



Women's Triathlon Festival

August 20, 2017

Participant Information Booklet

Race Package Pick-up Dates, Times & Locations:

August 16 – 18: TRANSROCKIES OFFICE: #10, 1435 – 40th Ave. NE, Calgary.

August 16 (Wed.) & 17 (Thurs) – 3:00pm – 7:00pm

August 18 (Fri.) – 12:00pm – 4:00pm

August 19th (only): in Strathmore Family Centre – 3:00pm – 5:00pm

Race morning: Strathmore Family Centre – 6:45am – 8:00am

Strathmore Family Centre address: 160 Brent Blvd., Strathmore, AB.

**Bring Cash to Package Pick-up as EVERY PAST EVENT RACE LEAPING DOG
RACING T-SHIRT WILL BE \$5!**

Race belts will be \$10

**There will be IN-Person Registration at package Pick-up as well if you know
of anyone who would like to join us! Cash or e-transfer only.**

How to get to Strathmore & Park: Strathmore is located 40 km east of Calgary on the TransCanada Highway. Turn LEFT (north) at the first set of lights at Wheatland Trail/Highway 817 (at the Husky and BIG Canadian Flag), then proceed straight (north) past the ponds and golf course until you see Brent Blvd. on the right. Take the NEXT Right past Brent Blvd. (Turn East) to access parking in the gravel parking lot. Parking will be available at the High school parking lot West of the High School if you arrive before 8AM. Brent Blvd will be closed after 8AM and reopen once all cyclists have returned to transition area (approx. 12:30pm). It would be best to park in the gravel lot North of the High School, left of Strathmore Family Center (circled P on map).



Race Day Schedule of Events

7:00 AM. - Transition opens

7:00 – 8:00 AM. Late package pick-up at Strathmore Family Center

7:00 – 8:00 AM. - Body Marking, Timing chip pick up –outside family Center

8:05 AM. - Mandatory pre-race meeting for all participants OUTSIDE in Transition area

8:15 AM. – Transition area closes

8:15 AM. – Try-A-Tri gathers in pool area. Heat A of Tri-A-Try starts

8:45AM – ESTIMATE of first heat (Heat C) of Sprint Distance Swimmers - AND Relay swimmers

(see list on website)

10:00 AM-1:00 PM. – Post Race Snacks, \$5 T-Shirt Sales and sponsor tables upstairs in Strathmore Family Center

12:00 -12:15PM. – Awards and draw prizes (have to be present to win participant draw prizes!) indoors in Family Center

VOLUNTEERS STILL NEEDED!

We still need MORE RACE DAY VOLUNTEERS!!. If you know of anyone who can help us, please email us at VolunteerLDR@gmail.com or go to <https://www.volunteersignup.org/LB9KP>

What to do when you get to the race site:

First of all, RELAX! You will want to find a spot for your bike on the transition bike racks. Locate the “Transition Area”. This area has all the A-frame bike racks and will be taped off from the public and only racers are allowed inside. Look for a spot on the bike racks that has space. It’s first come, first served. Try-A-Tri will have their own section. Do not lean your bike against the fencing please. Out of

consideration for the other racers, please keep large gear bags out of the transition. **Space may be limited.** Each transition spot should have enough room for all of your transition gear and bike. Rack your bike by the nose of your bike seat only. Each A-frame section should have about 8 bikes (alternating) on it. Note: If the race has already started, you will have to enter the transition area only when allowed by the transition volunteers. Access to the Transition area will be very limited after 8:30 a.m.



You may have your bike looked at by the Velofix mechanics if you are unsure of your bike or need to pump up your tires. Velofix will be visible on the west side of the transition.

Please note that Velofix is on site for a quick assessment. Any major repair fees will have to be covered by the participant.

Please watch this BIKE CHECK video BEFORE the race:
<http://www.youtube.com/watch?v=z8x3Yy-Kzql>

Those who haven't picked up their race package in Calgary may pick up their package at the Family Center (indoors and upstairs).

Hint: Write your race number on you hand so when you pick-up your timing chip and get body marked, you will remember your number!

Next, find the table for your **timing chip**. This should be located near the pool entrance. This year, we are asking each participant to sign a waiver stating that they are who is stated on the timing chip. For insurance reasons, we cannot allow participants to race under someone else's name. **NO EXCEPTIONS!**

Once you have your timing chip, you will have to go over to the area where you will be **"Body Marked"**. Body marking is a fancy name for "getting your race numbers on your legs and arms"!

Make sure you know your race number. You will have your HEAT LETTER written on your calf as well.

There are a limited supply of lockers in the Strathmore Aquatic Centre if you need to lock up anything. Bring your own lock. If you can leave valuables with friends and family, that would be easiest.

