UM Canada 515 Race Guide



https://umc515.com

At a glance

Race Date: Friday to Sunday, July 23 to 25, 2027

Location: Skaha Lake and the South Okanagan, BC. Race HQ at Christie Memorial Park, 7th Ave and Cedar St, Okanagan Falls

Race Distance: 515.4 km (320.3 mi). 12-hour cap per day, 36 hours total

Race Start Time:

Day 1 swim 7:00 am Pacific (sharp).

Day 1: 10 km swim (6.2 mi), 2 loops of 5.0 km, and 145 km bike (90.1 mi).

Day 2: 276.1 km bike (171.6 mi).

Day 3: 84.3 km run (52.4 mi)

Course

Three stages, all starting and finishing in Okanagan Falls, on open roads with British Columbia traffic laws in force.

Day 1 swim, 10 km. In Skaha Lake with your own paddler on a kayak beside you the whole way. Two counterclockwise loops of 5.0 km, each heading about 2.5 km north from the beach to a turnaround and back. The swim start, finish, T1 and bike start are all at Christie Memorial Park, Okanagan Falls.

Day 1 bike, 145 km (90.1 mi). A single loop from Okanagan Falls that runs south almost to the US border, swings west, then climbs back east to the day's high point (2,593 ft) at mile 78 before descending to the finish. About 5,800 ft of climbing. The first climb starts inside the first mile: 600 ft over 4.5 mi.

Day 2 bike, 276.1 km (171.6 mi). One long loop with two passes back through Okanagan Falls (miles 8 and 94). The first half repeats much of the Day 1 course, including a 1,500 ft climb from mile 9 to 19 and the high point of the race (2,727 ft) at mile 77. The second half heads south to the course low point (903 ft) at mile 124, then climbs 1,100 ft over the next 8.6 mi. About 9,700 ft of climbing.

Day 3 run, 84.3 km (52.4 mi). Three rounds of a short loop south of Okanagan Falls (about 5 mi each) followed by an out-and-back north along the valley (about 12 mi each), passing the start area at miles 5, 17, 22, 34 and 40. The high point (1,327 ft) is on the southern loop. About 3,000 ft of climbing.

UM CANADA 515

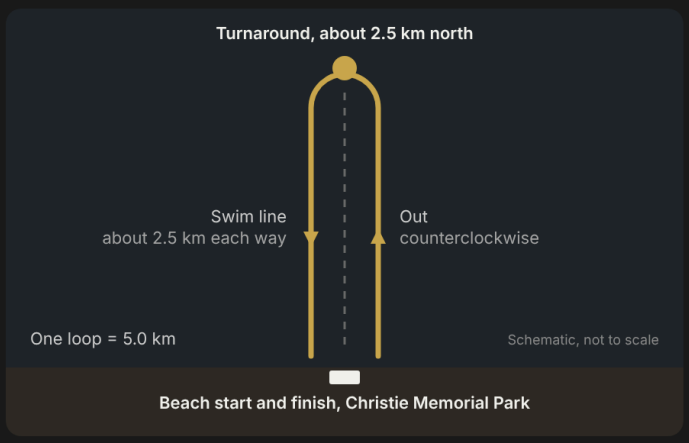
COURSE OVERVIEW

DAY 1 SWIM

10 km
Total swim (6.2 mi)

2 loops
Counterclockwise

5.0 km
Per loop



Start	7:00 a.m. Friday (sharp)
Water	Skaha Lake
Wetsuit	Permitted
Escort	Your paddler on a kayak
Cutoff	**1:00 p.m. Friday** (6 hours)

COACH'S NOTE

Give your paddler a predetermined nutrition interval and let them take care of the rest. Let your paddler set the course and you sight off the kayak. They will alert you when it's time for the next nutrition break.

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COURSE OVERVIEW

DAY 1 BIKE



90.1 mi
Course distance

~5,790 ft
Ascent, from course GPX

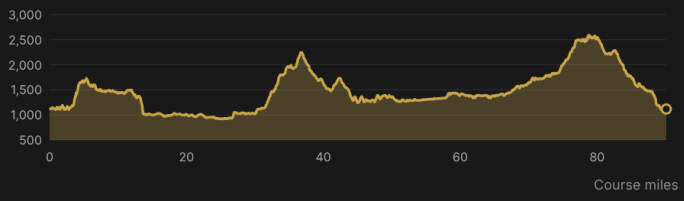
2,590 ft
High point

COACH'S NOTE

Day 1 has two cutoffs to manage, so every minute saved in transition is a minute banked for the bike.

ELEVATION (FT)

Course: 920 to 2,590 ft



MILE	CHECKPOINT	CUTOFF
90.1	Finish, Okanagan Falls	7:00 p.m.

