

# ATHLETE INFORMATION GUIDE



**SUBARU** ● **25<sup>TH</sup>**  
**IRONMAN**  
**CANADA**

**August 26th 2007**  
**Penticton, BC**



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# IMPORTANT MESSAGE

## FROM NORTH AMERICA SPORTS IN REGARD TO HOST COMMUNITIES

Boulder, CO-As most competitors, family members and spectators are aware, Ironman Triathlon is a unique and inspiring event. Part of the allure of Ironman is the fact that family members are able to cheer on athletes who are competing in for what is to many people a large-scale challenge and adventure.

The various communities in the United States and Canada that play host to North America Sports events have done a great job in opening up their communities to not only the athletes, but also the thousands of family members and spectators who attend these events.

Unfortunately, despite repeated entreaties from North America Sports, some spectators insist on using paint on the roads of the various communities.

This continued practice has led to some communities not wanting the Ironman routes coming through their communities due to the defacement of their public areas. Obviously this makes it quite difficult to continue events in these communities, and in the long-term could put events in jeopardy.

Due to the continued nature of the problem of spectators painting the roads, police in each Ironman market have been made aware of the issue and will be out in force the evening before the event and will ticket anyone caught using paint on public roads.

The second area where problems develop is homemade signs on the course. While homemade signs on the course are a great addition to the flavor of an Ironman, the day after they are just litter.

Also remember to respect private property. Just because someone's home is along the Ironman route, does not mean they necessarily want a sign in their yard. Use common sense and common courtesy. And if you plan on putting a sign out to cheer your athlete on, please make plans to pick up that sign after the event. Do not litter in these communities!

North America Sports is fortunate to have some of the most beautiful communities in the United States and Canada that play host to our events. Please respect that and leave the community the way you found it.

"Spectators and athletes have to remember that not only do the communities actually allow the athletes to come through them, but the people in those communities are the same people who are volunteering and helping them along on race day," said North America Sports Director of Operations, Shane Facteau. "These people are not only opening up their community to Ironman, but in many cases are giving their time to improve the athletes' experience. Please respect the fact that they live here and respect private property."

Please use common sense so that not only will all spectators and athletes have an enjoyable time, but also so that the host communities will continue to welcome North America Sports events back year after year.

Thank you  
North America Sports



# Tentative Schedule of Events

## MONDAY, AUGUST 20

**10:00 a.m. - 8:00 p.m.** - ECM Merchandise Tent open - **OKANAGAN PARK**

## TUESDAY, AUGUST 21

**8:00 a.m. - 8:00 p.m.** - ECM Merchandise Tent open - **OKANAGAN PARK**

## WEDNESDAY, AUGUST 22

**8:00 a.m. - 9:00 p.m.** - ECM Merchandise Tent open - **OKANAGAN PARK**

**Noon - 4:30 p.m.** - Subaru Ironman Canada Village opens - **OKANAGAN PARK**

## THURSDAY, AUGUST 23

**8:00 a.m. - 9:00 p.m.** - ECM Merchandise Tent open - **OKANAGAN PARK**

**10:00 a.m. - 4:30 p.m.** - Subaru Ironman Canada Village open - **OKANAGAN PARK**

**10:00 a.m. - 3:00 p.m.** - Registration Packet Pick-up - **OKANAGAN PARK**

**6:00 p.m.** - Subaru 5K and Timex Ironkids IK Fun Run

**7:00 - 10:00 p.m.** - 25th Anniversary Celebration and Concert - **GYRO PARK**

## FRIDAY, AUGUST 24

**8:00 a.m. - 9:00 p.m.** - ECM Merchandise Tent open - **OKANAGAN PARK**

**8:00 a.m.** - Underpants Run - **MEET AT MAIN ST. & FRONT ST.**

**9:00 a.m. - 3:00 p.m.** - Registration Packet Pick-up - **OKANAGAN PARK**

**9:00 a.m. - 3:00 p.m.** - Subaru Ironman Canada Village open - **OKANAGAN PARK**

**11:00 a.m.** - Press Conference at IMTV tent - **SUBARU IRONMAN CANADA VILLAGE**

**4:00 - 6:45 p.m.** - Welcome Dinner followed by a mandatory meeting for all competing athletes

**7:15 p.m.** - Subaru Ironman Hockey Legends Game - **PENTICTON MEMORIAL ARENA**

## SATURDAY, AUGUST 25

*NOTICE: There will be no Registration Packet Pick-up on Saturday*

**8:00 a.m. - 9:00 p.m.** - ECM Merchandise Tent open - **OKANAGAN PARK**

**9:00 - 11:30 a.m.** - Bike & Gear Bag Check-In - **BIKE LOT/TRANSITION AREA**

**10:00 a.m. - 6:00 p.m.** - Subaru Ironman Canada Village open - **OKANAGAN PARK**

**11:00 a.m. - 2:00 p.m.** - 2008 Subaru Ironman Canada Registration for 2007 competing athletes and locals - **OKANAGAN PARK**

