



# **CANMORE ROAD TRIATHLON**

## **PARTICIPANT GUIDE**

**SUNDAY, AUGUST 16, 2020**

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

Our Canmore Triathlon 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 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.

## **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](http://www.reboundcycle.com) for additional store information.

## **Race Day Package Pick Up**

Race day package pick up will also be available on race day morning at the Canmore 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 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.

## Swim Cap

Swim caps provided must be worn. [Nervous swimmers may request a green cap at race package pick up.](#) This will identify novice swimmers to our water safety crew who will pay extra special attention to all green cap swimmers.

## 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 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 numbered and pre-assigned with your bib number.

## 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 located at the Canmore Nordic Centre. Set up your run gear including running shoes here by 7:45 a.m.

## **FREE Shuttle Bus**

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.

## **Timing Chips and Late Race Package Pick Up**

Available from the biathlon stadium building from 07:00 until 07:45 on race morning. All athletes must attend the mandatory pre-race meeting at 8:00am inside the finish area at the Nordic Centre. At the conclusion of the meeting, board the bus leaving at 8:15am from the main day lodge 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 Biathlon 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.

## **Reminder Mandatory Pre Race Briefing**

Everyone must attend the pre-race briefing at 08:00 at the finish area. 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 (All Individuals and Teams)**

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

## **Aid Stations**

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.

## **Littering On Course**

Littering on course is strictly prohibited. Any athletes found to be littering will be subject to immediate disqualification. This includes gel and/or energy bar wrappers. It's not OK to leave these at our course markers for pick up by our race staff.

## **Race Day Timeline**

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

07:00 – 07:45 Timing Chip Pick Up – Nordic Centre.

07:00 – 07:45 Late Race Package Pick Up – Nordic Centre.

08:00 - Mandatory Pre Race Briefing & Bear Spray check – Nordic Centre.

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

14:00 – Awards – Athletes must be present to accept awards. We cannot mail out awards post event.

