



**PEACH CLASSIC
PENTICTON TRIATHLON**

*40th Edition
2023*

ATHLETE INFORMATION GUIDE

All necessary information and maps are contained in this manual. It is your responsibility to read it.

Disclaimer: The Athlete Information Guide is accurate as of the distribution date. If any information changes, we will email athletes if time permits. At the very least, changes will be announced on-site before the race starts.

Schedule of Events

Saturday, July 15th

9:30-5:00 Package pick-up at Peach City Runners | 214 Main St.,
Penticton, BC

Sunday, July 16th RACE DAY

- 5:00 a.m. Body marking opens | Timing chip pick-up opens | Transition opens | Late package pick-up opens
- 6:55 a.m. Athletes must be ready to enter the water
- 7:00 a.m. Sprint distance start
- 7:05 a.m. Standard distance start
- 8:15 a.m. Swim cut-off for both events (1 hour 10 minutes after final wave start)
- 10:00 a.m. Post-race food available
- 10:15 a.m. Awards ceremony – Sprint distance
- 11:00 a.m. Beer and wine garden opens – live music begins
- 11:05 a.m. Official course cut-off (4 hours after final wave start)
- 11:15 a.m. Awards ceremony – Standard distance

Athlete Check-in

When?

Saturday, July 15, 9:30 a.m.-5:00 p.m.

Where?

Peach City Runners | 214 Main St., Penticton, BC

Note: Main St. is closed to traffic on Saturday from 8:30 a.m. to 1:30 p.m. for the Penticton Downtown Community Market and Farmers' Market. You can find paid parking on side streets and in parking lots.

What to Bring

You must pick up your own race package and show a valid picture ID and proof of insurance (Triathlon BC, ATA, STAC membership or race day insurance).

Notes: We will not accept the \$15 insurance fee at package pick-up. Athletes must pay for this in advance and show proof of payment.

Athletes will pick up their timing chips on race morning.

There is no bike check-in or pre-race briefing on Saturday. All information and maps are available in this Athlete Guide.

Late Package Pick-up

If you cannot pick up your race package on Saturday, there will be a tent set up outside of the transition area on race morning for late package pick-ups. However, it is advisable to pick up your race package on Saturday at the designated times in case of errors, omissions, and lack of time before the race starts. Also, any last-minute changes will be issued on Saturday at the race package pick-up, and you may miss important instructions for your race. We do not accept responsibility for your lack of attendance and any resulting problems, errors, or omissions.

You must fulfil the same requirements for package pick-up on race day as you would at the regularly scheduled pick-up, including a valid picture ID and proof of insurance (Triathlon BC, ATA, STAC membership or race day insurance).

What's in the Race Package?

- Race bib with detachable food and beverage tickets
- Swim cap
- Wristband
- Race number bike and helmet stickers

Race Morning Procedure

Rotary Park

Rotary Park is between the iconic Penticton Peach and the Penticton Lakeside Resort.

This is a mixed residential and commercial area with limited parking. Please allow enough time to find parking or arrange to be dropped off near transition.

Parking

Race day parking will be available approximately 1-2 blocks from transition on Ellis St., Main St., Martin St., and Winnipeg St. south of Westminster Ave.

Public parking lots are FREE on Sundays and holidays in Penticton. There is one behind each of the 200, 300 and 400 blocks of Main St. on the east side. There is also a public lot on Martin St. behind City Hall which is free on Sundays. Please read the signs. Do not park in reserved spaces. Please DO NOT park on Lakeshore Dr., as it will be **closed**, and your vehicle will be towed.

Transition Area Access

The transition area will **open at 5:00 am** and **close at 6:45 am** to ensure all athletes are down at the swim start.

To enter transition, athletes must first

- Get body marked
- Pick up timing chip
- Affix wristband

If an athlete arrives without these items, they will not be allowed into the

transition area. Body marking and timing chip stations will be open until 6:40 a.m.

No friends or family are permitted in the transition area before or during the race.

