Registration Sequence 2025

It is the aim of the 2025 Lake of Bays Brewing Co. IRONMAN 70.3 Muskoka team to reduce as much of the uncertainty and pre-race jitters as possible by providing you with the sequence of steps you will take as you pick up your race package.

Athlete Check-In (Package Pick-up) is Friday, July 4th from 2pm-7pm and Saturday, July 5th from 10:30am – 5:00pm. Please remember to bring your **PHOTO ID**. Registration will be in the Jack Bionda Arena within the Canada Summit Centre. Follow the signs leading you to registration.

Only racing athletes are permitted to enter the registration area. Spectators can enter the vendor section of the arena. Please do not bring your bikes, pets or small children into the registration area.

Individual Athletes (Relays scroll down)

Step One	Know your Bib Number. This is available in this email, on the Muskoka 70.3 website and will also be posted outside the arena entrance
Step Two	Using your **PHOTO ID** and Bib Number, see the volunteers with the race waivers and medical forms. AWA Athletes may check-in at separate waiver table. Look for AWA signage.
Step Three	Take your waiver and medical form to the tables in the middle of registration to review, make changes and sign. **Please know (a) your race day emergency contact (someone not racing), and (b) your local stay and phone number**
Step Four	Once signed, take your waivers to the appropriate volunteer(s) (look for your bib number) who will then review the contents of your race envelope. These include a run bib, bike & helmet stickers, morning clothes bag sticker, bike check out card, food band and the all-important athlete band. You will also need to pick up a swim cap.

Step Five	Pick up your sponsor/swag bag. This will be in a morning clothes bag and will include sponsor material but also your **HAT** and **T-SHIRT** (show your race envelope to the volunteer for t-shirt size).
Step Six	Pick up your timing chip.
Step Seven	RELAX☺

Relays

Step One	Know your team's Bib Number. This is available in this email, on the Muskoka 70.3 website and will also be posted outside the arena entrance. **ALL RELAY TEAM MEMBERS ARE TO ARRIVE TOGETHER**
Step Two	Using your **PHOTO IDs** and Bib Number, see the volunteers with the race waivers and medical forms. Each team member is to get one of each form.
Step Three	Take your waivers and medical forms to the tables in the middle of registration to review, make changes and sign. **Please know (a) your race day emergency contacts (someone not racing), and (b) your local stays and phone numbers**
Step Four	Once signed, take your waivers to the appropriate volunteer(s) (look for your bib number) who will then review the contents of your race envelope. These include a run bib, bike & helmet stickers, morning clothes bag sticker, bike check out card, food bands and the all-important athlete bands. Be sure that you receive a swim cap. The swimmer gets the cap & morning clothes bag sticker, the cyclist gets the helmet sticker, bike sticker and bike checkout card and the runner gets the run bib.
Step Five	Pick up your sponsor/swag bags. This will be in a morning clothes bag and will include sponsor material but also your **HATS** and **T-SHIRTS** (show your race envelope to the volunteer for t-shirt size). **The team runner should remember to pick up the appropriate number of medals at the finish line on race day!**
Step Six	Pick up your timing chip. You might want to give it to the team swimmer as that person will be the first to wear it on race day.
Step Seven	RELAX and celebrate your team☺