

Dear New Balance Victoria Half IM Triathlon Participants:

Important Race Announcements!

To save a few trees, and protect our environment we will not be inserting printed race information sheets into the race kits. It will be your responsibility to stay informed by reviewing our website, and reading this informational email. - Thanks.

- 1. Mandatory: Pre-Race Meeting, Bike Drop & Race Package Pick-Up on Saturday**
- 2. Swim Waves**
- 3. Kids Free Fun Run on Saturday Afternoon**
- 4. Volunteers Needed!**
- 5. Officials Wanted**
- 6. Seasons Pass Confirmations**
- 7. Ironman Louisville Lottery**
- 8. 2009 New Balance Half IM goes on Sale!**
- 9. Notes on the Routes**
- 10. Coaching and Training Advice**
- 11. Other Info**
- 12. Schedule of Events**

1. Mandatory: Pre-Race Meeting, Bike Drop & Race Package Pick-Up on Saturday

The pre-race meeting is mandatory, and all bikes must be dropped off and your race kits must be picked up from the race site at Hamsterly Beach at Elk Lake on Saturday June 21 from 2:00PM to 7:00PM. Bike drop and race pack pick up will not be allowed on race morning. The Park has limited parking, so please try to car-pool. More information is available below under "Schedule of Events".

2. Swim Waves

There will be two swim waves

6:45AM –All individual Men

7:00AM –All individual Women and Relay Teams

More information is available below under "Schedule of Events".

3. Kids Free Fun Run

Fun for the kids! Bring your kids out for a fun run on Saturday at 3:30PM when you drop your bike and register. The distance is 1k but will be adjusted down for the younger ones. All kids 3-13 are invited to participate. Great prizes and ribbons for all finishers! Click here for more information on the kids run.

4. Volunteers Needed!

Volunteers are still needed for the race. Volunteers get a great shirt, food and goodies, 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 www.lifesport.ca/Volunteer.php Thank you!

5. **Officials Wanted**

JUNE 21st, Triathlon British Columbia Officials Clinic, Victoria

Ever wonder why a certain rule is in place, or how a particular regulation is interpreted? Learn about the fundamental rules and regulations of our sport and gain your Level 1 Certification in this FREE, one-day Officials Course! To register, please contact info@tribc.org

6. **Seasons Pass Confirmations**

If you are a Subaru West Coast Triathlon Series Seasons Pass holder you are automatically registered into the New Balance Half IM Triathlon. The online confirmation list for the event will not show your name, but rest assured that you are registered for the New Balance Half IM Triathlon. Please email john@lifesport.ca before June 15th if you are not participating in the New Balance Half IM Triathlon.

7. **Ironman Louisville Lottery**

If you are interested in racing an Ironman, we have secured 10 spots to the sold-out Ironman Louisville that will be offered in a lottery to interested participants of the New Balance Half IM. Ironman Louisville got rave reviews in its inaugural year and will take place this year on August 31. More information on this event is available at [here](#). We are collecting names of participants that are interested in this lottery. Please email john@lifesport.ca before June 15th if you want your name added to this lottery.

8. **New Balance Half IM 2009 goes on Sale!**

The 2009 New Balance Half IM will go on sale on June 22nd exclusively to participants of the 2008 event at a promotional price. The 2009 event will open to the general public a few days later at the regular rate. Stay tuned for more details.

9. **Notes on the Routes**

The swim course is one clockwise lap with a start in waist deep water. The starting area is very wide and it is 800 meters to the first turn. You will seed yourself according to your swimming ability. If anyone is a first time competitor or is nervous about their swimming ability, please identify yourselves at the package pick up tent. A special GREEN swim cap will be given to you that will identify you for extra lifeguard attention. We are anticipating a wetsuit legal swim; this will be confirmed and you will be notified you on race morning.

