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**Athlete Instructions**

**Where can I park?**

There is limited parking in at Westsyde pool.  If you park in the Westsyde pool lot, you will have to leave your vehicle there until the end of the race.  We suggest you park at David Thompson School (access via Wawn Road) on 1051 Pine Springs Road and walk across the school field to transition.

***What do I do with my bib number?***

Pin it to the front of your running shirt. If you have a race belt, you may wear your number on your back for the bike and on your front for the run. If you have a tri suit you may want a race belt – sold at Runner’s Sole or you may want to pin it to a top.

***What do I do with my bike number?***

Attach the bike number to the crossbar on your bike: fold bike number over crossbar, remove paper strip from tape and secure.

***What do I do with my helmet sticker?***

Stick the number on the front of your bike helmet.

***How do I wear my swim cap?***

The seam of the cap runs from nose to neck. We need the numbers to be across your forehead

***Timing chip***

You will receive your leg tag for timing at Athlete check-in Sunday morning.

**Sunday, May 15, 2018 -  RACE DAY**

6:30 – 7:30am Bike check-in, body marking & day of race package pick-up.

7:30am Mandatory pre-race meeting

8:00 am Race start

**Race Start is 8:00 am – ALL BIKES MUST BE IN TRANSITION BY 7:15AM REGARDLESS OF HEAT START TIME**

Assemble on the pool deck 10 minutes prior to your heat start time as per posting in pool lobby.