**1:00 - 3:45 p.m.** - Bike & Gear Bag Check-In - **BIKE LOT/TRANSITION AREA**

**4:30 - 5:30 p.m.** - City of Penticton Parade of Athletes - **STARTS AT MAIN ST. & WHITE AVE.**

**5:30 - 6:30 p.m.** - T-shirt exchange; Pro Autographs - **GYRO PARK**

## PRIZE MONEY BREAKDOWN

**\$75,000 (Cdn)**

**1st place - \$12,000    2nd place - \$ 8,000**

**3rd place - \$ 5,500    4th place - \$ 4,000**

**5th place - \$ 3,500    6th place - \$ 2,000**

**7th place - \$ 1,500    8th place - \$ 1,000**

**ALSO FEATURING . . . 80 Slots to the Ford Ironman Triathlon World Championship in Kona Hawaii**

## SUNDAY, AUGUST 26

**5:00 - 6:00 a.m.** - Athlete Check-In - **NORTH END OF MAIN ST.**

**6:45 a.m.** - PRO START

**7:00 a.m.** - RACE STARTS

**8:00 a.m. - 11:00 p.m.** - ECM Merchandise Tent open - **OKANAGAN PARK**

**9:00 a.m. - 8:00 p.m.** - Subaru Ironman Village open - **OKANAGAN PARK**

**9:20 a.m.** - HSBC SWIM COURSE CLOSES

**5:30 p.m.** - TIMEX BIKE COURSE CLOSES

**Midnight** - NORTH SHORE ATHLETICS RUN COURSE CLOSES - FIREWORKS!!!

## MONDAY, AUGUST 27

**7:00 a.m.** - Finishers Merchandise available

**8:00 a.m. - 5:00 p.m.** - ECM Merchandise Tent open - **OKANAGAN PARK**

**9:00 a.m. - 3:00 p.m.** - ASI Finisher Photos available - **OKANAGAN PARK**

**9:00 a.m. - 3:00 p.m.** - Subaru Ironman Canada Registration for 2008 - **OKANAGAN PARK**

**9:00 - 11:00 a.m.** - Hawaii Registration - **OKANAGAN PARK**

**11:15 a.m.** - Hawaii Registration Roll Down for 2007 - **OKANAGAN PARK**

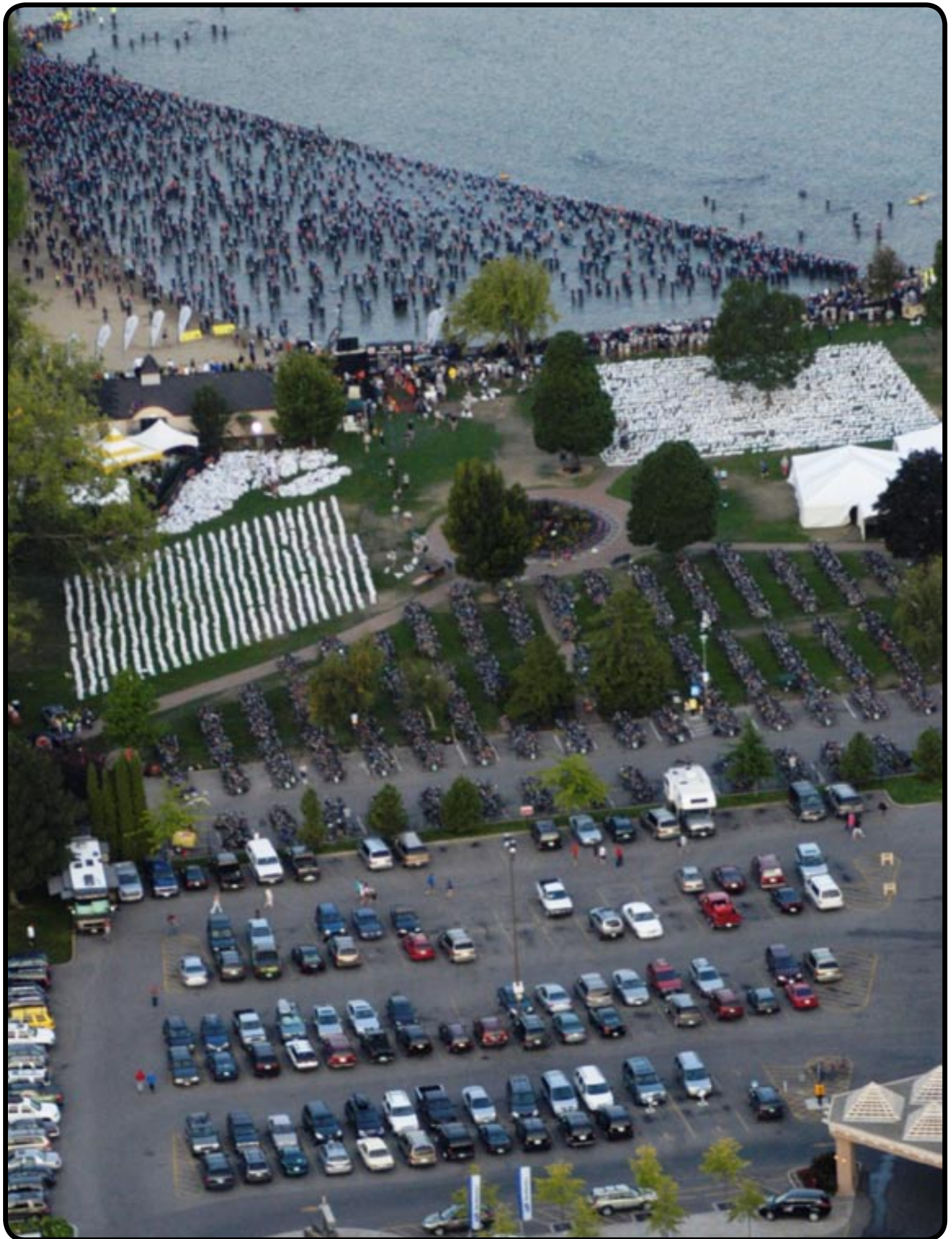
**5:30 p.m.** - Awards Banquet - **PENTICTON TRADE & CONVENTION CENTRE (PTCC)**

**5:30 - 8:30 p.m.** - ASI Finisher Photos available - **PTCC**

## TUESDAY, AUGUST 28

**5:00 p.m.** - Volunteer Party - **PTCC**





# Ironman “To-Do” List

*From the moment you arrive at an North America Sports event, there is an energy and enthusiasm in the air that can be a little overwhelming. So, to make sure that all athletes remember to do all the necessary things to ensure a successful experience, we have come up with a simple “To-Do” list.*

1. When you first arrive, you should drive the course and become familiar with the turns, hills, terrain, etc. It will help you to get on the course with peace of mind on race-day and you will be better prepared.

2. Registration Packet Pick-up. Make sure you arrive in adequate time to pick up your packet during the hours posted. Be sure to bring a Photo ID. If you do not bring a Photo ID, you will not be allowed to pick up your packet to race. Registration Packet Pick-Up for Subaru Ironman Canada opens at 10:00 a.m. on Thursday in Okanagan Park. You must register before 3:00 p.m. on Friday.

***If you do not come to Registration Packet Pick-Up during hours of operation, you will not be allowed to race.***

3. Once you have your registration packet, label all of your gear with your name and with the numbers provided. Make sure that everything is applied properly to avoid penalties during the race.

4. Take some time to enjoy the event and visit the Subaru Ironman Canada Village. Here you will find vendors and sponsors displaying the latest products in the triathlon world. Here you will also find an Ironman merchandise tent, Multi Sport Retailers’ Expo and interactive exhibits from event sponsors.

***It is a great opportunity to spend some time with your family, friends and fellow Ironman competitors. Relax. It is important to enjoy all aspects of the event.***

5. Bike and Gear Bag Check-In is on Saturday from 9-11:30 a.m. and 1-3:45 p.m. You must have your bike racked

before 3:45 p.m. No exceptions. Please remember that shoes are not allowed on the bike. You must place them in your gear bags.

6. Mandatory Athlete Meeting - Friday, August 24 following the Welcome Dinner.

7. Race morning - Drop off your Special Needs bags in their designated locations. Do not put anything valuable in the Special Needs bags as they are not available for pick up after the race.

8. Go to bodymarking. REMEMBER: DO NOT put lotion on before you get bodymarked.

9. The transition area will be open at 4:45 a.m. Sunday morning. This is a mass swim start, so seed yourself according to your swim speed and ability. Start time is at 7:00 a.m. Make sure you check your bike, pump your tires, etc. InsideOut Sports will be available to pump up tires and check bikes as well.

10. You can check your gear bags and put any last minute items in them before you head down to the swim start.

11. After the swim, peelers will help you take off your wetsuits. Make sure that you have written your name and number inside your wetsuit. Carry it with you to Change Tent and put it in your swim to bike gear bag once you are changed. There will be volunteers in the change tents to assist you. Toilets will be located outside by the bikes.

12. Retrieve your bike and go past the mount line before Mounting your bike as you head out on to the bike course.

***Shirts must be worn by all athletes and Race Numbers must be visible from the back.***

13. Aid stations are located approximately every 10 miles on the bike course. They will be stocked with water, Gatorade, PowerBar Gels, PowerBars and fruit.

14. When you finish the bike course, remember to dismount in the right area to avoid a penalty. Go to the Gear Bag Zone to retrieve your run gear, and head to the change tents.

15. On the run course, You must wear reflective tape.

***Shirts must be worn by all athletes and Race Numbers must be visible from the Front.***

16. Aid stations are located approximately every 1 mile on the run course. They will be stocked with water, Gatorade, PowerBar Gels, PowerBars, pretzels, Chicken broth and fruit.

17. Once you have completed the race, retrieve your bike and gear from the transition area. Ironman is not responsible for gear that is not picked up. Bike check-out will begin around 5:30 pm.

18. Don’t forget that results books will be available on Monday morning as well as finisher certificates. Hawaii registration will begin at 9:00 a.m., with roll down commencing at 11:15 a.m. Both in registration tent in Okanagan Park. You must be present with \$475 US in the form of a cheque drawn on a US bank or a credit card. Travelers checks are accepted. No Exceptions. The Awards Banquet will take place Monday evening at 5:30 p.m.



