

# Chinook Triathlon Festival Saturday June 17<sup>th</sup> 2017

## June 2017 Race Detail Update:

One week to go to Race Start

### Race Entries:

Race entries are chugging along and we should reach the 250 number by race start. Thank you to those that continue to support our event.

We will have on-line registration open till Friday June 16<sup>th</sup>

Tell friends to get off their wallets and get in on the event.

The water temperature has been stellar for this time of the year. 20C pretty consistent and I've been swimming in it every couple of days.

## Start times and procedures:

### **Procedures for race week:**

#### ***Race Bib (you will find in your swagbag)***

- In your race kits you will have a Bib Number related to your event. Please make sure you're in the right event.
- Affix your Bib to a bib strap which you can pick up at Tri it Multisport or if you're cheap you can go to Walmart and get a waistband elastic and pin your bid to it.
- Do not wear your Bib in the swim under your wet suit
- Your Bib must be visible on your back when you're on your bike, failure to do so could result in a penalty
- When you get off the bike your Bib needs to be visible on your front during the run, failure to do so could result in a penalty

#### ***Race Number Kit: (you will find in your swagbag)***

- The large sticker is to be wrapped around your bike tube so that it's visible
- The Swim to Bike gear sticker you put on the Blue bag
- The Bike to Run gear sticker you put on the Red bag
- The White bag is your dry gear bag and you affix the Dry gear sticker
- The Helmet sticker affix to the front of your helmet
- The other stickers are spares

**TEAMS:**

- Bibs need to be transferred from athlete to athlete in transition. Also Timing Chips need to be transferred and affixed to the Ankle of the athlete, in transition as the team advances.
- Teams would only require the white bag so you should affix the sticker to your Dry bag gear

***Race Package pickup:***

- Wednesday night 5pm to 7pm at Speed Theory, 735 A 10<sup>th</sup> Ave SW, Calgary 403-202-1030
- Thursday night 5pm to 7pm at Tri it Multisport, 1703 10<sup>th</sup> Ave SW, Calgary 403-270-7776
- Friday night 5pm to 8pm at Midnapore Lake (site of swim start) 185 Midlake Blvd SE

***Bike Clinic:***

- Wednesday night at Speed Theory 6pm to 7pm, 735 10<sup>th</sup> Ave SW.
  - This clinic will be geared to athletes that are new to the sport or need a refresher course with on-road basic bike and tire repair. If you don't know how to or are not sure how to fix a flat, pump up a tire using air cartridges, having the chain fall of your bike and or dealing with basic road side issues then this clinic is the one you want to attend. It could save you tons of time on race day.
  - To register call the store and speak with Ian (store manager) to get you in. There will be limited spots available and it's a first come first in basis. They'll need to have a minimum of 5 people to run the clinic and I'm sure it will fill up.

***Bike Drop-off:***

- We require you to drop your bike off at Bike Transition at 185 Midlake Blvd (Midnapore Lake), in a secured transition area. Security will be monitoring the Transition throughout the night.
  - **Bike drop off times 5pm to 8pm Friday June 16<sup>th</sup>**
  - The bike racks will be numbered in sequential order ie: 100-104, 105-110, place your bike in the space assigned to your rack, if your number is 103 then you're in the middle of the rack
  - For teams: your bike racks will be at the end of transition labeled **Teams**
  - You will receive a blue bag in your kit, this bag is for your bike gear and your wetsuit after your swim. Bring it with you and it can be placed with your bike. Your bike gear will be required to be in your bag.
  - Out of town people that are not able to get to bike check in at that time will be able to so in the morning. Transition will be open at 6am.