Bikes and helmets must have the race numbers affixed to enter the transition area.

Bike racks are assigned by number and event. When you arrive at your bike rack, please rack your bike by the seat on the correct side. One side is for even-numbered athletes, and the other is for odd-numbered athletes.

Please arrive early enough to set up your gear and familiarize yourself with the transition area. Do not bring oversized bags or large containers; each athlete has limited space to lay out their race gear at their bike slot.

There is no mandatory bike inspection before the race. Mechanics will be on-site to help with minor repairs or adjustments. Do not rely on this service to tune and fix major issues with your bike. Do this before race day at a local bike shop.

Please make sure you have water bottles and adequate nutrition on your bike before you arrive in transition. There will not be any water bottles or fuel provided in transition on race day, and there are no aid stations on the bike course!

Late Package Pick-up

For those unable to pick up their race package on Saturday, a table will be set up outside the transition entrance. Athletes may only pick up their own package and must show a valid photo ID and proof of insurance (Triathlon BC/ATA/STAC membership or race day insurance).

Spectator Viewing

Spectators can walk along the Lakeshore Dr. sidewalks to watch athletes leave transition and complete the out-and-back bike section along Lakeshore Dr.

You can also walk up Vancouver Hill to see cyclists and runners heading in and out on the course. Please do not congest the corner roundabout on Ellis St. or the intersection of Front St. and Lakeshore Dr. These are high-traffic areas that the run and bike courses follow. Do not follow athletes onto the course for safety reasons.

Race Administration

Race Rules

Triathlon BC sanctions the Peach Classic events. Each athlete is responsible for knowing and abiding by the rules outlined by World Triathlon and Triathlon BC. Please review the rules here: [Provincial Triathlon Competition Rules](#). Unless specifically addressed in Provincial Triathlon Competition Rules, the [World Triathlon Competition Rules](#) shall affect all the PSO-sanctioned competitions.

Triathlon BC officials will be on-site during the event. If you have any questions about the rules, please ask an official (yellow vest) before the start of the event.

Sanctioning

The Peach Classic Triathlon and the Penticton Triathlon Club are insured and sanctioned by the appropriate provincial governing body for triathlon, Triathlon BC.

Race Items

Wristband

A wristband with your race number will be affixed to your wrist at Athlete Check-in. This band identifies you as an official participant and must be worn during the entire event. The wristband is required for identification and allows access to the transition area and post-race rejuvenation. Please do not remove your wristband until you have picked up your bike and race gear from transition! You will not be allowed to remove your bicycle and gear from the transition area following the race without your wristband affixed to your wrist.

Body Marking

Athletes must get body marked before picking up their timing chip and entering the transition area. Please show the volunteers at Body Marking your wristband, and they will mark you according to Triathlon BC rules.

Timing Chip

Athletes must show their body markings to pick up their timing chip before entering the transition area. The timing chip tent will distribute chips until **6:40 a.m.**

Do not trade your chip with another athlete! Each chip is encoded with your

specific registration data.

The chip must be affixed to either ankle before the swim start and worn during the entire event. **Ensure the chip is on your skin and is not covered by or on your wet suit.** Your timing chip will not scan under a wetsuit! Athletes are responsible for crossing the timing mat before the swim start and the mats at the end of each segment (swim, bike, run).

Timing must be returned at the end of the event. A chip-replacement fee applies for chips that are not returned.

Race Numbers

There will be **THREE** race numbers that you are required to display during the event:

- The adhesive **BICYCLE FRAME NUMBER** must be attached to your bike with the race number clearly visible from both sides of the bike.
- There are six small adhesive **HELMET NUMBERS**. **One of these** must be worn on the **FRONT** of your bike helmet. Optionally, you may also affix numbers to either side of your helmet.
- The **RUN NUMBER (bib)** must be displayed during the run segment on the **FRONT** of your body. Pin your run number to your shirt or use a race belt. You will need the tear-away food and beverage tickets from the bib to receive your complimentary food and beverage after the race.