# **REGISTRATION PACKET PICK-UP**

## **PLEASE BRING !!! THE FOLLOWING ITEMS WITH YOU TO REGISTRATION PACKET PICK-UP**

- OFFICIAL PHOTO ID
- CONFIRMATION NUMBER (If you signed up on Active.com)

*\* NOTE: PLEASE PLAN TO ARRIVE AT THE RACE SITE IN TIME TO REGISTER DURING STATED REGISTRATION PERIODS*



### **1. CONFIRM YOUR ATHLETE NUMBER ON THE ATHLETE LIST**

### **2. SIGN WAIVERS**

**3. WEIGH IN** - Please tell the volunteer your weight. This is necessary for all athletes for medical purposes, as well as Clydesdale competitors.

**4. PICK UP REGISTRATION ENVELOPE** - This contains the following:

**A. RACE NUMBERS** - bike frame numbers, bike helmet numbers (to go on the FRONT of your helmet), athlete bike bib numbers (to go on the BACK of athlete), and athlete run bib number (to go on the FRONT of athlete).

**B. SWIM CAP** - Ensure the correct athlete number.

**C. ATHLETE ACCREDITATION WRISTBAND** - It is MANDATORY that athletes wear this wristband AT ALL TIMES. This is your pass to get into all race areas.

**D. TIMING** - You must proceed to the ChampionChip table to pick up your chip and get it scanned. If you own your own ChampionChip, please bring it with you to registration for scanning purposes.

Anyone wishing to use their own chip must email Sportstats at [info@sportstats.ca](mailto:info@sportstats.ca) or let them know at registration. Anyone who would like to purchase a ChampionChip may do so at [www.sportstats.ca](http://www.sportstats.ca). Chips

can also be purchased at registration.

**DO NOT FORGET YOUR TIMING CHIP ON RACE DAY!** You cannot race without your ChampionChip. If you have any problems, go to the timing area on race day morning.

**5. PICK UP GOODY BAGS** - Contains: Athlete T-shirt and sponsor product giveaways.

**6. PRO REGISTRATION/PROBLEM DESK** - Please go to the Pro Registration/Problem Desk if:

**A. YOU ARE AN ELITE WANTING TO REGISTER**

**OR**

**B. YOU HAVE A REGISTRATION PROBLEM**

*\*REGISTRATION VOLUNTEERS DO NOT HAVE TIME TO ANSWER GENERAL COURSE OR IRONMAN QUESTIONS. PLEASE GO TO THE INFORMATION BOOTH IN THE ATHLETE VILLAGE TO GET ANY QUESTIONS ANSWERED.*



# PRE-RACE INFORMATION

## LABEL YOUR GEAR

Please label every piece of clothing and gear, including both shoes, before leaving home. Remember to also label all race morning warm-up clothing.

## PERSONAL SAFETY

You should always train with at least one other person when possible, especially in the water. While in the water, please wear a brightly colored swim cap.

*\*NOTE: WHILE ON THE LAND COURSE, PLEASE BIKE AND RUN AS CLOSE TO THE SHOULDER AS POSSIBLE. DRIVERS ARE NOT ACCUSTOMED TO LARGE NUMBERS OF CYCLISTS AND RUNNERS ON THE ROADS. PLEASE EXERCISE CAUTION. NORTH*

*AMERICA SPORTS HAS BECOME KNOWN FOR THE VERY SPECIAL CARE GIVEN TO CONTESTANTS ON RACE DAY. PLEASE BE AWARE WHEN YOU ARE TRAINING ON STREETS AND HIGHWAYS OF THE RACE LOCATIONS THAT THOSE SHARING THE ROADS WITH YOU ARE THE VERY ONES YOU WILL COUNT ON DURING RACE DAY TO FULFILL YOUR PHYSICAL AND EMOTIONAL NEEDS. BE COURTEOUS AND AWARE IN YOUR TRAINING PRACTICES. OBEY ALL TRAFFIC LAWS AND REMEMBER CYCLING SIDE-BY-SIDE AND IN PACKS IS ILLEGAL.*

## INFORMATION BOOTH

There will be an information booth in the Subaru Ironman Canada Village in Okanagan Park throughout the week of the race. The Information booth will serve as a central information center through-

out Ironman week. Course information, Schedule of Events, Parking, Lost and Found, and all pertinent information will be available at the Information Booth.

## BIKE & GEAR BAG CHECK-IN

Bike and Gear Bag Check-In at the Bike Lot/ Transition Area on Saturday from 9:00-11:30 a.m. and 1:00-3:45 p.m. Only registered athletes with ID bands may enter the IRONMAN transition area. There is no bike inspection, so please ensure that your bike is in safe and full working condition. Place your bike in the appropriately numbered slot in the bike lot.



# RACE DAY INFORMATION

## RACE MORNING CHECK-IN

Athletes may check in beginning at 4:45 a.m. — NO EARLIER PLEASE. Remember to bring your swim cap, goggles, wetsuit, and ChampionChip. Bike technicians and bike pumps will be available in the bike lot race morning.

## BODYMARKING

Please DO NOT apply sunscreen before being marked. Bodymarking begins at 4:45 a.m. Bodymarkers will be available just outside Gyro Park on Main Street.

## TRANSITION CHECK-IN GATES (CLOSE AT 6:30 A.M.)

All athletes should be out of transition before this time.

## EYEGASSES

Prescription glasses must be labeled with race number. Prescription glasses should be placed onto the eyeglasses table near the swim exit, just outside of transition in the swim exit chute. You may retrieve them following the swim from the eyeglass table.



# DIRECTIONS TO THE RACE

Subaru Ironman Canada is pleased to announce the following travel partners making it easy to get to the Okanagan.

## AIR CANADA

We have appointed Air Canada as the official airline for Subaru Ironman Canada in Penticton on August 27, 2006. Simply contact Air Canada's North America toll free number at 1-800-361-7585 or local number 514-393-9494 or Travel Agent and take advantage of Special Discounted Airfares. Our convention number is CV053761. By ensuring that the convention number appears on your ticket, you will be supporting our organization. We thank you.

## BUDGET RENT-A-CAR

Budget Rent-a-Car is the official car rental company of Subaru Ironman Canada. Budget is conveniently

located in both the Penticton and Kelowna airports as well as having downtown locations in both cities. Call Budget at 1-888-368-RENT or 1-888-368-7368 or locally call 250-487-2500.

## OKANAGAN RESERVATIONS INC.

For your accommodation needs. Also airfare, car rental & tours. Okanagan Reservations Inc. is the official travel tour operator for Subaru Ironman Canada. We save you precious time and money by looking after all your travel needs. Our service includes: Hotel and motel reservations, airfares from anywhere in the world, travel insurance, car or van rentals, pre and post Subaru Ironman Canada tours ie: Golf, Winery or sightseeing tours. One call does it all 1-800-663-1900, e-mail: sales@okres.bc.ca or www.okres.bc.ca

# POST-RACE INFORMATION

## MEDALS/FINISHER SHIRTS

Your medal and finisher shirt will be presented to you at the finish line.

## MASSAGE

Walk for five minutes prior to entering the Massage Tent. This will help prevent cramping.

## MEDICAL TENT

The Medical Tent is for patients only. Family members are not allowed in the Medical Tent. Overcrowding in the Medical Tent prevents the Medical Staff from doing their job. Please wait at the Medical Information Tent for updates on athlete conditions. Please wait at the Medical Information Booth located on the beach next to the Medical Tent for updates on athlete conditions.

## SECURITY

Only athletes or persons displaying security tags will be allowed inside transition. Please understand your friends and family must wait outside of transition until you're ready to join them.

## POST-RACE EQUIPMENT PICK-UP

Following your massage, you must

remove your gear and bike. The transition area will open for you to pick up your things at 5:30 p.m. All bikes must be removed by Midnight. Please be aware of other athletes that are still racing when picking up your bike early.

