



Off Road Triathlon & Duathlon August 16, 2015

Welcome to the GoBean XTERRA Canmore Off-road Triathlon & Duathlon.

The important race information contained within this document will be crucial for ensuring a safe and memorable race experience for all XTERRA Off-road Athletes.

Of particular note is the pre-race, equipment set up sequence. XTERRA Canmore utilizes two separate transition zones. It is imperative that all participants become familiar with the process in advance of race day.

We look forward to welcoming everyone in Canmore on August 16 and thank you for your support of Grizzly Mountain Events.

Tony Smith – XTERRA Canmore.

WWW.GRIZZLYEVENTS.CA

Important New Bear Spray Policy

The Canmore Nordic Centre has developed and mandated a new bear spray policy for all 2015 events. All participants of all events must carry bear spray while on the bike and/or run. Participants found not to be carrying bear spray are subject to immediate disqualification. Visit:

<http://www.grizzlyevents.ca/cnc-bear-spray-policy.html>

to learn more about this new policy. GME thanks you for your cooperation.

Triathlon & Duathlon Race Package Pick Up

Race package pick up will take place at Rebound Cycle in Canmore on Saturday August 15 from 12 - 5pm. Rebound Cycle is located at 902 8 Street, Canmore.

Visit www.reboundcycle.com for additional store information.

One Day Event Insurance Fee

Due to high cost of off-road event liability insurance all participants will be required to pay an additional \$10 insurance fee at race package pickup. Cash only please - no exceptions can be made.

Triathlon & Duathlon Race Day Package Pick Up

Race day package pick up will also be available on race day morning at the main entrance to the Canmore Nordic Centre Day Lodge from 07:00 - 07:45am.

Be sure to stop at the lake and set up your cycling gear on your way to the Nordic centre. Plan to have T1 set up at the lake 07:00 a.m.

Race Package Contents

Your race package includes your run and bike plate number, wet bag, swim cap and goodies from our generous sponsors.

Race Number

Must be worn on the FRONT for the run. Does not need to be worn on the bike.

Bike Number Plate

Attach this to the handle bars/cables on the front of your bike using the zip ties provided.

*** Important - Wet Bag**

The wet bag (black garbage bag with your name attached) place this in your T1 transition position from the swim to the bike. Place your wetsuit, goggles, swim cap and any other personal items on, or preferably in this bag after the swim. Our volunteers will have this bag available to you for pick up at the end of your race at T2.

Important – Duathletes take note

Duathletes will need to bring 2 pairs of running shoes. The pair used for your first run at the lake will be placed in your wet bag at your T1 bike rack position. These shoes will not be available to you until after the race. Therefore, you must pre-place another pair in T2 for your second run.

The first run course for all Duathletes will start and finish at Quarry Lake main beach. A special pre race meeting and course description will take place at the lake 08:45 a.m. on race morning.

Swim Cap

Swim caps provided must be worn. Novice swimmers may request a white swim cap at race package pickup. This will identify you to our lifeguards and kayakers as a swimmer who might appreciate a little extra surveillance.

Pre Race Transition Set-up Instructions

XTERRA Canmore offers an interesting and unique format with 2 separate transition areas T1 and T2, you must be aware of the transition set up procedure in advance of race day.

While it is possible to make an early start from Calgary on race morning, it is recommended that out of town participants enjoy the weekend in Canmore by arriving on Friday or Saturday.

Directions

Head west on the Trans Canada Hwy and take the very first Canmore access exit (Three Sister's Parkway). Turn right at the Parkway and continue West for about 4km before merging right onto Three Sister's Drive. After driving down the hill for 500m turn left onto Spray Lakes Road and continue uphill for ~ 1km before turning left into Quarry Lake. Set up your cycling equipment (only). Plan to have T1 set up here by 7:00 a.m.

T1 Set Up & Race Day Parking

Parking at Quarry Lake will be allowed for T1 equipment drop off and set up ONLY. Be sure to arrive early for set up at T1 on your way to the Nordic Centre. T1 will open at 6:00 a.m. Transition spots are on a first come, first served basis.

After T1 Set Up

Exit the Quarry Lake parking lot and make a left turn onto Spray Lakes Road and continue driving up the hill for 1.5km before turning right onto Olympic Way and into the Canmore Nordic Centre Provincial Park. Vehicles must not be left at Quarry Lake under any circumstances. The 2nd transition area (T2) is in the Main Cross Country Stadium. Set up your run gear including running shoes here by 7:45 a.m.

