



CANMORE ROAD TRIATHLON & DUATHLON

PARTICIPANT GUIDE

The important race information contained within this document will be crucial for ensuring a safe and memorable race experience for all Canmore Triathlon & Duathlon athletes.

Canmore Triathlon & Duathlon utilizes two separate transition zones. It is imperative that all participants become familiar with the process in advance of race day.

Important Bear Spray Policy

The Canmore Nordic Centre has developed and mandated a new bear spray policy for all 2016 events. All participants of all events must carry bear spray while on the bike and/or run courses. Participants found not to be carrying bear spray are subject to immediate disqualification. Bear spray check will be implemented at our pre-race briefing.

Waivers

All participants must download the event waiver from Grizzly Events website page, print, sign and bring to race package pick up.

Triathlon & Duathlon Race Package Pick Up

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

Visit www.reboundcycle.com for additional store information.

Triathlon & Duathlon Race Day Package Pick Up

Race day package pick up will also be available in the large white tent on race day morning in the main stadium at the Nordic Centre 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 by 07:00 a.m.

Race Package Contents

Your race package includes your run and bike number, wet bag, swim cap and event tee shirt..

Run Course Race Number Bib

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

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. Duathletes may also use this bag for any warm up gear / shoes etc.

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 at 09:00 a.m. on race morning.

Swim Cap

Swim caps provided must be worn.

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.

Pre Race Transition Set-up Instructions

Canmore Triathlon & Duathlon 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.

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) 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 large White Tent in the Nordic Centre main stadium 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 Nordic Centre Stadium. 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 stadium.

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 in front of 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.

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

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

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.

Race Day Timeline Sunday, Aug 6 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 & Bear Spray check – Main Stadium.

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

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

09:15 – Race Start All Sprint Distance Triathletes and Duathletes

09:30 – Race Start All Olympic Distance Triathletes and Duathletes