About washrooms: Public washrooms are available to the racers and public inside the Family Center .The pool washrooms are for competitors only. There will be 2 port-a-potties in the transition area (near the run exit). These will be used for competitors when the event is running **ONLY** but can be used for others before or after the event.

The Pool SWIM

Try-A-Tri – 250m

Sprint – 500m

Swim caps are handed out at race package pick-up HOWEVER You may wear your favourite swim cap if you wish – a swim cap must be worn for our lap counters to distinguish who is who. ☺

Be sure you know what swim heat letter you are in. We will start with the Try-A-Tri first. There will be no assigned lanes. Listen for an announcement when your HEAT LETTER is called. To avoid congestion of awaiting swimmers, **only those with the same heat letter (or the subsequent letter) will be allowed in line**. Please be ready to start 10 minutes before your estimated start time as you may start earlier. Swimmers are to wait for their heat to start by the window. PLEASE try to find swimmers that swim close to your swim estimation. To keep things going and move everyone through the pool quicker, when one complete lane of swimmers exits the pool, the next GROUP OF 4 will walk through the timing mat and slip into the pool – NO DIVING! This is called a continuous feed swim. Your individual start time will be recorded when you walk through a timing mat. Please do not walk past the lap counting area after the race has started. Avoid crossing the timing mats unless you are racing. Swimming rules:

*No diving!

*Touch the wall with your feet or hand to complete a length.

*Each lane must swim in counter-clockwise circles.

*Passing is permitted but try to pass at the walls. Touch the person's feet ahead of you (with your fingers) to signal you want to pass. If your feet are touched, wait at the wall to allow the swimmer to pass. You may pass in the center of the lane, but use extreme caution! Please be courteous. *There will be volunteers counting your laps. When you have one more lap to go, the counter will submerge a flutterboard next to the wall. It may help to give them a signal that you have seen the board (i.e. head up & nod, wave or a smile!)

Once your swim is done, climb out & turn Left. You will be walking on the north wall side. **No running on the pool deck please.** If you ABSOLUTELY NEED TO CHANGE, please tell the volunteer and proceed to the right to the women's change rooms. We cannot have everyone doing this as the women's change rooms will become a quite congested with clothes! Do not leave anything behind on deck! Please watch your step, as there may be slippery sections. Walk through the timing mat and exit out to the transition area. Head out to the TRANSITION AREA with a huge smile!!!

The TRANSITION AREA

- Important rules:
 - Absolutely NO bike riding in the transition area.
- No Nudity please.
- **-Your bike helmet must have your chinstrap connected before you remove your bike off the rack.**

Please – NO spectators, friends, spouses, dogs, strollers, etc in the transition area! Only competitors are allowed in the transition area. This rule applies for the entire race (no outside assistance on the bike or run or swim). Friends and family may cheer enthusiastically, though!

Please avoid glass items in the transition area, as there are lots of bare feet!

Please **HAVE YOUR RACE NUMBER ON YOUR BACK FOR THE BIKE**. Please wear your number on your BACK for the bike (and FRONT for the run). This lets all the race officials know you are in the race and that we can see your race number clearly.

Sometimes the body marking rubs off or fades and can't be seen on the bike.

→ Leaping Dog Racing will be selling limited edition race number belts for \$10 cash each at the race package pick-up and on site race morning.

Walk (or run) your bike to the side of the transition area closest to the grass area (north) then out towards the right hand bike exit. DO NOT GET ON YOUR BIKE UNTIL YOU ARE PAST THE MOUNT LINE.

RELAY EXCHANGE – SWIMMER TO CYCLIST (T1) will be located at the bike racks. Relay cyclist must not remove bike off the racks until the timing strap is secure on her ankle.

The BIKE - Sponsored by VELOFIX

Try-A-Tri – 10K (turnaround at Hiltona Holdings) – one short loop

Sprint Distance - 20K - one long loop

NO Personal MUSIC Devices or cell phones, etc. allowed!! You will be disqualified if you are wearing any music device on the bike and/or run.

Follow Brent Blvd. until you reach Wheatland Trail/Highway 817, turn RIGHT and stay on this Highway. The course will be marked, swept and is one big loop. Please see the bike map.