## LOST AND FOUND

Lost and Found will be located in the Information Booth during race week. Lost and found articles will be available for claim at the Information Booth.

*\*NOTE: REMEMBER NUMBERING EVERY ITEM CAN ASSIST IN THE RETURN OF LOST ARTICLES.*

## IMPORTANT INFORMATION ON 2007 REGISTRATION FOR THE FORD IRONMAN TRIATHLON WORLD CHAMPIONSHIP - 9:00 A.M.

We have 80 spots for the 2007 Ford Ironman Triathlon World Championship in Hawaii. The spots are divided in proportion to the number of competitors in

each age group. The spots for that age group with no finishers will roll to other age groups within the same gender. 2007 Registration for the Ford Ironman Triathlon World Championship in Hawaii will take place in registration tent in Okanagan Park.

Any spot unclaimed during 2007 Registration for the Ford Ironman Triathlon World Championship will be rolled down through that age group starting at 11:15 am.

*\*NOTE: IF YOU ARE ATTEMPTING TO QUALIFY FOR HAWAII, COME TO 2007 FORD IRONMAN TRIATHLON WORLD CHAMPIONSHIP REGISTRATION WITH \$475 US IN THE FORM OF A CHEQUE DRAWN ON A US BANK OR A CREDIT CARD. TRAVELERS CHECKS ARE ACCEPTED. THERE IS NO TIME AVAILABLE TO BE LOOKING FOR THESE THINGS ON REGISTRATION DAY!! YOU MUST BE IN ATTENDANCE TO CLAIM YOUR SPOT SO PLAN YOUR TRAVEL ACCORDINGLY. ABSOLUTELY NO EXCEPTIONS WILL BE ALLOWED.*



# RACE RULES AND INFORMATION

North America Sports (NAS) events are sanctioned by USA Triathlon (USAT). NAS has been granted certain rule dispensations so please read the following information carefully as the rules may differ slightly from other USAT-sanctioned events.

Athletes should be aware of the serious consequences of violating USAT

Competitive Rule 3.5 - Unregistered participants, which states:

**a.** Any person who participates in any portion of a sanctioned event without first properly registering and paying any required registration fee shall be suspended or barred from membership in USAT and

barred from participation in any sanctioned event for a period of up to one year.

**b.** Any person who in any way assists another athlete to violate Section 3.5a by providing or selling a race number to that athlete shall be suspended or barred from membership in USA Triathlon and

## A Message from the Head Referee

*We will be using a modified version of the USAT Competitive Rule set. In summary, these rules operate under the three strikes and you are out principle. Drafting is the only violation that incurs a time penalty (to be served in a penalty tent, located at various spots on the bike course). Any and all violations count toward your 3-strikes.*

**Example 1. Drafting Call (4 minutes to be served in penalty tent on the bike course)**  
**2. Helmet Chinstrap Call**  
**3. Littering- this is the 3rd Call and a disqualification (DQ).**

*In other words, any combination of 3 rule violations will result in a DQ. In order to minimize athletes' misunderstanding on race day, please take the time to read the following summary of rules and review the USAT Competitive Rulebook.*

- RIDE ON THE RIGHT SIDE OF YOUR LANE
- KEEP FOUR BIKE LENGTHS BETWEEN YOURSELF AND THE CYCLIST IN FRONT OF YOU
- PASS ON THE LEFT OF THE CYCLIST IN FRONT, NEVER ON THE RIGHT
- COMPLETE YOUR PASS WITHIN 20 SECONDS
- IF PASSED, DROP BACK FOUR BIKE LENGTHS BEFORE RE-PASSING

*There are trained officials on the course to ensure safety and fairness. Triathlon is an individual event and it is the athlete's responsibility to fully understand the rules and avoid penalties. The Marshal's ruling is final in the case of Position Violations and there are no protests or appeals. Following are the most common rules violations:*

- ILLEGAL POSITION OR BLOCKING - RIDING ON THE LEFT SIDE

- OF THE LANE WITHOUT PASSING
- ILLEGAL PASS - PASSING ON THE RIGHT
- OVERTAKEN - AFTER BEING PASSED, FAILING TO DROP BACK FOUR BIKE LENGTHS BEFORE RE-PASSING
- DRAFTING - FOLLOWING A LEADING CYCLIST CLOSER THAN FOUR BIKE LENGTHS AND FAILING TO PASS WITHIN 20 SECONDS
- CHIN STRAP - ALWAYS HAVE YOUR CHINSTRAP SECURELY FASTENED!

*Other violations include failure to wear race number, riding or running with an IPOD, Thump, or any other musical device and littering. It's important to remember that while drafting is the only violation to incur a time penalty, you must go to a penalty tent for all violations to have your number marked and all violations count towards your three strikes. There will be no penalty tents on the run. If you are penalized on the run, the official will mark your number on the spot.*

*Remember to treat other athletes, volunteers and officials with courtesy and consideration. Failure to do so is Unsportsmanlike Conduct and may result in disqualification.*

*I sincerely hope you have a great race, lots of fun, and achieve all your goals.*

**Jimmy Riccitello**  
**Head Referee, WTC**



barred from participation in any sanctioned event for a period of up to one year. Anyone who violates this may be banned for life from any NAS event. Violating this rule puts insurance coverage for this event at risk.

*\*NOTE: ANY VERBAL ABUSE OF MARSHALS, RACE OFFICIALS OR VOLUNTEERS IS GROUNDS FOR IMMEDIATE DISQUALIFICATION.*

NAS reserves the right to make changes to these rules at any time. Notification of any change will be in accordance with USAT procedures.

## HSBC SWIM COURSE & RULES

**- COURSE LENGTH -  
2.4 MILES / 3.8 KM**

*- CUT OFF TIME - 9:20 A.M.  
- BIKE START CUT OFF TIME - 9:30 A.M.*

1. EACH SWIMMER MUST WEAR CAP PROVIDED BY RACE.

2. NO FINS, AQUA SOCKS, GLOVES, PADDLES OR FLOTATION DEVICES OF ANY KIND ARE ALLOWED.

3. SWIM GOGGLES OR FACE MASKS MAY BE WORN.

4. NO INDIVIDUAL PADDLERS OR ESCORT ALLOWED. The course will be adequately patrolled by boats, canoes and paddleboards.

5. WETSUITS ARE ALLOWED FOR ALL ATHLETES IF THE WATER IS 78 DEGREES FAHRENHEIT OR COLDER.

6. ANY ASSISTANCE REQUIRED DURING THE SWIM WILL RESULT IN DISQUALIFICATION IF FORWARD PROGRESS WAS MADE. Athletes are permitted to use kayaks and boats as aid, so long as no forward progress is

made. Special provisions are made for wheelchair athletes. Course officials and medical personnel reserve the right to remove athletes from the course if determined medically necessary.



7. SWIM COURSE WILL CLOSE AT 9:20 A.M. Contestants in the water after this time will be disqualified and will not be permitted to continue in the event. All athletes must cross the timing mats to enter the beach or they may be disqualified.

*\*NOTE: ANY ATHLETE ELECTING NOT TO RACE MUST NOTIFY TIMING DESK IMMEDIATELY. ABOVE ALL, THE SAFETY OF EACH SWIMMER IS OUR PRIME CONCERN. A FULL SWEEP OF THE COURSE WILL BE MADE DIRECTLY BEHIND THE LAST SWIMMER. VISUAL AID WILL BE PROVIDED BY THE LIFEGUARDS, DIVERS, CANOES AND KAYAKS, BUOYS, AND AQUATIC CRAFTS THAT LINE THE COURSE.*

## SWIM TO BIKE TRANSITION

After the swim, you will be directed through the timing chutes to the bike and run transition. NO PUBLIC NUDITY. We require you to be fully ready to race before getting on your bike. Per-

sonal nutrients are permitted if carried on your person, in a front pack, or in your gear bags. Sunscreen is available in the transition area.