## **Procedure for race day:**

### **Parking:**

- Proceed to Transition 2 and Finish line location to park your vehicle, 20200 Walden Blvd at Southview Alliance Church. There is plenty of space to park your vehicle so no need to panic.
  - Do not park your car at transition #1 as you will have to ride back to get your car at the end of your race. Shuttles will only run till 10am
  - We will provide a shuttle service starting at 6am to the swim start, the turnaround time for the shuttle is about 20 minutes. We will run 2 shuttles in staggered starts so turn around should be 15 minutes. **Do not take your time assuming you will make your swim time based on shuttle service. Get your gear organized and get on the bus. We will not hold up the swim start to wait for you.**
  - The first shuttles will be reserved for the Long Distance Athletes starting at 7:30am. Shuttle service starts at 6am. Capacity of the Shuttles are 40 people
  - Spectators will be allowed on the shuttles but priority will be given to athletes.

## **Body Marking, Race Check in and Timing Chip**

### **Race Check-in:**

- Location for race check-in will be at T1, opens at 6am
- Check in with the registration Team, say Hi to “Katie”, she’s been working her Butt off to make sure things go smooth for you

### **Body Marking:**

- Make sure you get body marked on the arms and legs (let the ink dry before you put your wetsuit on)

### **Timing Chip:**

- Pick up your timing chip at the table next to registration. Make sure the chip corresponds to your Bib number, body mark and your registration

## **Swim Start:**

- **Half-Ironman and Aqua Long swim start: 7:30am Midnapore Lake (Teams included)**
- Warm up stops 10 minutes before race start
- 10 minutes before race start you will be corralled through the timing sensors to ensure you are in your event and to make sure we account for you at swim exit. (just in case the man eating Eels didn’t eat you)
- Wear the Swim Cap provided (bright red maple leaf 150<sup>th</sup> Canada Day celebration swim cap, very fashionable these days)
- You have 1hr 15min to complete your task. If you’re having difficulty finishing we’ll canoe up next to you and ask you if you’re doing ok and if you think you can finish. Our goal is to give everyone the opportunity to finish. If it’s obvious that you’re just starting

the second lap then unfortunately we will have to DQ you and give you a DNF (nobody wants that, RIGHT!)

- The swim will be 2 laps of 1000m around the right side of the buoys, you will come back to shore on your first lap and run around the buoy and complete the second lap. As you come back to the shore you will exit on your left up the boat launch and into transition. You'll cross the timing sensor to record your swim time. We have no scheduled wetsuit strippers for you so you're on your own this time.
- **Olympic and Aqua Short swim start: 8:45am Midnapore Lake (Teams included)**
- Warm up will be 10 minutes before race start
- 10 minutes before race start you will be corralled through the timing sensors to ensure you are in our event and to make sure we account for you at swim exit. (just in case the man eating Eels didn't eat you)
- Wear the Swim Cap provided (bright red maple leaf 150th Canada Day celebration swim cap)
- You have 1hr to complete the course. If you're having difficulty finishing we'll canoe up next to you and ask you if you're doing ok and if you think you can finish. Our goal is to give everyone the opportunity to finish. If it's obvious that you're just starting the second lap then unfortunately we will have to DQ you and give you a DNF (nobody wants that, RIGHT!)
- The swim will be 2 laps of 750m around the right side of the buoys, you'll come back to shore on your first lap and run around the buoy and complete the second lap. As you come back to the shore you will exit on your left up the boat launch and into transition. You'll cross the timing sensor to record your swim time. No wetsuit strippers this time around.

### **Bike Course:**

#### **Half Ironman and Aqua Long Course (Teams included)**

- It's an out and back route of 90km, of gentle rolling hills. Total elevation is around 230m, not significant at all. Great for all you flatlanders out there.
- There will be 3 aid stations on the course serving water, Heed Electrolyte some Hammer gels and the turnaround aid station will have gummy bears and bananas
- The bike course will follow a route through 5 communities, Midnapore, Sundance, Chaparral, Walden and exit out at Legacy. You'll have the right lane closed to traffic for you to ride in. You'll cross 8 intersections that will be controlled by City of Calgary Police Department, keep your head up and be aware of the traffic. CPS will open the lane to get you through the interchange, please use caution. In Walden you will have to go around 2 traffic circles, use caution and follow the signs. Once you make the left turn onto Macleod Trail (Hwy 2A) you will head south, follow the signs and you won't get lost.