The highway is open to vehicle traffic and therefore they have the right to be on the road with you on the shoulder. Stay on the shoulder; avoid riding on the roadway as much as possible. Please listen to the road marshals and police for instructions. DRAFTING off another competitor or motor vehicle is prohibited on the bike course. **Bicycle draft zone: the bicycle draft zone is a rectangle. The width is 3 meters wide. The length of the rectangle is 10 meters long (estimate the size of a city bus).** Competitors have 20 seconds to pass through this zone when overtaking another athlete. Try to stay to the right of the shoulder of the road as much as possible. If you are cycling too far to the left, you are BLOCKING. **Pass ONLY on the left.** When passing, yell "Passing on your left" or just simply "on your left". This will help the rider to know that you are passing and they may move over to the right for you. ALWAYS shoulder check before passing! Don't assume that traffic will slow down for you. At the 9.9K turn-around, SLOW DOWN and wait until the Flag Person tells you to make the turn around the traffic cones. There is no guarantee that the traffic will stop. Yell out your racer number to the lap counter. If you happen to have any bike trouble, pull off the shoulder into the grass to fix your bike. The grassy area beside the shoulder is somewhat flat. Please keep the shoulder of the roadway clear for riders if you have to stop. If cannot complete the bike portion, wait in the grassy area OFF the shoulder until the race motorcycle drives by. Raise your hand & wave if you need assistance. There will be a **Ridley's Cycle** support vehicle driving up & down

as well. They are permitted to help you if you run into bike mechanical issues– but do not rely on it. When you have completed the one loop, you will have to make a LEFT turn back onto Brent Blvd. This intersection will be busy and there are traffic lights there. **Please LISTEN to the race officials/police to know when to move into the left turning lane.** Again, there is no guarantee that traffic may not stop so yield to the oncoming traffic. When returning to the transition area, SLOW DOWN and dismount at the DISMOUNT AREA. DO NOT RIDE YOUR BIKE ANY FURTHER! Walk or run your bike into transition and please stay to the right hand side of transition. Keep an eye out for exiting racers and rack your bike. **Do not undo your chinstrap until AFTER you have racked your bike.** Change into your run gear if you are changing. **Make sure your race # is on the FRONT; ITU rules state that race number is to be on the front of the competitor for the run segment. When exiting to the run, ensure you pass through the timing mats to receive a bike time. Note: your bike time will include BOTH transitions (Swim to Bike & Bike to Run).**

*Please do not leave personal items along the race course. Everything should be left in your transition spot. Items can be left at the run aid station.

RELAY EXCHANGE – CYCLIST to RUNNER (T2) – at bike racks (same as T1) – cyclist MUST RACK bike BEFORE timing strap is removed to go to runner.

The RUN

Try-A- Tri – 2.5 Km – one loop

Sprint - 5 Km – one loop

Run over the timing mats at the run exit before you head out on your run.

Follow the well –marked race route for the run and listen to the run volunteers. The route: Run is an out-and-back for BOTH distances. The route starts on the bike path going EAST. You will follow the bike path along Brent Blvd.. You will reach the aid/water station at around 1.15km. The Try-A-Try turnaround point is just a bit past the water station. You will be passing the same aid/water station again, but be careful of those running in the opposite direction! ULTIMA REPLENISHER will be the official sport drink provided at the aid station along with water. The residential roads are still open to traffic so please stay alert. There will be volunteers along the run route to direct you.

The FINISH – Hurray!!!

Make sure your number is in the FRONT so our timing folks and race announcer can see it. When you cross the finish line, wear a big SMILE when you finish, as there will be a photographer there to take your finishing picture! Race Photographer's website will be on the race website shortly after the event.

Your children ARE NO LONGER ALLOWED TO into the finish line AS PER NEW ATA RULES. We are not responsible for any accidents or mishaps that can occur with the addition of speedy kids! Please be aware that others may be finishing around you.

You must remove your timing ankle strap at the finish. There will be volunteers to help you.

There will be water at the finish line for you. More snacks will be in the Strathmore Family Centre.

Medical volunteers will be at the finish line as well. They will be near finish area.

Please clear your transition spot (bike & gear) as soon as the race is over. The area will be less secure once lunch is being served. Showers in the pool area will be available for you to use right after the race.

Cadence

CHIROPRACTIC • SPORT • HEALTH

Once your race is completed, our sponsor Cadence Chiropractic Sports Therapy will provide RMT massage for all participants.

**** BRING SOME CASH for purchasing PAST RACE EVENT SHIRTS for \$5 - some of the proceeds will go toward our featured charity!**

Location for 2017: UPSTAIRS in the Strathmore Family Centre

You must be present at the awards to win these amazing draw prizes!

Each triathlon participant will receive 1 ticket when they check-in at the Strathmore Family Centre. The ticket is to placed in the numbered bag corresponding to the many draw prizes (they will be grouped) on the prize table to the prize that they want. All tickets must be in the numbered bags by 12:30 p.m. We will draw one ticket per prize group bag. This will be a great way for the participants to receive a draw prize that they really want!

Results will be available on the Startline Timing website within hours of the last finisher!

Link to Startline Timing will be on the www.leapingdogracing.com website.

If you can help with the clean-up of the banquet area that would be appreciated. Please be tidy.

Most of all, **HAVE FUN!!! Don't forget to thank all of the volunteers!**

See you at the finish line!

Deanne Jabs,

Race Director & Organizer