*- BIKE START CUT OFF TIME - 9:30 A.M.*

*\*PLEASE INFORM FRIENDS AND RELATIVES TO STAY OFF BIKE/RUN COURSE.*

## TIMEX BIKE COURSE & RULES

**- COURSE LENGTH -  
112 MILES / 180 KM**

*- CUT OFF TIME-5:30 P.M.*

Please understand that based on permits for the roads on the course and the safety of the athletes involved, cutoff times must be respected for all Ironman events.

1. NO TANDEM, RECUMBENTS, FAIRINGS, OR ANY ADD-ON DEVICE DESIGNED EXCLUSIVELY TO REDUCE RESISTANCE ARE ALLOWED. Any new, unusual, or prototype equipment will be subject to a determination of legality by the event organizer and/or Head Referee.

2. POSITION RULES:

a. Absolutely NO DRAFTING of another bike or any other vehicle is allowed.

b. Contestants must ride single file on the far right side of the road except when passing another rider. Side-by-side riding is not allowed.

c. Overtaking riders may pass on the left



for up to 20 seconds, but must move back to the right side of the road, after passing.

d. Riders must keep 7 meters (~4 bike lengths) distance between bikes except when passing.

e. An overtaken rider must fall back 7 meters (~4 bike lengths) before attempting to regain the lead from a front running bike.

f. Athletes committing rules violations will be notified “on the spot” by an official.

g. The official will:

i. Call out your race number, notify you that you have received either a RED CARD for drafting, or a YELLOW CARD for any other penalty. The official will show you the corresponding colored card.

ii. Instruct you to report to the next penalty tent (PT) on the course. There will be at least three PTs on the course and one in, or near the bike to run transition. THE EXACT LOCATION OF THE PTs WILL BE STATED AT THE PRE-RACE MEETING.

iii. Take your photograph for verification that you were penalized.

h. The Athlete will:

i. Report to the next PT and tell the PT Official whether you received a RED CARD or a YELLOW CARD. If you fail to report to the next PT, you may be disqualified.

ii. Have race numbers marked by the PT Official with a “/” for drafting or a “P” for all other penalties.

iii. Register, via the sign-in sheet.

iv. Resume the race immediately, upon having your numbers marked with a “P” and registering, for all non-drafting violations (YELLOW CARD).

v. Remain in the PT for four minutes for each drafting violation (RED CARD).

vi. Be disqualified if you receive any combination of three penalties. If you are disqualified, you may finish the bike course but may not start the run.

vii. Risk disqualification for not reporting to the PT.

3. SHOES AND HELMET MUST BE IN THE BIKE GEAR BAG. SHOES MAY NOT BE ON OR BESIDE THE BIKE. Shoes and shirt must be worn at all times.

4. EACH CONTESTANT MUST WEAR THE SUBARU IRONMAN CANADA ISSUED RACE NUMBER AT ALL TIMES WHILE ON THE COURSE. The bike number must be placed low on the BACK of Rider’s jersey where it is clearly visible. Folding or cutting race number or intentional alteration of any kind is STRICTLY PROHIBITED. Race belts may be worn.

5. CPSC-APPROVED HELMET IS REQUIRED DURING THE ENTIRE BIKE PORTION INCLUDING IN AND OUT OF TRANSITION AREA. Any contestant riding without an approved helmet or chinstrap not fastened may be disqualified. Alterations to hard-shell helmet, which affect its integrity, are not allowed.

6. NO INDIVIDUAL SUPPORT ALLOWED. AMPLE AID AND FOOD STATIONS WILL BE PROVIDED. Friends, family members, coaches, or supporters of any type may NOT bike, drive, or run alongside contestant, may not pass food or other items to contestant and should be warned to stay completely clear of all participants to avoid the disqualification of a participant. It is incumbent upon each contestant to immediately reject any attempt to assist, follow, or escort.

*\*NOTE: BIKE AID STATIONS ARE LOCATED APPROXIMATELY EVERY 10 MILES. IT IS YOUR RESPONSIBILITY TO SLOW FOR SAFE NUTRIENT PICK-UP. CALL OUT YOUR REQUIREMENTS CLEARLY AND IN ADVANCE. CREWS ARE INSTRUCTED NOT TO STEP ACROSS THE WHITE LINE FOR HANDOFFS. THERE WILL BE WATER,*

*GATORADE, POWER BARS, POWERGEL, AND FRUIT AT THE BIKE AID STATIONS. IT IS IMPERATIVE THAT YOU DON’T TOSS BIKE BOTTLES, CUPS, OR NUTRIENT BAGS ON THE ROADSIDE ALONG THE COURSE. BIKE BOTTLES MUST BE TOSSED TOWARD THE BOTTLE DROP AT THE ENTRANCE AND/OR EXIT OF EACH AID STATION. A PENALTY WILL BE ASSESSED FOR DISCARDING A BIKE BOTTLE OR ANY OTHER LITTER/TRASH OUTSIDE THE DESIGNATED DROP ZONE.*

7. EACH CONTESTANT MUST BE INDIVIDUALLY RESPONSIBLE FOR REPAIR AND MAINTENANCE OF THEIR OWN BIKE. Assistance by anyone other than race personnel will be grounds for immediate disqualification. Each cyclist should be prepared to handle any possible mechanical malfunction.

*\*NOTE: TECHNICAL SUPPORT VANS WILL BE ON THE COURSE TO ASSIST WITH EMERGENCY REPAIRS WHENEVER POSSIBLE, E.G. REPLACEMENT TUBES, TIRES, CHAINS, ETC. TECHNICAL VANS WILL ROAM THE COURSE THROUGHOUT THE DAY, BUT ARE LIMITED IN NUMBER. BE PREPARED.*

8. CONTESTANTS ARE EXPECTED TO HEED DIRECTIONS AND INSTRUCTIONS OF ALL RACE OFFICIALS AND PUBLIC AUTHORITIES. Failure to do so may result in disqualification.

9. CONTESTANTS MAY WALK BIKE, IF NECESSARY, BUT MAY NOT MAKE PROGRESS ON THE BIKE COURSE UNACCOMPANIED BY THEIR BICYCLE.

10. BIKE INSPECTION IS NOT MANDATORY AND WILL NOT BE PROVIDED AT BIKE CHECK-IN, ALTHOUGH TECHNICIANS WILL BE AVAILABLE. Athletes are ultimately responsible for their own bikes. However, race officials







may at their discretion make final judgment as to the soundness of bikes. In the event of foul weather, large plastic bags, which cover the entire bike, will be permitted as long as the bags are securely fastened to the bike.

11. HEADSETS OR HEADPHONES ARE NOT ALLOWED DURING ANY PORTION OF THE EVENT.

12. MEDICAL SUPPORT. If you need minor medical assistance, Sag Wagons will pick you up and take you to the medical tent, where you shall receive treatment. Alternatively, depending upon medical emergency, ambulances will take you to the nearest hospital to receive treatment. If you have a technical problem or have bonked, the Sag Wagons will take you to the next aid station. At every bike and run aid station, there will be rest areas and medical personnel to assist in any medical problem. Additionally, there will be radios to contact ambulances and medical assistance. If you have a problem, please go to an aid station for further assistance.

13. CYCLISTS STILL ON THE COURSE AFTER 5:30 P.M. WILL BE DISQUALIFIED AND WILL NOT BE PERMITTED TO CONTINUE IN THE EVENT.

## BIKE TO RUN TRANSITION

Medical facilities will be available to you at

the bike-to-run transition. Athletes requiring medical care at this point in the race will not be allowed to continue. The Medical Director's decision is final. Both transition times will be included in your bike split.

