

Tri for Evan participant info
Saturday, June 10, 2023

Race package pick up: Is on Friday, June 10th from noon – 4:00 p.m. at Tri It Multisport (1703 10 Ave SW.) One person can pick up for a whole family. If you are not an annual TriAB member you will need to purchase a day membership. A link will be sent via email and is also on our website.

Getting to Elbow Valley: From Sarcee Trail (north) or Glenmore Trail (south) take the Stony Trail west exit (just south of Westhills shopping centre). Continue on Stony Trail/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 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.

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
10:00 a.m.: lunch and beer garden opens
11:15 a.m.: (approximately): kids fun race start
11:30 a.m.: awards

Transition: You can check your bikes into the transition area starting at 8:00 on race morning. Bike racks are not numbered and you can place your bike on any rack. We will have one rack reserved for the kids bikes. The racks at the "back" of transition will be for duathlon athletes. 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 one lap around the perimeter of the lake marked by buoys at each corner. The water is still chilly at this time of year so 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, with a loop at the west end. Dismount and return to transition after your second lap.

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://bethereraces.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 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 some extra swag!

Fun zone: Make sure you bring the whole family with you. Post race lunch will be provided for everybody. The adults will find beer in the enclosed area. All included in your entry fee.

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. We're also hosting provincial short course duathlon championships this year so there will be provincial medals for top three duathletes in each age group.

Fundraising: There's still time to donate to MitoCanada through your Race Roster registration link.