No feeding from Main St and Hwy 97 to the crest of The Wall

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Map and elevation from 2027 race GPX

UM CANADA 515

COURSE OVERVIEW

DAY 2 BIKE



171.6 mi
Course distance

~9,660 ft
Ascent, from course GPX

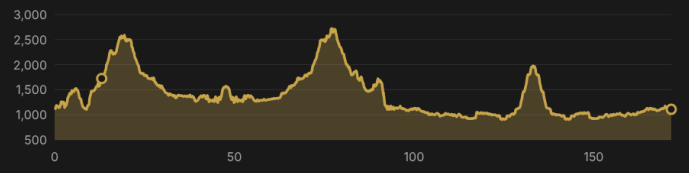
2,730 ft
High point

COACH'S NOTE

The first half holds two long climbs, so ride it patient and eat on schedule from the first crew stop. Keep enough for the climb out of the low point at mile 124.

ELEVATION (FT)

Course: 900 to 2,730 ft

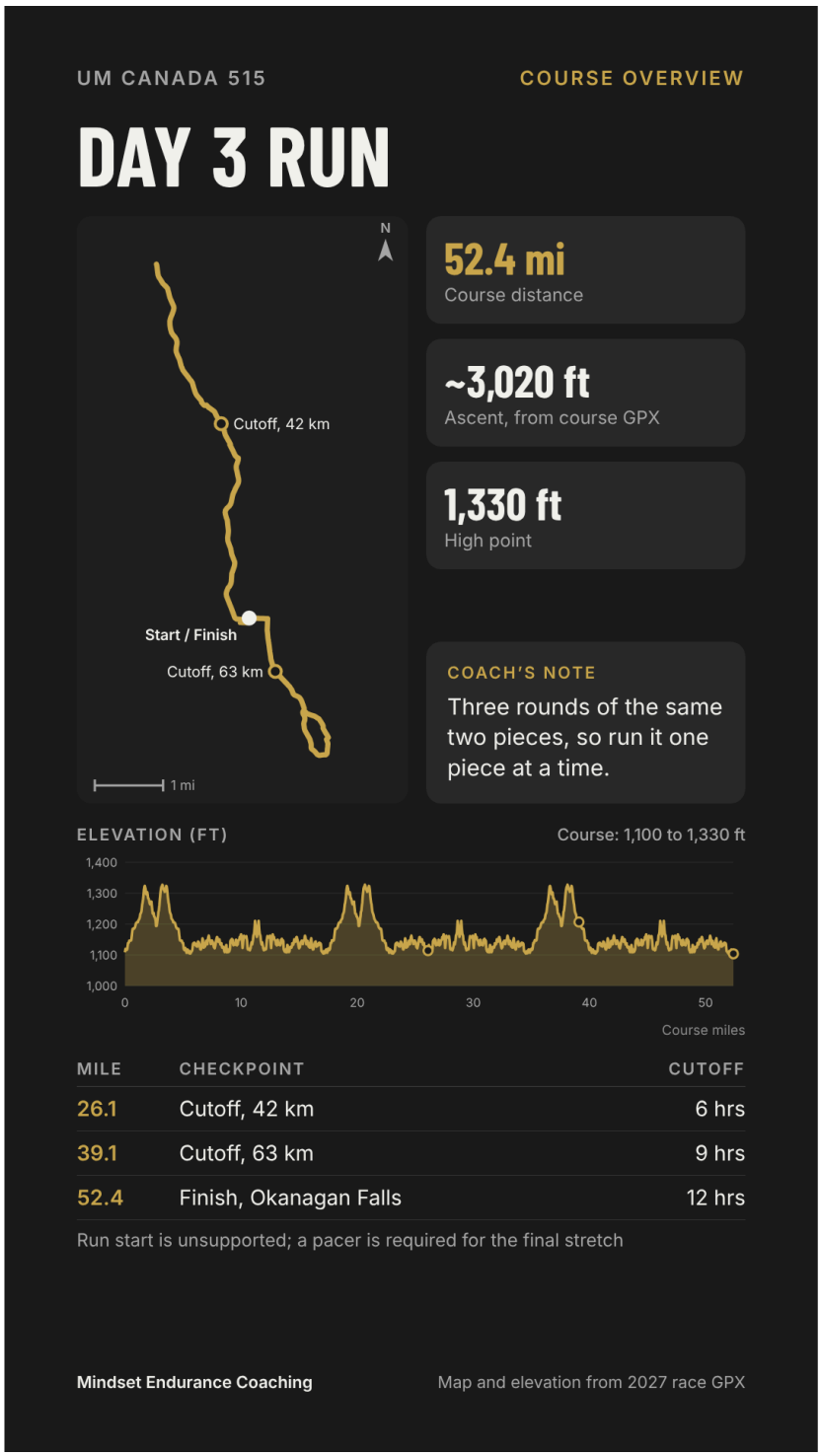


MILE	CHECKPOINT	CUTOFF
13.1	End of No Crew Zone	
171.6	Finish, Okanagan Falls	12 hrs

Carry food, fluid and a flat kit for the first 13.1 mi

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Map and elevation from 2027 race GPX



Schedule and cutoffs

Each day has a 12-hour cutoff, with a 6-hour swim cutoff on Day 1 and two intermediate run cutoffs on Day 3.