Family, friends, volunteers and spectators please also park at the Nordic Centre and take the bus. The free bus will operate on a continuous rotation between the Lake and Nordic Centre until 10:30a.m. Alternatively, spectators may enjoy a scenic hike along a 2km trail (each way) which parallels the highway.

Body Marking – Timing Chips and Late Race Package Pick Up

Visit the Nordic Centre Day lodge for body marking, timing chip pick up and race package pick up (if you did not pick up your package in advance of race day). Change into your wetsuits and attend the mandatory pre-race meeting at 8:00am in T2. At the conclusion of the meeting, board the bus leaving at 8:15am. for Quarry Lake. Don't forget your goggles, swim cap and wet bag. Boarding priority will be given to racers first and spectators second. The shuttle bus will continue operating until 10:30 am. to bring spectators and volunteers back to the Nordic Centre.

Timing Chip – More Info

Your timing chip is an electronic device attached to a Velcro bracelet and is worn on your ankle. The chip acts as a transmitter to record your swim, bike, run and overall finishing times. Be sure to pick this up on race day morning between 07:00 – 07:45 in the Main Day lodge. No chip = no timing !

Team Timing Strap Exchange Info

The swimmer must exit the water and run all the way to the bike rack position in T1. At this point the timing strap must be exchanged to the cyclist. The team cyclist must complete the cycle leg and rack his/her bike at the designated position in T2 before exchanging the timing strap. Timing strap must be worn on the ankle of all team members.

Body Marking

This will be done right after chip pickup in the main Day Lodge.

Mandatory Pre Race Briefing

Everyone must attend the pre-race briefing at 08:00 in T2. Arrive early to take care of all the things that need to get done by this time. You will be checked for bear spray at this time – please ensure you have your spray can in-hand.

First Bus Departs at 08:15 a.m. Race Morning

Buses will depart from the main day lodge at the Nordic Centre. Please give loading priority to athletes first, spectators second.

Swim Wave Starts

Wave starts spaced 15 minutes apart in order to minimize congestion on the swim and bike courses. Life guards and kayakers will be on the course. Raise your hand immediately if you require assistance. You are permitted to rest while holding onto a kayak for as long as you wish as long as you do not make any forward progress. Request a WHITE swim cap at package pick up if you're a nervous swimmer. Your safety is our # 1 priority.

09:15 All Sprint Distance Triathletes and Duathletes (Individuals and Teams)

09:30 - All Full Distance Triathletes and Duathletes (Individuals and Teams)

XTERRA Race Rules

Cyclo cross bike are not permitted. You must have straight handlebars (no drops) . NO Ipods, headphones etc to be worn during the race at any time.

Aid Stations

Cytomax Sports Drink and water will be provided. Please no littering anywhere in the provincial park please! Discard your garbage at the aid stations only. Aid stations will be provided on the run course only.

Post Race Physiotherapy / Massage

Active Life Physiotherapy Inc is offering free post race physiotherapy / massage for all participants. Treatments will be administered inside the Bill Warren Training Centre at the Nordic Centre and must be booked in advance on a first come first served basis. Complimentary treatments will be provided from 11a.m – 4 p.m. on race day only. Visit www.activelifephysio.ca to make your appointment. The \$75 fee listed on the site will not be charged to you on event day. Select the 30 minute physiotherapy option when booking online. Enjoy !!!

Race Day Timeline Sunday, Aug 16 Triathlon & Duathlon Events

06:00 - Transition 1 (T1) and 2 (T2) Open.

07:00 - Volunteer Check In – Outside Main Day lodge Nordic Centre.

07:00 – 07:45 Timing Chip Pick Up – Main Day lodge

07:00 – 07:45 Body Marking – Main Day lodge.

07:00 – 07:45 Late Race Package Pick Up - Day lodge

08:00 - Mandatory Pre Race Briefing – T2 Finish Area Main Stadium

08:15 - 1st Bus Departs Nordic Centre - Athletes Have First Priority!

09:00 – Duathlete special meeting. Quarry Lake main beach.

I look forward to welcoming you all on race day.

Tony Smith.

