

**Athlete information package**



To wannabe travel writers, it’s the Village in the Forest. To locals, it’s an eclectic and wildly unpredictable community of free-spirited individuals – where the ghosts of Ginger Goodwin and countless forgotten coal miners share the rough streets with a new generation of fiercely independent Islanders and stoke-chasing urban refugees.

But to those of us who crave the mud beneath our shoes, or the intoxicating rush of shredding dirt trails carved from the rainforested slopes of some of the Pacific Rim’s most inviting wilderness, it’s nothing short of legendary.

This is Cumberland, BC. Welcome to Dodge City.



**PACKAGE PICK-UP**

**Saturday, September 8, 2018**

Package pick-up for all athletes will be on Saturday, September 8 from 3-6pm at the **Old House Hotel & Spa**, 1730 Riverside Lane in Courtenay.

Your race ­­­­­­package will include a timing chip, which you must attach to your **left ankle** before race start. DO NOT LOSE THIS CHIP or transfer it to someone else. This is how our timing system knows you are you! Lost chips will be subject to a fee.

For out-of-town athletes unable to make package pick-up on Sept 8, pick-up will be available from 6-8 am at the registration table at Race Central (Village Park, Cumberland) on race morning. Please get there early if you need to pick up your race package on Sunday morning, as you will still need to set up your two transitions and get to the lake for the race start — approximately 5km away!

PLEASE, IF AT ALL POSSIBLE, PICK UP YOUR RACE PACKAGE AT THE OLD HOUSE HOTEL & SPA ON SATURDAY, SEPTEMBER 8 FROM 3-6PM.

**MANDATORY TRANSITION BAGS**

When you pick up your package on September 8 (preferably) or race morning, you will receive your items in a black plastic bag. You must put your race number sticker (included with package) on the front of this bag and **you must use this bag during T1** (swim/bike transition).

When you exit the swim, **all items must be placed in your transition bag**, which you will leave in transition when you exit for the bike leg. Once all athletes have cleared T1, volunteers will collect these bags and transport them to the Registration tent at Race Central, where your bag will be waiting for you after the race. **All items must be collected before 2 pm.**

Any items not in bags, and bags without numbers, will be available in “lost and found” at the Registration tent at Race Central.

**YOUR TIMING CHIP**

Your race ­­­­­­package will include a timing chip, which you must attach to your **left ankle** before race start. DO NOT LOSE THIS CHIP or transfer it to someone else. This is how our timing system knows you are you! Lost chips will be subject to a fee. If you pull out early during the race, be sure to report to a Triathlon BC official (in yellow TriBC vests) and give him/her your timing chip.

**YOUR RACE BIB**

Your package will contain one numbered race bib. You only need to wear this bib during the run. Position it so that it faces forward. Relay teams: Only your runner needs to wear the bib.

**INFORMATION FOR RELAY TEAMS**

All team members must receive body marking. **Chip hand-off:** Relay team members will hand off their team’s timing chip from one athlete to the next during transition. For example, your biker will await your swimmer in T1 next to their bike and affix the chip to their left ankle once the swimmer has removed it from theirs. Do not remove the timing chip until you’re at your designated spot in an Extreme Runners Transition Area. It is your responsibility to be at transition when your teammates need you. Your biker must put on the timing chip before he/she unracks the bike in T1, and can only hand off the chip to the runner after the bike is racked in T2.

**RACE DAY**

**Sunday September 9, 2018**

Transition and body marking open at 6am at the Registration tent in Village Park in Cumberland (Race Central / T2). This will be your first stop on race morning — look for the big red Steam Donkey Racing flag. (For maps to the race venues, visit our [**Getting Here page**](http://steamdonkeyracing.com/dodgecityx/cumberland/getting-here/).) Note that only registered athletes will be allowed in the Extreme Runners Transition Areas.

You must receive body marking, have your bike sticker applied to your seat tube and your bag sticker applied to your transition bag (to be provided) before you will be allowed to enter T2. Once you’ve set up your T2, you can proceed to Cumberland Lake Campground to set up your T1 and prepare for the start of the race.

Athletes are free to warm up in the lake until 8:10 am. Three sharp air horn blasts will signal it’s time to exit the water and make your way to the beach for the mandatory pre-race briefing. **Standard and Relay athletes start at 8:30 am sharp at Comox Lake. Sprint athletes will start approximately 20 minutes later.**

**RACE RULES & INFO**

Course descriptions, maps, cut-off times and more can be found on our [**Athlete Information page**](http://steamdonkeyracing.com/dodgecityx/race-info/athlete-information/)**.** This page also includes important information about governing rules, equipment, etc. that you should review before race day. It is your responsibility to know the rules and abide by them.

**PARKING**

Some parking is available at Comox Lake (race start / T1), but it will be severely limited; we **STRONGLY** encourage athletes to bike to the start from Village Park, and/or to carpool if possible. Limited parking for Race Central (Village Park) is available at the Coal Hills BMX Track parking lot (next to Village Park), and additional parking can be found on the streets of Cumberland.

**SCHEDULE OF EVENTS**

**Saturday, September 8, 2018**

**3-6 pm** Package pick-up, Old House Hotel & Spa, Courtenay

**Sunday September 9, 2019**

**6am** Transition opens

**6-8 am** Package pick-up and body marking – registration tent, Race Central (Village Park)

**7:30 am** Water temperature taken & announcement on permissibility of wetsuits

**8:15 am** Transition closes – All athletes must be out of transition and assembled on the beach at Comox Lake for the pre-race briefing

**8:15 am Mandatory pre-race briefing** for all athletes on the beach at Comox Lake. (Three sharp air horn blasts at 8:10 will signal 5 minutes to briefing.)