Day and time	Event	Hours from start
Tue Jul 20, 4:30 to 7:30 pm	Meet-and-greet social, Okanagan Falls (venue TBD)	
Wed Jul 21, 9:00 am to 12:00 pm	Athlete check-in, equipment pick-up and bike inspection, Royal Canadian Legion	
Thu Jul 22, 8:00 to 11:00 am	Pre-event briefing (mandatory for athlete and team captain), Centennial Park, Okanagan Falls	
Fri Jul 23, 6:00 to 6:15 am	Stage 1 check-in, Christie Memorial Park	
Fri Jul 23, 6:15 to 6:30 am	Photos and race introduction on the beach	
Fri Jul 23, 7:00 am	Stage 1 swim start (sharp)	0
Fri Jul 23, 9:00 to 9:45 am	Transition check-in (mandatory for team captains)	2 to 2.75
Fri Jul 23, 1:00 pm	Swim cutoff	6
Fri Jul 23, 7:00 pm	Stage 1 cutoff, start/finish area	12
Sat Jul 24, time TBD	Stage 2 bike start	0
Sat Jul 24	Stage 2 cutoff	12
Sun Jul 25, time TBD	Stage 3 run start	0
Sun Jul 25	Run cutoff at 42 km (26.1 mi)	6
Sun Jul 25	Run cutoff at 63 km (39.1 mi)	9
Sun Jul 25	Stage 3 cutoff, finish	12
Mon Jul 26, time TBD	Awards banquet	

Aid stations

The race provides no aid stations: your paddler and crew carry everything you eat and drink.

Plan for heat: the race manual calls ice the most important supply on run day.

Crew access

A crew of 2 to 4 adults and one vehicle must support you on every stage, using the leap-frog method only.

- **Crew and team captain.** Minimum 2, maximum 4 adults, each with a signed crew agreement. Two must hold valid driver's licenses. One is team captain, speaks English, attends every briefing and checks you in at each stage start and finish.
- **Swim.** One escort on kayak. Bring your own paddler and craft, or request a Hoodoo Adventures paddler (additional $). You may hold the craft to rest or eat, with no forward motion.
- **Transition.** Crew may help in T1. Vehicles park in designated areas, and the crew removes the paddler's craft from the beach right away. Change tents are for modesty only.
- **Bike and run support.** Leap-frog only: pass at normal speed, park fully off the road with hazards on, hand off while standing on the shoulder. No following, no driving alongside, no handoffs from inside the vehicle. Hand off on climbs, never on fast descents.
- **No Crew Zones.**
  - Day 1: no feeding from Main St and Hwy 97 until the crest of The Wall.
  - Day 2: none from km 0 to 21.1; crews leave the start 15 minutes early, wait south of Maple St and Hwy 97, then go to the Vaseux Lake junction. Any crew car between km 3 and 21.1 means disqualification.
  - Day 3: no crewing at the start of the run; the first crew meeting point is covered at the briefing.
- **Pacing.** Run only, one pacer at a time, on foot, wearing the pacer bib. Pacers can join at the 5 km mark at the school. A pacer is required for the final stretch of the run. No headwind blocking, no bikes.
- **Vehicle.** One vehicle, with the race numbers on the rear window and front windshield, placed as the race directs. Large 4WD trucks, campervans and sprinter-style vans are not allowed.
- **Phones.** Each team needs a working Canadian mobile number and WhatsApp for race group messages.
- **Conduct.** Crew wear hi-vis vests whenever outside the vehicle. No alcohol during any stage. Penalties are 6 minutes, then 12 minutes, then disqualification.

Weather

Typical late-July conditions are hot, sunny and dry: afternoon highs near 85°F (29°C) and overnight lows near 56°F (13.5°C), with afternoon humidity around 33%.

Window	Time	Typical temperature	Light
Day 1 swim	Fri Jul 23, 7:00 am to 1:00 pm cutoff	Near the 56°F (13.5°C) low at the start, warming through the morning	Daylight, sunrise 5:18 am
Day 1 bike	Fri, swim exit to 7:00 pm cutoff	Afternoon high near 85°F (29°C)	Daylight, sunset 8:50 pm
Day 2 bike	Sat Jul 24, start TBD, 12 hours	Low near 56°F (13.5°C), high near 85°F (29°C)	Sunrise 5:19 am, sunset 8:49 pm
Day 3 run	Sun Jul 25, start TBD, 12 hours	Low near 56°F (13.5°C), high near 85°F (29°C)	Sunrise 5:20 am, sunset 8:47 pm

July averages 7 days with any precipitation. The July record high at Penticton Airport is 105°F (40.6°C), so plan for heat well above the average.

