

Turn By Turn Directions

FREE SPIRIT:

Transition: is .5 k in length with bike mount & dismount line near Vanier. Finish line is near Massey.

Olympic & tri-a-tri are on west end near bike mount & dismount line--from swim turn left into transition-

SPRINT: is on east side near run course start & finish line--from swim run right on grass to left turn into transition near finish line. Sprint athletes have until 8:00 a.m. to check into transition -- MUST USE MASSEY

Street--use town map

Bins are allowed in transition by event fencing near your bike

CAUTION: Sprint swimmers coming into transition may encounter the Olympic athletes starting their run course.

Swim: Olympic 1 loop--deep water start-- travel left along shore until channel--turn right into middle--

Swim with current to yellow buoy turn to finish. This is the sticky part to navigate straight into the finish -- requires constant checking.

Swim: Sprint: 1/2 of the olympic loop--deep water start--travel left along shore until 1st yellow buoy.

Turn right with current to yellow buoy -- turn right--swim to 3rd yellow buoy -- turn right to finish. This is the sticky part to navigate straight into the finish--requires constant checking.

Relay swimmers: start is with the male Olympic 8:00 a.m. or the male Sprint 10:00 regardless of gender!

Relay exchange will be the swimmer passing off chip to cyclist's at bike transition.

TRI-A-TRI SWIM: is deep water start--along the shore left--turning right around turn buoy (or kayak person)

--swim back to finish line--Swim belts are available for tri-a-tri racers upon their request.

BIKE COURSE IS OPEN TO TRAFFIC--USE RED FLASHING LIGHT ON REAR OF BIKE--USE CAUTION

CYCLE: Olympic 1 loop--exit right onto Vanier--it is an uphill--turn left on #211 continue for 12 k to SHARP RIGHT TURN into Energy plant--turn around at parking lot entrance--return to #211 via traffic yield right--cross bridge --incline hill to #211/11 turnaround--return to Pinawa--right turn to ABERDEEN--downhill--turn left at Willis (no exit--lake in front) with hill--continue to transition.

CAUTION: possible merge at Aberdeen bike return with tri-a-tri turning left from #211 to Aberdeen.

CAUTION: watch out for SPRINT tri-athletes coming into transition from swim.

CYCLE: Sprint 1 loop--exit right onto Vanier--it is an uphill--turn left on #211 continue until Sprint turnaround.

Return via #211--right turn to ABERDEEN--downhill--turn left at Willis (no exit--lake in front) with hill--continue to transition.

CAUTION: no paved shoulders--be prepared to deal with vehicles parked too close to the right to allow you to pass correctly.

Aqua bike racers must put on running shoes to around finish post to the finish line

Relay cyclists will exchange chip with runner at bike rack location

CYCLE: TRI-A-TRI: check to have your helmet on first -- bike should be in easy gear--exit right onto Vanier--it is an uphill --turn left on #211--proceed to LEFT turn on ABERDEEN:

#1 caution: wait for bike-coordinators clearance to cross #211 to Aberdeen

#2 caution: possible MERGE with returning Olympic cyclists

All cyclists will give race numbers & name as requested at course turnarounds!

RUN: travel east to right turn on Massey--water station on your left--bathrooms on your right--follow course route to trail--turn left--follow trail to boat launch area--bathroom on left--travel straight to trail--follow trail route--including hill--to left turn between tennis courts & swimming pool fence--turn right on Willis--turnaround return on Willis/#211 (past golf course)--to BURROWS (NEW RUN ROUTE)--CONTINUE west on Burrows--left turn into parking lot by gas station--through mall parking lot--return to Burrows to Willis (where you came out on trail previously) stay on Willis until finish line at Massey.

Olympic runners (with wristband) : 2 loops Sprint runners 1 loop

Tri-a-tri RUN: travel east to right turn on Massey--water station on your left--bathrooms on your right--follow course route to trail --turn left--follow trail to boat launch area--bathroom on your left--TURN AROUND--return on Willis to FINISH LINE.

Water stations are at Run Start, beach playground (before your left turn between tennis courts to Willis),

Burrows (after your right turn from Willis), and the mall parking lot turn-a-round.