

FOR IMMEDIATE RELEASE:

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2016 INAGURAL WESTWOOD LAKE TRIATHLON THIS SUNDAY WESTWOOD LAKE PARKING LOT CLOSED SUNDAY 6 AM – 3 PM

Victoria, B.C. – (June 24, 2016) Dynamic Race Events and the City of Nanaimo, in conjunction with Tourism Nanaimo are pleased to announce that the 1st Annual Westwood Lake Triathlon will be held in Nanaimo at Westwood Lake Park on Sunday June 26, 2016. This event is attracting athletes from Vancouver Island and the Lower Mainland, to test their fitness on the challenging course.

The Westwood Lake Triathlon is offering athletes the choice of three distances; a Sprint course, Standard course and Half Iron distance.

CAUTION NOTICE: Cyclists will be on East Wellington Rd, Jingle Pot Rd between Holland and Biggs Rd, and on Biggs and Doumont Roads from 8 am to 1 pm on Sunday

“Westwood Lake is an ideal setting for a triathlon event, having been the venue for triathlon for the BC Summer Games in 2014, as well as being the lake that many of the city’s triathletes use for their open water swims. The bike course will be a challenging one, with some good climbs and quick descents, with the majority of the run course taking place around the scenic Westwood Lake Trail” said Race Director Joe Dixon.

As part of the event permit Dynamic Race Events has rented Westwood Lake Park for the event Saturday and Sunday this weekend. There will be no parking at Westwood Lake Park on Sunday for the public until

This event has the support of both the City of Nanaimo and Tourism Nanaimo.

Dynamic Race Events is a Victoria, B.C. based Sports Management Company owned and operated by Joe Dixon and Angie Woodhead. Dynamic Race Events produces six triathlon races in beautiful British Columbia.

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