Wind: The race warns of severe crosswinds on the bike courses and says disc wheels are used at your own risk. No reliable prevailing wind direction is published for these dates. All three courses are loops, so expect headwind and tailwind sections each day.

Gear choices: Dry air and full sun mean high sweat losses that are easy to underestimate. Plan ice, cold fluids and electrolytes for every crew stop, with sun sleeves, a cooling neck wrap and high-SPF sunscreen. Mornings start cool, so a light layer for early bike miles and for crew waiting at the swim is worth packing. Sunrise to sunset covers each 12-hour window if the stages start between about 5:20 and 8:45 am, but white and red bike lights are required all day regardless.

Swim conditions

Wetsuits permitted under race rules; the race has not published a water temperature.

Item	Detail
Water	Skaha Lake, fresh water
Typical temperature	Not published by the race

Item	Detail
Wetsuit legal	Yes, along with goggles or a face mask
Required	Race swim cap, your own paddler on a kayak able to hold two people, safety whistle for the escort
Not allowed	Fins, paddles, snorkels, any flotation or propulsion aid, drafting off other swimmers or craft
Cutoff	6 hours (1:00 pm); may be changed for conditions, but the 12-hour Day 1 cutoff still applies

Gear checklist

Three 12-hour days in dry summer heat, fully crew-supported, with bike lights required all day and no night running planned.

Paperwork and race kit

- [ ] Passport for non-Canadians (required by race)
- [ ] Photo ID for check-in (required by race)
- [ ] Triathlon Canada or home-federation membership; a short-term membership is charged if you have none (required by race)
- [ ] Signed crew member agreements for every crew member (required by race)
- [ ] Crew vehicle make, model and plate number (required by race)
- [ ] Travel medical insurance for non-Canadian athletes and crew
- [ ] Race numbers: swim cap, bike and helmet stickers, run bib, pacer bib, two vehicle numbers

Swim

- [ ] Paddler and non-motorized craft able to hold two people (required by race)
- [ ] Race swim cap (required by race)
- [ ] Wetsuit or swimskin
- [ ] Anti-chafe lube/Body Glide
- [ ] Two pairs of goggles, one tinted and one clear
- [ ] Swim nutrition for 5+ hours in mesh bags, plus the paddler's own food and water

- [ ] Paddler's phone in a waterproof bag and race number on the paddler's front
- [ ] Towel, +/-foot wash and dry kit for T1

Bike

- [ ] Bike serviced before travel and inspected at check-in; spare bike inspected too if you bring one (required by race)
- [ ] Helmet with a Canadian standards label, inspected (required by race)
- [ ] White front light and red rear light visible at 200 m, on all day (required by race)
- [ ] Bottles and cages, aero bottle if used
- [ ] Flat kit carried on the bike for No Crew Zones: tube, CO2 or pump, levers, multitool
- [ ] Spare wheels, tires, tubes and valve extensions in the vehicle
- [ ] Spare derailleur hanger, chain and chain tool
- [ ] Di2/SRAM AXS charger and spare battery if using electronic shifting
- [ ] Cycling shoes, socks, sunglasses, gloves
- [ ] Two full bike kits for Days 1 and 2, plus chamois cream
- [ ] Sun sleeves and a light layer for cool early miles
- [ ] Ice socks (leggings or panty hose to be filled with ice and handed to rider for them to place down jersey)

Run

- [ ] Race bib on the front (required by race)
- [ ] Pacer bib on a race belt for easy swaps (required by race)
- [ ] Pacer for the final stretch of the run (required by race)
- [ ] Two pairs of shoes and several pairs of socks
- [ ] Handheld or vest for the unsupported start of the run
- [ ] Light-colored vented hat, ice bandana or neck wrap
- [ ] Blister kit: tape, lube, needle, alcohol wipes
- [ ] Pacers' own food, water and shoes for more miles than planned

Crew and vehicle

- [ ] One vehicle within the size limits, with race numbers applied (required by race)
- [ ] Hi-vis vest for every crew member outside the vehicle; two are provided on loan (required by race)

- [ ] Canadian mobile phone with WhatsApp (required by race)
- [ ] Course notes and maps, odometer reset at each stage start
- [ ] Two coolers and enough ice for each day, restocked every evening
- [ ] Athlete fluids, electrolytes and food for 12 hours each day, salty and sweet, plus 20% spare
- [ ] Crew food and water for the whole day
- [ ] First aid kit, wet wipes, towels, garbage bags
- [ ] Folding chair and shade for the swim wait and finish areas
- [ ] Dry clothes and recovery food for after each stage