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Oceanman race adds mystery



PHOTO BY GARY HARRIS FOR METRO

OCEANMAN AWAITS Lifeguard Gary Parsons watches Jericho Beach on a relatively quiet beach day yesterday. The veteran lifeguard is the founder of the Jericho Beach Oceanman, a unique adventure race that hits the beach Sunday. See story, page 4.

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Roughly 200 competitors will take to Jericho Beach Sunday for the seventh installment of a truly unique West Coast race.

The Jericho Oceanman, which got its start in 2000, combines swimming, running and paddling. It's part adventure race, part triathlon and part mystery, said race founder Gary Parsons, a Jericho Beach lifeguard.

The Oceanman, which starts at 10 a.m. Sunday, features a 1-kilometre swim, a 6-kilometre paddle and an 8-kilometre orienteering run. So-called mystery events — like an air mattress race or croquet — are interspersed throughout. For info, see www.oceanman.ca.