## NORTH SHORE ATHLETICS RUN COURSE & RULES

**- COURSE LENGTH -  
26.2 MILES / 42 KM**

**- CUT OFF TIME - MIDNIGHT**

1. NO FORM OF LOCOMOTION OTHER THAN RUNNING, WALKING OR CRAWLING IS ALLOWED.

2. RUNNERS MUST WEAR THEIR RACE NUMBER IN FRONT OF THEM CLEARLY VISIBLE AT ALL TIMES ON THE COURSE. Race numbers issued by NAS identify the official contestants in the race. Folding, cutting the race number, intentional alteration of any kind, or failure to wear race number is STRICTLY PROHIBITED and may result in disqualification.

3. NO INDIVIDUAL SUPPORT VEHICLES OR NON-PARTICIPANT ESCORT RUNNERS ARE ALLOWED. This is an individual endurance event. Teamwork as a result of outside assistance, which provides an advantage over single competitors, is not allowed. Individual support vehicles or non-participant escort runners will result in disqualification. A non-participant escort runner includes participants who have withdrawn from the race, have been disqualified or have finished the race. Friends, family, members, coaches or supporters of any type may not bike, drive or run alongside contestant, may not pass food or other items to contestant and

should be warned to stay completely clear of all participants to avoid the disqualification of a participant. It is incumbent upon each contestant to immediately reject any attempt to assist, follow, or escort. It IS permissible for a contestant who is still competing to run with other contestants who are still competing.

4. RUNNERS ARE EXPECTED TO FOLLOW THE DIRECTIONS AND

## INFORMATION BOOTH

1. THERE WILL BE A DESIGNATED AREA AT THE EVENT FOR INFORMATION. The information booth serves as the information center throughout race week and on race day for the friends and family members of athletes. Race information prior to and on race day will be available here.

2. SPECTATOR VIEWING GUIDES, OFFICIAL NAS PROGRAMS, INFORMATION ABOUT ATHLETES ON THE COURSE, DROPOUTS, INJURIES, ETC. WILL BE POSTED WHEN AVAILABLE ALONG WITH THE RESULTS.

3. PERSONAL MESSAGES WILL BE POSTED, BUT WE CANNOT GUARANTEE DELIVERY OF ALL MESSAGES.

4. THE FINISH LINE AREA IS A VERY CONGESTED AND FAST-PACED AREA. For safety, ABSOLUTELY NO family, children, spouses, friends, fans, etc., are allowed into the finish area.



# Medical Information

To ensure the health and safety of the athletes competing in the Subaru Ironman Canada, months of planning has been undertaken by dozens of skilled professionals. Ultraendurance athletes face specific medical conditions unique from the day-to-day problems people face. Please take time to review the following information. Be prepared. Appropriate training, knowledge and preventive measures are your best allies for a safe and healthy race.

A triathlon pushes the physical limits of human endurance, beyond what it would seem what the body can withstand. Yet race completion rates approach an astonishing 92%. Still, many athletes seek or require care on race day.

Several conditions have been documented over the years in triathletes. They can generally be grouped into different categories for discussion.

**1. DEHYDRATION** — To maintain an adequate circulatory volume and blood pressure, triathletes must ingest an adequate amount of fluid replacement. During the course of a race this intensive, it can be difficult to drink enough. Dehydration may cause cramping, muscle ache or other performance deteriorating symptoms. Most often these are nonspecific. It may worsen fatigue. A dehydrated athlete may have problems related to temperature regulation. Adequate and appropriate rehydration is a balance. Know your body. Use what has worked for you during training. Remember also that ingesting excess free water may cause other problems such as disturbance of electrolytes.

**2. RESPIRATORY/ASTHMA** — If you have a history of breathing difficulties or experience wheezing when exposed to certain allergens, please consult your physician about possible preventative measures.

**3. TEMPERATURE PROBLEMS — HYPOTHERMIA** — The weather is predicted to be hot. Or it may be cool with a light mist of rain. Or it may be unseasonably cold. Bring some extra gear. Be flexible. Stay hydrated. Not even the weatherman knows. Typical weather in Penticton in August will be pleasant and in the 70s.

**4. TRAUMA** — Try to avoid it. Be aware of other traffic on the bike and run course. Check your brakes (again).

**5. SPECIAL CONDITIONS** — If you have unique medical concerns (allergies, unusual or chronic medical problems), please bring those to the attention of the race medical staff so we can be prepared if you need emergency medical care. If you have a Medical Alert badge, please wear it. Help us help you. Be prepared.

There will be a medical tent in the transition zone, near the finish line. In addition there will be medical care at every aid station on the bike and run course. Seeking care does not automatically result in medical disqualification.

After thoughtful discussion, the following decisions have been made for this year's race to ensure the medical safety of all injured athletes or those requiring medical attention.

**6. INTRAVENOUS FLUID REPLACEMENT** — Please expect that there will be strict guidelines in place for IV fluid replacement. This is to ensure that the sickest athletes will receive immediate and efficient medical treatment on arrival at the Medical tent. Whenever

possible, oral fluid replacement will be given in preference to IV fluid replacement. Please abide by the decision of our Triage team in this regard.

**7. LATE FINISHERS** — If you finish the race after midnight, please be aware that there will be only a skeleton medical staff on stand-by at the Medical tent.

*\*NOTE: REMEMBER ALSO THAT TREATMENT AT THE HOSPITAL IS COSTLY, SO PLEASE MAKE CERTAIN YOU HAVE VALID MEDICAL INSURANCE.*

## SEVERE HYPONATREMIA IN ULTRA ENDURANCE ATHLETES: CAUSES, PREVENTION AND EARLY RECOGNITION

There have been several athletes with symptomatic hyponatremia (low blood sodium concentration). Severe acute hyponatremia is a rare but well recognized life-threatening complication of ultra endurance athletic events. Every reasonable step should be taken to minimize the risk of serious hyponatremia developing in the future, and to ensure that prompt recognition and appropriate management of athletes at risk is undertaken.

### WHAT IS HYPONATREMIA?

To remain healthy, the body requires the concentration of sodium to be regulated within a very narrow range. The body achieves this through the kidneys, which are able to adjust the concentration of sodium in the blood by varying the amount of water released from the body. To do this, when deprived of water, the body secretes a hormone called anti-diuretic hormone (ADH) which instructs the kidneys to conserve water. On the other hand, when an excess of water had been ingested, ADH secretion is shut off, allowing the kidneys to release the extra water. In some circumstances, ADH may be secreted in amounts that are inappropriate to the body's needs for water conservation. For example, some lung diseases, nausea and vomiting, and severe pain can cause ADH to be released beyond the body's normal needs, resulting in abnormal water retention and lowering of the serum sodium concentration.

Mild hyponatremia may cause no symptoms, or may be associated with headache and mild confusion. As serum sodium concentration falls, headache may become more severe, and confusion more obvious, to the point of disorientation with unusual and inappropriate behavior. In the worst cases, severe hyponatremia can lead to collapse, convulsions, and rarely to death.

Experienced ultra endurance athletes know that dehydration is one of the greatest risks they face, and have learned to combat this through ample fluid ingestion during competitions. Until recently, it has been assumed that it was impossible to drink too much, since the body would get rid of any excess. We now know that this does not always happen, and while less experienced athletes are at greater risk, even the most fit and well trained ultra endurance athletes may develop significant hyponatremia.



## CONTRIBUTING FACTORS TO HYPONATREMIA

A review of the medical literature on this subject suggests that the following factors are to be considered in explaining the complex subject of hyponatremia, keeping in mind that not all Ironman athletes respond in the same manner to the stress of endurance competition:

1. **CONDITIONING** — Less well conditioned athletes are at a higher risk. Factors may include prolonged completion times, increased water intake, gut trapping of fluids, greater pain, and more frequent nausea and vomiting.