**8:30 am STANDARD & RELAY START**

**8:50 am** (approximate) **SPRINT START**

**11 am** Beverage garden opens at Race Central (all proceeds benefit the Cumberland Community Forest Society)

**1:15 pm** (approximate) Awards & draw prizes, Race Central

**2 pm** Transition & bag pick-up close — all items must be collected

**4 pm** Beverage garden closes

**AID STATIONS**

**Swim**

Water will be available as you exit the Fit Chiropractic Swim Course and approach the first Extreme Runners Transition Area (T1) at Comox Lake.

**Bike**

There will be a small aid station with water available on the Trail Bicycles Bike Course at the top of Buggered Pig. Sprint Course athletes will pass it once; Standard Course and Relay athletes will pass it twice. Note that you will be required to stop and dismount to access this aid station.

**Run**

There will be two aid stations on the Thomas Dargie Investors Group Run Course: one about 400 metres outside of the second Extreme Runners Transition Area (T2) and the other at the top of each loop (at “the chair” at the top of 50:1). Sprint Course athletes will pass each station once; Standard Course and Relay athletes will pass them twice. (Add once more to each of those if you want to stop for a drink 400m from the finish line.) Each of these stations will have water available. The lower station will also have [**Hammer Perpetuem endurance drink**](http://www.hammernutrition.com/products/perpetuem/) (chocolate flavour), and the upper station will have [**Skratch Sport hydration drink**](http://www.skratchlabs.com/collections/drinks/products/sport-hydration-drink-mix)**.**

**TRANSITION SECURITY**

Volunteers will be controlling access to the two Extreme Runners transition areas from 6am to 2pm on race day. When retrieving your bike from T2 after the race, volunteers will check your race number against the number on your bike. **For this reason, you must retrieve your own bike from T2.** If you need to have someone else retrieve it for you, they must present your numbered race bib to a transition area volunteer.

**SAFETY**

**Swim**

We will have lifeguards and swim marshals on SUPs and/or in kayaks throughout the Fit Chiropractic Swim Course. Should you need a rest, you are allowed to hold onto any of these “vessels” as long as you do not use them to make any forward progress. Our marshals are there to help you! If you require assistance, put your hand up and a marshal will assist you.

**Nervous Swimmers**

If you are a weak swimmer and you feel you need particular attention in the water, **ask for a yellow swim cap when you pick up your race package**. This will help you stand out to our swim course marshals. Note that, without the visual cue of seeing people wearing the same coloured cap as you, it is your responsibility to make sure you start with the appropriate swim wave (8:30 for Standard/Relay or approximately 8:50 for Sprint).

**Trail Conditions & Route**

The race course uses technical mountain biking and running trails that are loaded with roots, rocks and lots of other fun elements. Some of these trails can be challenging when dry and treacherous when wet. Ride safely, in control and within your ability. We will have a first aid team on the trails, but let’s give them a really boring day! Note that the trail network is also open to other trail users, so be aware at all times. The route will be flagged, but it is your responsibility to familiarize yourself with the route.

**Woodwork on Trails**

Some trails on the race course, particularly Buggered Pig and Sunset Strip, have built-up woodwork features such as bridges and ramps. **Stay off these features**. All of them have ride-arounds that are clearly visible and easily accessible, and we will have Triathlon BC officials on the course ensuring safety and fairness. In some cases there are bridges that are part of the trail itself, which are fine to cross (and necessary to cross). You will know the difference.

**Wildlife**

We share our forests with a variety of wildlife, including black bears and cougars. While it’s rare to encounter one on the trails, it is possible. Know what to do should you be fortunate enough to spot one of these magnificent animals. If you need some guidelines, [**here’s what BC Parks advises for wildlife encounters**](http://www.env.gov.bc.ca/bcparks/explore/wild_gen.html)**.**

**TRAIL SIGNAGE**

**You will see the following signs on course. Here’s what they mean:**



Directional arrows could point left, right or straight ahead. Follow them.



There is a steep or otherwise dangerous section ahead. Proceed with caution.



There is a bridge ahead. Some are narrow and may be slippery. Use caution.

  
You’ll see this on the bridge behind the BMX track as you start the run course. Yield to oncoming (finishing) runners.

Self-explanatory? Check your speed and be ready to turn.

  
  
You will be penalized if you mount your bike before the mount line or dismount (have at least one foot on the ground) after the dismount line.

**HOUSEKEEPING**

**A few reminders:**

* **Smoking** is not allowed anywhere on the race course, in Race Central or in the trail network
* **Dogs** are not allowed in Village Park (Race Central) other than in the designated off-leash area near the skate park and pump track.
* **Garbage** is not appreciated in our trail network. Littering is not permitted on the trails or in Race Central other than at designated drop zones around our aid stations.
* **Cross triathletes** are known for being courteous, laid back and respectful. If you need to pass, politely call out and wait for an appropriate time. If someone wants to pass you, pull over as soon as you’re able to do so safely. Let’s keep cross triathlon cool.

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**BEST OF LUCK,   
AND HAVE A FANTASTIC RACE!**

**PLEASE SUPPORT OUR SPONSORS**

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