Athletes will not be permitted to have any other stickers on their bikes or helmets other than the unaltered stickers provided in the athlete's race package. All stickers from previous events must be removed.

Bike frame numbers may not be altered, cut, or trimmed in any way. Doing so will result in a **penalty or disqualification** from Triathlon BC officials. Any bike not properly displaying the bike frame number will be removed from the transition area during the swim.

Course Cut-off Times

Due to permits, race insurance, and volunteer staffing, all participants must remain on pace to complete the Peach Classic Triathlon in **4 hours** from the start of the Standard distance swim. Any athlete crossing the finish line after this time will not have an official time and will not be eligible for age-group ranking and awards. The following cut-off times apply to both the Sprint and the Standard distance events.

Swim (750 m/1500 m)

The swim course will close **1 hour 10 minutes** after the final wave start of the Standard distance. Any athlete still in transition after **1 hour 15 minutes** from the final wave start will not be permitted to start the bike.

Bike (20 km/40 km)

The bike course will close **3 hours and 10 minutes** after the final wave start of the Standard distance swim.

Run (5 km/10 km)

The run course will close **4 hours** after the final wave start of the Standard distance swim.

Additionally: You will be unable to continue onto the run course if either of the following conditions exists:

- Race staff or officials deem you in no condition to continue.
- Race staff or officials deem you too far behind the next-to-last athlete and unable to complete the course within the overall cut-off time.

Dropping Out

Please notify a race official and return your timing chip to the official if you drop out of the race. Please do not cross the timing mat at the finish.

Medical Care

There will be a medical tent in transition. If you require medical assistance on the course, please let race staff or a volunteer know, and they'll do their best to call for medical care. Major medical issues may require transportation to the hospital at the athlete's expense.

Unsportsmanlike Conduct

Unsportsmanlike conduct or the verbal abuse of any race official or volunteer during the race or at any time during the event weekend will result in immediate disqualification and report to the World Triathlon Tribunal for possible suspension. Athletes need to respect race officials, race volunteers, and race staff to be welcome to race at the Peach Classic Triathlon in the future.

Timing & Results

Official race results from [Sportstats](#) will be posted online in real-time before the awards presentation. Please check to ensure that your time and age group results are correct. Report any discrepancy to race staff before the start of the awards presentation. Any differences not brought to the attention of the timers before the final results are processed for the awards will not be adjusted after and will stand as official.

Athletes who do not wear the timing chip during the entire event will not be scored. Please note that the clock at the finish line reflects the start time of the first swim wave. This is different from the official time recorded by your timing chip.

Award Categories

Awards for both the Sprint and Standard events will be given three deep for both men and women in 5-year age groups as follows:

20-24	25-29	30-34	35-39	40-44	45-49
50-54	55-59	60-64	65-69	70-74	75-79

As the Standard event is the Provincial Championships, these athletes will receive Triathlon BC Championship medals.

Sprint distance athletes will receive Peach Classic Triathlon medals.

Non-binary athletes will receive Peach Classic Triathlon medals for each race, three deep in each of the following categories:

Open, up to age 39; Masters, 40 – 59; Seniors, 60 plus.

All finishers will receive Peach Classic Triathlon finisher medals.

Award Ceremonies

The award ceremonies will take place at Rotary Park. We encourage everyone to stick around and cheer on your fellow competitors!

10:15 a.m. Sprint Distance*

11:15 a.m. Standard Distance*

*Award ceremony times are approximate and are dependent upon the following:

- Final finisher in the specific event
- Review of protests
- Review with officials for penalties and disqualifications
- Printing the results

Post-Race Rejuvenation

Post-race rejuvenation will be available in Rotary Park north of the transition area.

Athletes must wear and show their wrist band; Volunteers must wear their event shirt. Family, friends, and the public can participate in the rejuvenation offering for a fee once the race is completed.