2. **EXCESSIVE INGESTION OF WATER OR DILUTE REPLACEMENT SOLUTION** — Athletes should determine their fluid needs during training and should be careful not to exceed those needs during competition.

3. **TRAPPING OF FLUID IN THE INTESTINAL TRACT** — Sustained high intensity work can shut down normal gut function, allowing replacement fluids ingested to accumulate in the gut. After the event, the gut will resume function, which can lead to rapid absorption of a large volume of fluid, suddenly lowering the blood sodium concentration to potentially dangerous levels.

4. **INAPPROPRIATE ADH SECRETION** — Nausea, vomiting and severe pain are powerful triggers for ADH release. These symptoms are likely to be more severe in less well conditioned athletes.

5. **NON STEROIDAL ANTI-INFLAMMATORY DRUGS (NSAIDS)** — There are many examples of this group of drugs, some of which can be purchased without prescription. These drugs can contribute to hyponatremia by a direct action on the kidney.

6. **THE TYPE OF REPLACEMENT FLUID USED DOES NOT APPEAR TO BE A FACTOR** — Rather, it is the other factors noted above related to conditioning, volume of fluid ingestion, gut trapping of fluid, pain, nausea, vomiting and NSAIDs which set the stage for hyponatremia. Each athlete should identify his or her own preferred replacement fluid, learn how to use it properly, and stick with it during training and competition.

## PREVENTION

There are no clear and simple preventative measures which can guarantee protection against the development of hyponatremia.

1. **ATHLETES SHOULD STRIVE FOR OPTIMAL TRAINING AND CONDITIONING FOR THE RIGORS OF IRONMAN COMPETITION.** The risk of developing hyponatremia during and after prolonged exercise is probably the greatest in the less fit athletes. **REMEMBER — DO ON RACE DAY WHAT YOU DO IN TRAINING!** Know your body and do not exceed your limitations.

2. **ALL ATHLETES SHOULD KNOW THEIR APPROXIMATE FLUID REPLACEMENT REQUIREMENTS DURING EXERCISE.** There is a tremendous difference in the volume that people sweat. This can be calculated during a one hour work out (swimming, biking or running) by measuring pre and post exercise body weight (nude).

3. **AVOID NON STEROIDAL ANTI-INFLAMMATORY DRUGS FOR 48 HOURS PRIOR TO AND ALSO DURING THE RACE.**

4. **TRAIN ON THE SAME FLUID REPLACEMENT DRINK THAT WILL BE AVAILABLE DURING COMPETITION.**

## EARLY RECOGNITION AND MANAGEMENT OF THE COMPETITOR AT RISK OF HYPONATREMIA

Athletes who experience persistent symptoms of nausea, vomiting, dizziness, headache, or a sense of disorientation or confusion, should report to Ironman Medical personnel for assessment.

## COMPETITORS-Required Medical Insurance Coverage

This is to inform all Ironman competitors that they are responsible for medical expenses arising from their participation in this event, either from accident or illness. Ambulance transfers to the hospital and treatments in the Emergency Room are very expensive and competitors should ensure they have full medical insurance. Payment by check or cash upon discharge from hospital is necessary. The reason for this is that many insurance companies do not pay claims out of country, but will reimburse the patient for medical expenses incurred.

## THE FOLLOWING SERVICES ARE PROVIDED TO IRONMAN ATHLETES AT NO CHARGE:

1. **MEDICAL COVERAGE ON THE RACE COURSE.**

2. **ALL VOLUNTEER TIME DONATED BY THE AMBULANCE ATTENDANTS.**

3. **AMBULANCE TRANSPORTATION FROM THE RACE COURSE TO THE MEDICAL TENT AT THE TRANSITION AREA.**

4. **ALL VOLUNTEER TIME DONATED BY DOCTORS, NURSES, PHYSIOTHERAPISTS, MASSAGE THERAPISTS AND LABORATORY TECHNICIANS ON THE RACE COURSE AND IN THE MEDICAL TENT.**

5. **ALL MEDICAL SUPPLIES RECEIVED EITHER ON THE RACE COURSE OR IN THE MEDICAL TENT.**

All Ironman competitors are therefore strongly urged to purchase adequate medical insurance coverage in preparation for their participation in the Subaru Ironman Canada.

*North America Sports wishes you all good training, good health and good luck during your race season.*



# Race Courses Descriptions/ Race Maps

## HSBC SWIM COURSE

The pros start is at 6:45 a.m. followed by the opening and anthem at 6:50 a.m. Competitors hit the water at 7:00 a.m. The swim will start from Okanagan Lake Beach in Rotary Park. The swim finishes at Okanagan Lake Beach at Rotary Park.

The probability of rain is only slight at this time of year. Morning winds are generally very low and the lake should be calm. However, the water temperature, wave action and wind could at times can cause discomfort, so we highly recommend that you train and compete in a wet suit. Average water temperature on race day is 68 F / 20 C.

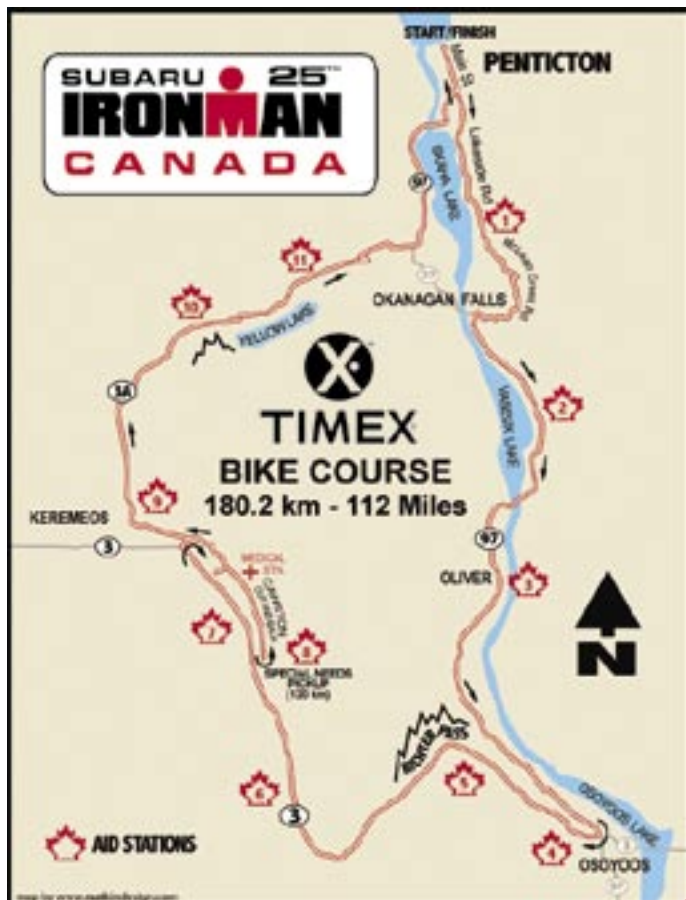
Swim security for athletes will be maintained at the highest level from morning entry to race transition until the return from the swim. ANY ATHLETES ELECTING NOT TO RACE MUST NOTIFY THE SWIM DESK IMMEDIATELY. Above all, the safety of each swimmer is our prime concern. A full sweep of the course will be made directly behind the last swimmer. Visual aid will be provided by the Penticton Yacht Club, and the Canoe and Kayak Club. Buoys and aquatic crafts line the course.



## SWIM TO BIKE TRANSITION

You will be directed through timing chutes to the wet suit strip area. Athletes requiring eye glasses call for them as they reach the beach. Following wet suit strip, proceed through bike gear racks and then into the change tents. DO NOT drop and change when and where you pick up your gear bag. NO PUBLIC NUDITY PLEASE.

