



PRE-RACE INFORMATION

Timing Wristbands and Race Package Pickup: Please refer to the “Schedule of Events” page.

Escort Boats: Escort canoes and kayaks are recommended for all swimmers. Swimmers participating without an escort boat do so at their own risk! If you do not have your own escort boat, water craft can be rented from Columbia Kayak and Canoe near James Chabot Provincial Park. Contact Penny Powers at 250-342-7397 or www.columbiariverkayakcanoe.com. If you have a “Swim Buddy” (visibility floatation device), please wear it during the race. Although, Lake Windermere is relatively quiet early in the morning, there will still be limited boat traffic.

2K & 5K SWIM DISTANCE EVENTS: To ensure that you are registered in the correct event, please notify us no later than 12:00 noon on Saturday (the day before race day) to change the distance of your swim.

Results: Official timed results will be provided for the 2K and 5K distances and posted online as soon as possible.

Cancelation or DNF: If you are unable to complete your event (or do not start the event), please inform a volunteer or race official as soon as possible, and provide your full name and assigned race number.

Spectators: Binoculars may be handy for spectators on shore and of course we suggest that you bring a camera. At this time, we do not have a designated photographer for the event.

Volunteers: We need volunteer assistance for an hour or two for timing at the finish line (collecting race numbered wristbands, timing) as well as with the food tent to distribute snacks and drinks. If you have friends or family who can volunteer during the event, please ask them to use our “signup sheet” on the “Volunteer” page of our website: <http://www.volunteersignup.org/QR33L> or contact us by email or phone as listed below.

Questions? Please contact us any time.

CONTACT BRUCE OR SANDRA

By email anytime at: heartoftherockiestri@shaw.ca Or By telephone: (250) 342-3373