Post-Race Equipment Recovery

Security will be in transition until 12:30 PM on race day. Remember to keep your athlete wristband on until you have removed all your gear from transition, including your bike. This is our way of identifying you and ensuring no one else leaves with your bike.

You cannot remove bikes from the transition area until all bikes from both events (Standard & Sprint) are off the racecourse. This is a safety and control issue and will be monitored by Triathlon BC officials on site. Once we get the clearance from the officials, you can remove your bike and gear.

Contingencies

If you withdraw from the Peach Classic Triathlon (the "event"), regardless of the reason, including medical, personal, travel, family, work, or military service, **your entry fee is not refundable.**

The Peach Classic event may be cancelled due to dangerous weather, natural disaster, public health orders and other situations outside the organizers' control. This includes cancellation before the scheduled start date of the event. If cancellation of the event takes place for any of the reasons listed above, **your entry fee is not refundable.**

Should the event be delayed, the event's starting time will be moved back accordingly. The delay will be communicated to all participants in attendance. The Peach Classic Triathlon management team, the Triathlon BC Technical Delegate, and local law enforcement have the authority to delay or cancel an event. The race director also reserves the right to modify the course before or during an event by their judgment or if instructed by the authorities mentioned above. If the event is delayed or the course modified or cancelled by event officials, **your entry fee is not refundable.**

Transfer of Entry

Event entry fees are not transferable to another person or another event. Any purchase or transfer of registration other than through The Peach Classic Triathlon management compromises the sanctioning and insurance of the event through our provincial sanctioning body, Triathlon BC.

Any attempts by an athlete to transfer an entry or right to participate in the event or failure to adhere to this policy and any event regulations, guidelines, and procedures will be viewed by event management and officials as acts of bad faith, and they will initiate such sanctions against the athlete as they in their sole discretion deem appropriate, including but not limited to refusal to allow the athlete to participate in any future Peach Classic Triathlon events.

Errors

Every effort is made to ensure the accuracy of the information found within this Athlete Information Guide and www.peachclassic.ca. No warranty, expressed or written, is made regarding the content of this guide or the website. The Penticton Triathlon Club and Peach Classic Triathlon will not be held liable for mistakes, typographical errors, omissions, or other errors which may render some information inaccurate. While we will do our best to update athletes as necessary, the information and policies in this guide and the website are subject to change without notice.

COURSE INFORMATION AND CONDUCT

Swim Course: 750 m/1500 m



For a complete set of Swim Technical Rules, refer to Section 4, Swimming Conduct of the [PSO Competition Rules](#).

The swim course is a counter-clockwise, one-loop course for both the Sprint (750 m) and Standard (1500 m) distances. Athletes run directly into transition after exiting the water.

Okanagan Lake can become choppy if the wind picks up; however, it is usually relatively calm. At this time of the year, water temperatures can be quite warm, so there is a higher-than-normal possibility of a non-wetsuit swim. We have designed the course for those concerned with swimming longer distances without a wetsuit.

Swim Cap

Your swim cap will be provided at Package Pick-up. This year, the **caps are NOT colour-coded**. Do not trade your swim cap with another athlete, as the caps are numbered. We must be able to identify you in the event of an emergency. You must keep your cap on until you pass the timing chute at the swim exit.

Note: We have a “WHITE CAP” system in place. If you feel you are a weak swimmer, anxious about the swim, or have a medical condition that puts you at risk during the swim, we will give you a white swim cap which will allow us to keep a closer eye on you. We will have white caps available at package pickup if you feel you will need one.

Wetsuits

According to Triathlon BC rules, wetsuits will be allowed during the swim if the water temperature on race morning is within the current standard set by the World Triathlon Competition Rules. A water temperature measurement will be conducted on race morning, and an official decision will be announced one hour before the race start.

Note: If you decide to swim with a wetsuit after an official decision of non-wetsuit swim, please be aware that you will not receive an official time and will not be eligible for awards.

Wave Starts

There will be two swim waves:

7:00 a.m. Sprint Distance

7:05 a.m. Standard Distance

Swim Assistance

Canoeists and kayakers will be present throughout the course. EMTs will be standing by at the swim start/finish area.