- At the service road to Macleod Trail and south Hwy #552 it will be controlled by Flagmen from Volker Stevin, proceed with caution through the intersection.
- **Important Interchange: Hwy 2A (Macleod Trail) and Dunbow Road** This interchange will be controlled by the RCMP, please use judgement as you approach the interchange. Look both ways, make sure that the RCMP has the traffic stopped for you. Proceed with caution.
- You'll have clear sailing till you turn left onto Hwy #552 to go east to the turn around, this interchange will be controlled by Certified Flagmen from Volker Stevin, again use caution as you make the left turn.
- About 2km after the left turn you will drop down into the river valley and cross the Bow River. The bridge deck is made of wood and if it's wet it could be slippery. We will have volunteers down there to guide you across. The bridge deck is a one lane and you might have to slow down or wait to cross as there could be a vehicle on the deck. Use caution
- Aid Station #1 will be at the top of the hill after the bridge
- Continue to the turn around, there will be a sensor on the road to record your turnaround. The turnaround will be Aid Station #2. You'll be stopped on the right side of the road in a turn out and proceed across the road back to the other side when it's safe to do so. This road is super quiet and we shouldn't see much traffic on this section, so delay is minimal if at all.
- Return back to Calgary along the same route and enjoy the spectacular scenery of the Rocky Mountains and the City skyline. Don't day dream too much as we've seen Elk on the road. So stay alert.
- Again you will drop down to the river valley to cross the bridge deck, same procedure as the first crossing.
- Aid Station #3 will be on the west side of the bridge deck
- Make the right turn onto Dunbow Road back to Macleod Trail
- You'll cross the short course sensor to confirm your time
- When you reach Macleod Trail turn right and stay on the Shoulder of the road back to the 210 Ave interchange, proceed right then left into Walden around the traffic circles back to Southview United Church on the right, into transition to start your run.
- **Note:** Some of you speed demons might actually catch up to the Olympic athletes so please shout out "Passing on the Left"

### **Olympic bike and Aqua Short course (Teams included)**

- The bike course will follow a route through 5 communities, Midnapore, Sundance, Chaparral, Walden and exit out at Legacy. You will have the right lane closed to traffic for you to ride in. You'll cross 8 intersections that will be controlled by City of Calgary Police Department, keep your head up and be aware of the traffic. CPS will open the lane to get you through the interchange, please use caution. In Walden

you will have to go around 2 traffic circles, use caution and follow the signs. Once you make the left turn onto Macleod Trail (Hwy 2A) you will head south, follow the signs and you won't get lost.

- At the service road to Macleod Trail and south Hwy #552 it will be controlled by Flagmen from Volker Stevin, proceed with caution through the intersection.
- Important Interchange: Hwy 2A (Macleod Trail) and Dunbow Road This interchange will be controlled by the RCMP, please use judgement as you approach the interchange. Look both ways, make sure that the RCMP has the traffic stopped for you. Proceed with caution.
- The turnaround will be on Dunbow Road, there will be signs posting the turnaround.
- There will be a sensor to record your time
- There will be volunteers to assist you in transitioning from the east bound lane back to the west bound lane.
- As you approach you will be instructed to move to the right into the turn out, position your bike to be able to view traffic coming in each direction and when the road is clear you will be able to cross. This section of Dunbow Road is very quiet and you shouldn't be delayed at all. It's for your safety that we do this. The road marshals will instruct you to proceed when it's safe to do so.
- No Aid Stations on the Olympic course, so make sure you bring what you need for fuel.
- Return back to Calgary along the same route and enjoy the spectacular scenery of the Rocky Mountains and the City skyline. Don't day dream too much as we have seen Elk on the road. So stay alert.
- When you reach Macleod Trail turn right and stay on the Shoulder of the road back to the 210 Ave interchange, proceed right then left into Walden around the traffic circles back to Southview United Church on the right, into transition to start your run.
- If you're passing someone, inform them that your "Passing on the Left"

### **Bike Rules:**

- **Bibs to the back**
- Helmet chinstrap must be secured once you touch your bike and must remain secured till you finish and rack your bike
- Alberta Triathlon Association, TriCan and ITU rules apply.
- Drafting: Know the rules for drafting because you will be assessed a 10 minute penalty for drafting. Minimum 2 bike lengths behind and 1 bike length beside. There is plenty of room to pass safely on the shoulder of the road. Absolutely, No Riding side by side
- Turn around Point: At the turn around point you will be required to stop at the stop line till the Flagman confirms the road is safe to cross. You will be required to cross

the road safely. It is imperative that you listen and obey the instructions of the Flagman. Any infraction of this rule is an immediate disqualification.

