



Grizzly Winter Triathlon & Relay

February 18, 2018

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Registration fee includes:

- Awards For Top Age Group Winners
- Grizzly Paw Finish Line Soda
- Grizzly Souvenir Item
- On Course Sports Drink
- World Class Event At Former Olympic Venue
- Highly Trained Medical / Emergency Evacuation Team
- Chip Timing
- **Note: Water and Sports drink will be provided in Feed Zone 1 & 2. You are responsible for providing your own nutrition. Tables will be set up in our Feed Zones for your use. Participant base camp area can also be utilized for nutrition set up. See stadium map for more details.**

Important: Canmore Nordic Centre Fat Bike Guidelines

Fat biking is not permitted on groomed cross-country ski trails except where crossings are necessary. Fat biking is permitted on a signed section of Centennial cross-country ski trail ONLY to provide access to our EKG East race loop. Stay to the left on this ski trail. DO NOT ride in the machine-made tracks. Fat bikers must yield to skiers at all ski trail crossings. Cross ski tracks at a perpendicular angle. Avoid mixing dirt riding with snow riding.

Only “fat bikes” (with tires measuring 3.7 inches wide or wider) are permitted. Bikes with regular mountain bike tires are not permitted, as narrow tires are more likely to leave deep ruts in groomed trails.

Important: Canmore Nordic Centre Trail Pass Requirement

All non Season Pass Holders must purchase a one day Canmore Nordic Centre ski trail pass at race package pick up. \$7.50 / Person Cash Only. Nordic Centre Season Pass holders are not required to purchase the one day trail pass. Season Pass must be shown at race package pick up. **This policy applies to all solo triathletes and team skiers only.**

Where?

Canmore Nordic Centre Provincial Park is located just minutes from downtown Canmore, Alberta. The Canmore Nordic Centre offers World-class cross country skiing in the winter and over 100 km of trail ideally suited to mountain biking in the summer. Host site of many international sporting events, the Canmore Nordic Centre is also home to Canada's National Cross Country and Biathlon Teams.

When?

Race day is Sunday, February 18. Race start will be 9 a.m. SHARP from Downtown Canmore – refer to course maps posted at www.grizzlyevents.ca

Race Package Pick Up

Will be available in Canmore only from Rebound Cycle on Main Street Canmore:

Saturday, February 17 from 1 p.m. until 5 p.m.

Rebound Cycle, 902 8 Street Canmore, AB T1W 2B8
(866) 312-1866 www.reboundcycle.com

Race Morning Package Pick Up is also available but not recommended. Packages will be available at the Canmore Nordic Centre Biathlon Building from 07:30 a.m. Please **arrive early** if you plan to pick up on race day.

Online Waivers

Online waivers will be available for download on the event web page at www.grizzlyevents.ca these must be printed and signed by all solo and team runners. Signed copies must be presented at time of race package pick up.

No signed waiver = no race package.

Important Race Day Logistics

The Grizzly Winter Triathlon begins with a 5 km trail run from the Civic Centre in Downtown Canmore to the Nordic Centre. The off-road trail pathways used for the run course will be snow and ice covered.

A Mandatory Pre Race Briefing for all triathletes will take place in the **Biathlon Stadium Transition** area at **08:15 a.m.** on race day.

Solo Triathletes and relay runners will then need to make their own way to the downtown run start (refer to course maps at www.grizzlyevents.ca) The shortest trail system route is approximately 2.5 km from the Nordic Centre to the run start. The first 1km of this is all downhill. This short run could serve as a good warm up jog. Alternatively, participants may want to drive themselves to the start and spin back down by bike to pick up vehicles post race. Another idea would be to have friends or family drive and drop participants at the start. Car pooling is another option. We will ask for a show of hands for empty seats in vehicles at the pre race meeting.

Transition Will Be Open from 7:00 a.m. on race morning so plenty of time to get organized. Bike racks / ski racks and carpet will be provided for you to set up your gear.

Start & Cut Off Times

Cut off time for all teams and solo triathletes will be 6 hours. Triathletes must complete the bike course by 1pm to be allowed to continue.

Course Maps

Check out the event webpage at www.grizzlyevents.ca for detailed course and stadium maps.

Safety & Medical

Our medical base station will be located at the transition area in the main stadium. All participants will be required to submit the signed Grizzly events waiver at racer check in, on site race morning. We will have a team of sweepers on course for each leg; they will be equipped with radio communications to our emergency medical team.

Water / Aid Station

We will have one water / aid station located in the transition area. Water and Sports Drink will be provided in Feed Zones 1 & 2 only. Racers must be self sufficient for additional on course solid nutrition. There will be no additional water / aid stations out on course.

Awards

Will take place at the start / finish area in the Biathlon Stadium at 2 p.m. Racers must be present to receive awards – we cannot mail out post event.

Changes & Refunds

The Grizzly entry fee is non-refundable under any circumstances. Please do not email us with requests for refunds.