The bike course is a spectacular rolling route in the Saanich Peninsula. The 2008 course this year is 87K and a map is available [here](#). We will be sharing the road with the local traffic, so please obey all the rules of the road. Parts of the bike course, especially along West Saanich

Road have lots of residences with un-leashed dogs, so pay special attention. There will be plenty of volunteers, traffic control personnel and police to keep the bike course safe. The bike route will have two aid stations with bike bottles filled with water and Gatorade. Grab a bottle and drop off your empties. Please merge to your right and away from the main traffic lane into this area, slow down so the volunteers can hand you a bottle.

The run route is amazing! Elk Lake is a gem! The run route consists of 2 counter clockwise loops. You will be sharing this trail with other users and animals such as dogs and horses, so please be courteous to everyone on the trail. The trail will be very well marked and marshalled by volunteers, please pay attention to their directions. The run route will have 5 aid stations, at approximately every 2 Kilometres all with water and Gatorade, and Power Gels. Two of the water stations will also have flat Coca Cola.

A special needs table will be provided as you exit the transition zone onto the run course. This table will not be manned by volunteers, so make sure that your item is easily identifiable. You will be responsible for placing your special drink or nutritional item on this table and accessing it during the race. You will have access to this table at the start of your run and again after 10K. If you are interested in placing your special drink or nutritional item on this table, please place it on this table on Sunday morning before the race start.

10. **Coaching and Training Advice**

Drop by and visit the coaches at the LifeSport Coaching Tent. The coaches will be there on Saturday and Sunday to provide encouragement, give and last minute tips, or discuss your race with you after the event. If you are interested in great training programs and coaching please visit <http://www.lifesport.ca/services.htm>

11. **Other Info**

We have relayed all your answers to the medical questionnaire on your entry form to our medical team, but do not hesitate to visit the medical tent on Sunday morning and speak to them regarding any additional medical information that they may need to know.

All Relay Teams will tag-off in the transition zone in the area at the bike rack location. All relay team members must be body marked, and 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. Only the relay team captains are receiving this email, so please distribute this email to all your team members.

12. **Schedule of Events**

Saturday, June 21

2:00PM to 7:00PM -Mandatory Bike Drop & Race Package Pick-Up

- All bikes must be dropped off and checked into transition. The bikes will be kept protected overnight by professional security.
- Your registration and race kits including your race garment will be given to you at this time.

- Everyone must show one piece of identification with a picture, and 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 - 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, and how to deal with waves or currents. 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. See you at the Hamsterly Beach at Elk Lake.

3:30PM -Kids Fun Run

- This FREE fun and family oriented run will kick start the weekend at Hamsterly Beach at Elk Lake
- No entry fee or registration required.
- Click here for more information on the kids run.

4:00PM -Mandatory Pre-Race Meeting

- Hamsterly Beach at Elk Lake
- Everyone must attend.

Sunday, June 22

5:00AM to 6:30AM - Parking

- Parking will be limited at Hamsterly Beach at Elk Lake. Please try to car-pool and arrange to be dropped-off at the race site. If you do park in the Hamsterly Beach Parking lot, you will not be able to remove your car until after the Brookleigh Road is reopened to the public at 12 Noon. No road side parking is allowed on Brookleigh Road, if you do, you will be towed.

5:30AM -Transition Opens

5:30AM to 6:30AM - Check-in, body marking and Timing Chip pick-up

6:45AM - Race Start for Swim Wave #1 (All individual Men)

7:00AM - Race Start for Swim Wave #2 (All individual Women and Relay Teams)

8:00AM - Swim Cut-Off time for Swim Wave #1 (All individual Men)

8:15AM - Swim Cut-Off time for Swim Wave #2 (All individual Women and Relay Teams)

11:45AM –Bike Cut-Off time for Wave #1 (All individual Men)

12:00Noon –Bike Cut-Off time for Wave #2 (All individual Women and Relay Teams)

2:00PM - Awards (Adjustable depending on race variables)

More information is available on our website.

Good luck with your preparation,
Race Committee

www.lifesport.ca/NewBalanceHalfIronTriathlon.htm

