

Tri for Evan race day info  
Saturday, August 8, 2020

### **General protocols and guidelines:**

As we all know, we've been living a different kind of way the past few months and we're mostly used to the protocols. We're feeling very privileged to be able to put on this event under these times and really just want you all to have a fun, safe day. This is a learning curve for all of us because we've never done a race where we have to stay apart. Be patient. And be kind to one another and to the volunteers. As they say "we're all in this together".

1. Please maintain 2m physical distance from others at all times. This may mean you have to slow down to safely pass at times and that's okay.
2. Hand sanitizer is available throughout the venue, please use as required.
3. As you may not be able to avoid being too close from time to time, we highly recommend that athletes wear masks upon arrival, while in transition and while using the toilets. Masks are not needed during competition.
4. Please read all of the information below carefully.
5. We have a team of highly experienced volunteers helping us out on Saturday and they will help guide you through this different transition and swim start. Please be sure to thank them.
6. We aren't able to have a post race awards party right now but we will have prizes for the top men and women after the fact.
7. Above all, have fun.

**Prior to arrival:** Please read and sign the Covid questionnaire included with your race package on Saturday morning either before you leave home or before you leave your vehicle. You will not be issued a timing chip if you do not hand in your questionnaire.

**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 street parking.

**Parking:** Due to Elbow Valley and ring road construction, parking right at the lake is extremely limited and will be reserved for volunteers. The only parking available is in the community on the road between the race start and the golf course. Both sides have shoulders and a grassy boulevard so please make sure your vehicle is off the road so it doesn't impede other traffic. Photos and a map are posted online.

**Arriving:** Please do not arrive before 8:00 a.m. After you have parked you will follow the orange cones (in place for distance) through the mailbox building to hand in your questionnaire and collect your timing chip. After you have your chip you will proceed to transition.

**Transition:** The transition zone is only partially fenced to allow you a bit more room to move about without crowding. You will be asked to rack your bike on one of the marked spots on the racks. Faster swimmers use racks closer to the swim start for seeding purposes. Bikes will alternate sides on each rack. Once at your spot, please refrain from moving around transition in order to maintain distance from others. You can set up all of your transition gear with your bike. Please set up your gear on the east side of your bike (closest to the long fenced side of transition).

Transition flow is one way from north to south. When you exit transition for a practice swim, to use the toilet or when the swim starts, you may exit on the open side closest to the lake. Please be sure you are in transition and ready to start by 8:50 so we can get started on time. When you are entering and exiting transition during the race, please give room to each other.

**Practice swim:** We will allow short practice swims prior to the race provided it doesn't get too crowded. Volunteers will monitor the number of people in the water.

**Swim start:** We have a large grassy area between transition and the swim start that will be marked with pin flags to indicate 2m distance. We will bring athletes from the transition area to the flags. You will not leave transition until there are flags available. The first athlete will go in the water at 9:00am and will be followed by others every 10 seconds. As a flag in front of you becomes open, please move forward so we can smoothly progress through the rolling start.

**Swim:** The water temperature is 21 and wetsuits are allowed. You will be doing one loop of the swim around the perimeter of the lake totaling 600m. Three large buoys will be on the water to guide you. Keep the buoys to your right and swim between the buoys and the shore. There will be a large Centaur Subaru arch at the swim entrance/exit so sighting your way back will be easy. We have three kayaks and one zodiac on the water for your safety. We understand that it will be difficult at times not to come in closer contact with others in the water. When passing another swimmer, please do your best to avoid contact. The swim entrance/exit is quite rocky. We will be putting down rubber mats but please use caution, especially when exiting. We can't have "swim catchers" for you at this time.

**Duathlon start:** You will line up at the transition exit to start your first run which is out and back on the pathway. You will finish your run by going in the transition entrance (not the exit where you started) to collect your bike and be on your way.

**Cycle:** All regular drafting rules apply; you must remain 12' back from another bike unless passing and then you must pass efficiently when safe to do so. If you are being passed, you must drop back to maintain drafting distance. Please pass widely to give ample side space when it's safe. Remember the road is open to residential traffic so always shoulder check and be sure it's safe before you pass.

**Run:** You must maintain 2m distance on the run so please always stay to the far right of the pathway. If you're passing somebody, let them know you're passing on the left and then move to the far left to pass. If there is somebody coming the other way, please wait until they have cleared to pass. This may mean you need to slow down for a minute; please do so. The run has a short out and back section so it's particularly important during that stretch that you watch for oncoming "traffic".

**Aid stations:** We aren't offering aid stations at this time so please be sure you are self sufficient with all of the hydration and nutrition needs you require for the cycle and the run. We will have a large jug in the transition area with water available for fill ups. This will be managed by a volunteer who will operate the pump if you need water.

**Finish:** As you go through the finish line there will be a table with small water bottles, please take only one. These bottles will be spaced so that you don't need to touch any other than the one you're taking. A volunteer will hand you a finishers medal, please take the medal carefully without any physical contact. When you are finished, take a few moments in the swim staging area if you like then proceed to transition, collect your gear and head to your vehicle.

**Toilets:** We will have porta-potties available with hand sanitizer and wipes outside. Please use the sanitizer and take a wipe with you for any touch points. Marks will be on the ground to indicate 2m distance.

**Kids race:** The kids will have their own bike racks outside of the main transition. If you are just coming for the kids race, please arrive later. We will start the kids at about 11:15. They do a short swim along the shore from the pier to the swim exit then an out and back bike ride on pathways and a short run looping from road to path to go under the transition. Volunteers will be there for guidance.