent to the transition #2; this will be a very busy area with bikes, runners and some vehicles. The bike route will have one aid station approximately at the half way point with bike bottles filled with water and Gatorade. Power Gels will also be available. Grab a bottle and drop off your empties. Please merge to your right away from the main traffic lane into this area, slow down so the volunteers can hand you a bottle.

The run route is a mix of asphalt and gravel, and the entire Whiffin Spit section is crushed gravel. This route will have aid stations at approximately each mile, all with water and Gatorade, and Power Gels. Portable toilets are available on the run on the Whiffin Spit Trail.

All **Relay Team** members including the runner will start their day at Transition #2 (bike to run) at the [John Phillips Memorial Park](#), they will have to take the bus shuttle in the morning, like everyone else to the start of the race at [Camp Barnard](#). All relay team members will be body marked at the Camp. All **Relay Teams** will tag-off in the transition zone in the area at the bike rack location. The race bib only needs to be worn by the runner. The timing chip must be passed from the swimmer, to the cyclist and then to the runner. The relay swimmers, and runners and spectators will be bussed back to transition #2 after all the cyclists have left the Camp at 9:15AM.

PowerBar has this great deal for you

Good luck with your preparation,
Race Committee