We require you to be fully ready to race before entering the bike lot. This rule is for your own safety as well as our race crews. Swim course closes at 9:20 a.m. A water/Gatorade station will be located near the bike lot entrance. Sunscreen is available at this point as well.



## TIMEX BIKE COURSE

The first 14 km of the bike



course (south on Main Street, Lakeside Road and East side Road) is relatively flat. Just past this point, a left turn onto McLean Creek Rd. is the start of a significant climb of approximately 1 km, followed by a scenic winding road that leads through the Okanagan Falls countryside. The route will continue down Peachcliff Estates Hill, where athletes will then turn left on Highway 97 at 10th Avenue in the Township of Okanagan Falls. CAUTION is required on all roads, and avoidance of excessive speeds approaching curves and corners is critical. The next 35 Kms are relatively flat as you ride through Oliver and Osoyoos to the base of Richter Pass. From this point the course becomes more difficult. The long 11 km climb up to Richter Pass (elevation at summit , 2295 feet) and the series of challenging hills beyond the 84 km point complete the most difficult part of the course. From Keremeos (the 132-km point), the ride then follows a gradual uphill climb to the summit at Twin Lakes, and then a fast winding downhill ride to Highway 97 and north to Penticton. Skaha Lake Road to Main Street and the Transition area is also flat.

Technical Vans will be on the course to assist with emergency repairs whenever possible, i.e. replacement of tubes, tires, chains etc.

Remember ... to ingest water, carbohydrate and electrolyte often. Rehydration is important.

Bike Stations are located approximately every 10 miles apart. It



is your responsibility to slow for safe nutrient pick-up. Call out your supply requirements clearly and in advance. Crews are instructed not to step across the white line for hand-offs. It is imperative that you don't toss bike bottles, sponges, cups or nutrient bags on the roadside along the course. Bike bottles must be tossed toward the bottle drop at the entrance and/or exit of each station.

The bike Special Needs is located at the turnaround in the Cawston out and back loop at approximately 120 km. The bike course closes at 5:30 p.m. (10 hours, 30 min from race start).

## BIKE TO RUN TRANSITION

Full medical facilities will be available to you at the bike-to-run transition. Athletes requiring IV fluids at this point in the race will not be allowed to continue. The Medical Director's decision is final. At this point, remember, timing crews will check to see that reflective tape is properly pinned before allowing you to leave transition. Both transition times will be included in your bike split.

Please tell friends and relatives to stay off Bike/Run course.

## NORTH SHORE ATHLETICS RUN COURSE

The run course for Subaru Ironman Canada is known for its scenic beauty and the enthusiastic support of the volunteers at aid stations along the way. Aid stations are placed approximately every mile.

The run starts at transition as runners head out



towards Okanagan Lake turning right on to the pathway. Runners run past the Kiwanis pier running along the path alongside Okanagan Lake in front of the Lakeside Hotel. Just past the Hotel runners turn right and join the path through Okanagan Lake park crossing Lakeshore Drive to run on the south side of the road. Shortly after crossing Lakeshore runners go left (south) on Main St. and head out of town. At Kinney Avenue, go left and then right on to South Main, which becomes Eastside Road. This portion is a favorite part for many athletes as it winds along the lake to Okanagan Falls. The run continues west to just before Christie Beach (where there is an Aid Station / Special Needs). The course proceeds back along the same route into Penticton. Proceed all the way down Main St. and at Westminster Avenue, turn left and go west to Winnipeg street (about 500m), and this time turn right on Winnipeg running towards Lakeshore Drive. Runners go left at Lakeshore and run out to the SS Sicamous and around to the right and head back to the finish line between Winnipeg St. and the Martin Street. This final stretch will be lined with spectators and supporters to cheer you in.

Runners on the course after dark will be provided with glow sticks, which must be worn or carried to insure your safety and visibility. We encourage you to pick up your sweater or warm ups at the special needs station. It can get quite chilly after sunset.

REMEMBER: SPECIAL NEEDS BAGS WILL NOT BE RETURNED.

The marathon course will close officially at 12:00 a.m. (midnight). All athletes still on the course past 12:00 a.m. (midnight) will be offered a ride to the transition area.

# NORTH SHORE ATHLETICS RACE CHECKLIST



## PRE-RACE IN TRANSITION AREA

- Sunscreen
- Warm-up clothes
- Bike pajamas
- Food and drink
- Race numbers for clothes
- Race belt
- Water bottles
- Floor pump
- Electrical tape
- Spare tires (2)
- Spare tubes (2)
- Spare bar- (2)
- end plugs
- Small tool kit
- Glue (for sew-ups)

## SWIM

- Wetsuit
- Swimsuit/skin suit
- Goggles
- Race cap
- Spare cap
- Body glide/lube

- Towel for transition

## BIKE

- Bike
- Race wheels
- Bar end plugs (2)
- Food for bike
- Helmet
- Sunglasses
- Cycling shorts
- Cycling jersey/singlet (mandatory!)
- Cycling shoes
- Clear rain jacket (optional)
- Tights (optional)
- Socks
- Tubes (2)
- Tires (2)
- Tire levers (3)
- Patch kit
- Small tool kit
- Water bottles/JetStream
- CO2 cartridges/min
- Bike pump
- Glue (for sew-

ups)

## RUN

- Cap/visor
- Singlet
- Shorts
- Tights (optional)
- Long-sleeve wicking shirt (optional)
- Socks
- Shoes with quick lace system
- Reflective tape (mandatory)
- Fanny pack
- Gel/food for run
- Salt Tablets
- Fuel belt
- Sunglasses
- Blister pads
- Post race towel
- Water to rinse face
- Clean, comfortable post-race shirt
- Clean, comfortable post-race

pants

- Socks
- Jacket/pullover
- Comfortable shoes
- Recovery drink/food/water
- Cap

\*NOTE: ALL ITEMS LISTED IN THE SUGGESTED CHECKLIST WILL BE AVAILABLE AT THE INSIDE OUT SPORTS BIKE AND SPORTS EXPO IN THE SUBARU IRONMAN CANADA ATHLETE VILLAGE.



# North America Sports would like to thank the 2007 Subaru Ironman Canada sponsors who help to make this event possible



Presented by



# Ironman Notes







## **ENTRY INFORMATION FOR 2008 SUBARU IRONMAN CANADA**

Penticton, BC - The demand for entry into Subaru Ironman Canada to be held on Sunday August 25, 2008 in Penticton, B.C. is expected to be very high. Historically, Subaru Ironman Canada has been one of the most popular Ironman events worldwide, with entry positions selling out within 24 hours of availability each year since 1998. Due to the high demand North America Sports has put into place the following Registration Procedures.

All general entry registration will take place on-site, in Okanagan Park where the Subaru Ironman Expo is located. You must be present to register and you may not register another person.

Registration for athletes entered in the 2007 race will take place on Saturday, August 25th between 11:00 a.m. and 2:00 p.m., in Okanagan Park, wristbands and ID will be checked. At this time athletes from the local area may also register, there will not be local registration at the Subaru Ironman Canada office for 2008.

Open registration will take place on Monday, August 27th from 9:00 a.m. to 3:00 p.m. at Okanagan Park. Athletes competing in the 2007 race and locals may also register at this time. Please ensure you have photo ID with you at registration.

Should there be spots available after on-site registration; an announcement will be made in mid-September regarding entry process. We will also announce the number of Ironman Community Fund spots that will be available for Subaru Ironman Canada at that time.

Registration for those qualifying for the 2007 Ford Ironman World Championships will also take place in Okanagan Park on Monday, August 27th from 9:00 a.m. to 11:00 a.m. The rolldown of World Championship slots will take place at 11:15 a.m. You must be present to claim your entry slot.