



Tri for Evan participant info Saturday, June 9, 2018

Race package pick up: Is on Wednesday, June 6th from 4:00 p.m. – 6:00 p.m.. at Speed Theory (735A 10 Ave SW). One person can pick up for a whole family. If you are not an ATA member or did not purchase ATA day insurance when you registered for the race, you will be required to pay that at package pick up.

Getting to Elbow Valley: From Sarcee Trail (north) or Glenmore Trail (south) take the highway 8 west (just south of Westhills shopping centre). Continue on Hwy 8 outside of city limits and turn left (south) on Lott Creek Blvd (at the lights). You will come to a T intersection – turn right to access the lake and drop off area.

Car pooling: Please plan on car pooling wherever possible as our designated parking spot has limited availability.

Parking: Due to Elbow Valley and ring road construction, parking right at the lake is extremely limited and will be reserved for volunteers. The Elbow Valley golf club is allowing us to park in their staff lot (map to come). We will have a drop off area at the lake so people can drop gear, family members etc before parking at the golf course. It is about 800m away from the race site.

Race day schedule:

8:00 a.m.: transition opens for bike check
9:00 a.m.: individual and team triathlon start
9:05 a.m.: individual and team duathlon start
9:15 a.m.: kids zone opens
10:00 a.m.: lunch and beer garden opens
11:00 a.m.: (approximately): kids fun race start
11:30 a.m.: awards

Transition: You can check your bikes into the fenced transition area starting at 8:00 on race morning. Bike racks are not individually numbered but will have number ranges at each end. Place your bike anywhere on the rack that includes your number. You will also be body marked in transition when you drop off your bike. There is plenty of room so you can set up your space with your bike to run gear as well.

Timing: At package pick up you will receive your race bib (two for each team). Please wear your bib on the bike and run. You will receive your timing chip on race morning. A table will be set up just outside of the transition area when you arrive.

Swim: The swim is two laps around the lake marked by buoys at each corner. You only return to shore after your second lap. Bring your wetsuits!

Duathlon first run: The first run is 2.5 km and is an out and back along the pathway from transition. You then join the same cycle and 5 km run route as the triathlon.

Cycle: The bike is two laps through the community of Elbow Valley, onto highway 8 for a few km's then back into the community. Dismount and return to transition after your second lap. The turn from highway 8 back into the community is on a downhill grade so please slow down and use caution.

Run: The run is a lovely loop on pathways in the community with an out and back section to get the full distance. There is one aid station along the run which you will pass at both ends of the out and back section.

Maps: Please find all of the maps here: <http://betherraces.com/tri-for-evan/route/>

Kids "race": This is meant to be a fun, non-competitive activity for the kids. Because we're sanctioned, we also must follow the distance rules for kids events and will keep the distance the same for all of the kids. Ergo, with kids under 8 registered, the distances will be short but fun! The kids will swim from the dock to the swim exit along the shore (about 50m in total). They will cycle along the pathway where the adult run begins and turn around after 750m to return to transition (total of 1.5 km cycle). Then they will run out of the other end of transition on the path, past all of the fun stuff (beer, BBQ, kids zone) and cross the big finish line (the opposite direction of the adult finish). We'll start the kids event after all of the adults have finished. Whilst the kids aren't being timed, they will have race bibs to wear.

Finish: All adults and kids receive finishing medals. One for each member of a team so make sure you're all there to cross together! The kids will also get a teddy bear.

Fun zone: Make sure you bring the whole family with you. We have Mr Sub sandwiches for everybody along with chips and bananas. There is a beer garden for the grown ups! And a bouncy castle and colouring station for the kids.

Awards: We have prizes for the top three men and women in the triathlon and duathlon and also for the top team in each event. We'll do a short awards ceremony following the kids event.

Fundraising: There's still time! Free Leaping Dog race belt for the first 30 people who raise over \$50 for MitoCanada.