Cutoff

The swim course closes 1 hour 10 minutes after the final wave start.

Bike Course: 20 km/40 km



For a complete set of technical rules, refer to Section 5, Cycling Conduct of the [PSO Competition Rules](#).

Note: This is not a closed bike course, meaning the course is open to the public. Please be aware of your surroundings and respect traffic and traffic controllers on the course.

From the transition, all athletes will head west along Lakeshore Drive to the roundabout at the S.S. Sicamous, then back along Lakeshore Drive and up Vancouver Hill. Cyclists will do an out-and-back loop at the top of the hill using Middle Bench and Tupper intersections. They will then travel out to Naramata Rd. to the end turnaround points for each distance: (Turn around points monitored by cameras)

Sprint distance:

The Sprint turnaround is marked at approximately 13 km, located at 1725 Naramata Rd. This turn will be monitored and controlled. The Sprint distance course contains about 210 meters (688 feet) of total climb.

Standard distance:

The Standard distance course continues along Naramata Rd. to North Naramata Rd. (stay to the right) at the Naramata Village intersection. The turnaround is at Sun Rock Lookout (aka Painted Rock). This turn will be monitored and controlled. The Standard distance course contains approximately 432 meters (1,417 feet) of total climb.

All athletes:

After the above turnarounds, head back towards Penticton along Naramata Rd., turn right onto Corbishley Drive, follow around the backside of Munson Mountain, and back down Vancouver Hill to transition.

Note: The Bike Dismount Line (monitored by Triathlon BC Officials) will be several meters in front of a Bike Course Finish banner. The timing mat is at the Bike Finish after the Dismount Line. This will be the "Bike In" time for both events.

Bike Aid Stations

There are **no** aid stations on the bike course! Please make sure you have water bottles and adequate nutrition on your bike before you arrive on race morning to set up in transition. There will not be any water bottles or fuel provided in transition on race day morning. You are responsible for your own hydration and nutrition on the bike course.

Please do not throw away empty bike bottles on the course.
Please respect the environment!

Cutoff

The bike course closes 3 hours and 10 minutes after the final wave swim start.

Run Course: 5 km/10 km



For a complete set of Technical Rules, refer to Section 6, Running Conduct of the [PSO Competition Rules](#).

From transition, athletes will head east on Lakeshore Dr. to Okanagan Park, then follow the pathway through the park and behind the Art Gallery. Follow the Marina Way sidewalk to Abbott St. Turn right on Abbott St. (A very steep hill!) to Vancouver Dr. and turn left. Continue to Vancouver Place, turn left, and join the KVR trail at the cul-de-sac.

Sprint distance

Athletes will run 1.2 km on the packed gravel trail to the turnaround. This will be well marked. Return via the same route back to the finish line.

Standard distance

Athletes will do a 3.7 km run on the scenic KVR trail through vineyards and orchards and over the trestle bridge. The turnaround is 300m past Davenport Ave. (Abandoned Rail Brewing Co.). Return via the same route back to the finish line.

Cutoff

The run course closes 4 hours after the final wave swim start.

Run Course Aid Stations

There are four aid stations on the run course. Since the course is out-and-back, you will hit some of the aid stations twice. Each station will be stocked with water and sports drink.

Sprint distance aid stations:

- Transition exit
- 1.25 km (KVR trail entrance)
- 2.5 km (turnaround)
- 3.75 km (KVR trail exit)

Standard distance aid stations:

- Transition exit
- 1.25 km (KVR trail entrance)
- 2.5 km (Sprint course turnaround)
- 3.75 km (Davenport Rd.)
- 6.25 km (Davenport Rd.)
- 7.5 km (Sprint course turnaround)
- 8.75 km (KVR trail exit)

Transition Area Conduct

For complete transition area technical rules, refer to Section 7, Transition Area Conduct of the [PSO Rules](#).