

Course Information Main & Sprint

Swim

The swim takes place in warm Fuller Lake located in Fuller Lake Park. This is a single lap course that starts and finishes at the public beach. Swimmers start in the water swimming clockwise, keeping the buoys on their right forming a triangle. All swimmers start in the water but on opposite sides of the dock. The Main and Relay Event keeps to the left of the dock; the sprint starts approx 15 minutes after the main event. The sprint swim forms a smaller triangle inside the Main.

Bike

Your Bike must be numbered with supplied bike number (on frame/seat or bars to be visible from both sides). Bike time includes both transitions. Fasten helmet, walk bike out of transition. Caution! There are three speed bumps on the Park road immediately after leaving transition. Roads are open to traffic, so ride safely, obey traffic controllers and traffic laws.

Main & Relay Event: Exit left from Park on Fuller Lake Rd, left on Cottonwood Rd, right on Crozier Rd, and right on the Old Chemainus Road. Follow this up to the Crofton X Roads intersection; turn left on Crofton Rd, continue past Sprint turn around and turn right on York Rd, through Crofton. York turns into Osborne Bay Rd, turn right on Herd Rd, right on Bell McKinnon, slow down on very steep hill as you make a hard right at end onto Westholme Rd, back onto the Old Chemainus Road, returning to transition. Dismount and walk bike into transition.

Sprint Event: is an out and back following the same route as the Main but turning around at the Crofton Shell Service Station on Crofton Rd.

Run

Race number must be worn on front. Exit transition through ran exit. Exit park, turn left on Fuller Lake Rd, at end of road turn right onto gravel road. At top of short hill Main and Sprint runners turn left and ran trail clockwise until back at same point, turn left on trail exiting behind arena, ran alongside arena on access rd. This is one loop.

Sprint runners have completed their loop, they turn left and run back to finish chute

Main & Relay runners must complete two loops, turn right at end of arena access rd back onto Fuller Lake Rd and complete second loop. Upon finishing second loop turn left back to park, finish chute is on road just past transition.