

**Bike Check-in**  
(Sunday 5:30-7:00)

**Preparation**

At registration you have received a sticker for the bike. The bike sticker should be attached so it is visible from both sides of the bicycle.



**Bike Check-in**

For the bike check-in put your helmet on and close the helmet band. You must expect the following inspections.

- visual inspection of the bike
- brake system check
- race number on bike
- helmet check

Place you bike on your numbered position.

**Directions for Putting on Timing Chip Band**

Place the band on ankle with words “Swim, Bike, Run” showing Face Up.  
Place the gap between the foam tags at the center of the ankle. Make sure one foam spacer is located on the right side of the ankle and the other on the left side of the ankle – Per photo #1.

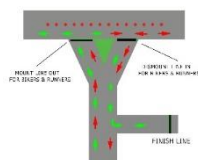


Adjust and attach the Band by inserting two fingers to create space between the ankle and the Band – Per photo #2.

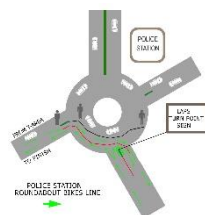
Be sure your hands are completely clean so as not to affect the adhesive with sunscreen, Vaseline etc.  
For the timing Band to work properly, it must be on the outside of all clothing. Do not cover with wetsuit.  
A backup timing chip is behind your Race Number. It is very important not to remove it.

**Points of Critical Importance on the course**

**MOUNT DISMOUNT LINE**



**POLICE STATION**



**GRECIAN PARK**



**WATERPARK RUNNERS SPLIT POINT**



**Bike Check-out**  
(Sunday 15:00)

Don't remove the bike race number.  
Have your bib number with you.