- **Aid Stations rules:**
- Do not race through the aid station, if you are picking up supplies, slow down.
- Do not throw your water bottles at the volunteers, drop them on the grass before and/or after the aid tables set up on the side of the road.
- Yell out your choice of beverage, Water or Heed
- If you are going to stop, look behind you to make sure it's clear and pull off the shoulder to stop.
- Single file is the proper order for getting beverages. If you fail to follow through single file then you will be penalized 5 minutes. Explanation: If you are behind an athlete and you want to get a water bottle then you must stay behind the athlete to get your aid. Once through the aid station then you can pass.
- Passing on the course: If you are going to pass, you yell out "PASSING ON THE LEFT". You must stay on the right side of the solid line. If you cross over the solid line you will be assessed a 10 minute penalty.
- Being Passed: If you are being passed and someone yells "Passing on the Left" you must move over to the right and allow the athlete to pass. If you block the athlete you will be assessed a 10 minute penalty.
- Litter: We want to keep the environment clean and free of pollution, so we request you drop off all litter at the aid stations or carry it with you. Water bottles must be dropped at the aid stations. Anyone littering on the road will be penalized a 5 minute penalty. Please consider this rule as we are given the use of the land from organizations that rely on us to respect the environment.
- No Walkmans, MP3 Players, Ipods, cell phones allowed on the bike course. No exceptions to the rules, immediate disqualification.
- Police controlled intersections: Please pay attention while going through the controlled intersections as the City of Calgary Police Service will do their best to make sure you get through the intersection safely, as you know there are always drivers out there that sometimes don't pay attention. Please use judgment as this is not a closed course.
- Please be careful as you are ultimately responsible for your own safety. We are making every effort to ensure that you have a safe and enjoyable experience.

**Transition #2:**

- Dismount at the dismount line, walk your bike to your spot and rack your bike. Do not undo your chinstrap till you rack your bike. Penalty will be assessed for not following the rules.

- Entering into Transitions after the completion of your bike, yell out your race distance and the volunteers will direct you into your corral (Half Ironman, Olympic, Team).
- Timing sensor will pick up your time
- Find your spot on the rack and your run gear will be where you left it this morning
- Your dry bag and your blue bag will also be at that spot.
- Make sure to place your bike directly over your run gear. You have 4 other athletes that will be placing their bikes as well. Be respectful
- Put your run gear on and exit out of transition to the left and start your run
- At the end of the race as you go to retrieve your gear we will have security personal to cross check your gear with your race number
- As you exit transition you will cross the timing sensor to record transition times.
- Transition Aid Station will be located at the sensor marker

### Run course:

- **Half Ironman and Aqua Long course distance athletes (Teams included)**
- **Bibs to the front**
- 2 loops of 10.5km into Fish Creek Park
- Exit to the north of Southview Alliance Church onto Walden Blvd north bound. The right lane will be closed to vehicle traffic
- At 195<sup>th</sup> Ave turn right down into Chaparral Valley, stay to the right lane
- Entrance into the park will be the location of Aid Station #1 and #4
- 2km from Aid Station #1 and #4 you will find Aid Station #2 and #3
- Follow the path to the turnaround located at Sikome Lake, timing sensor will record your time
- Return back along the same route
- Enjoy Heart Break hill
- Come back to the Transition Aid Station and do it all over again.
- Yes you can curse me if you want, but do it quietly
- Remember I gave you an easy bike course. (Hopefully the wind wasn't too bad.)
- Do lap #2 and finish.
- You reach the top of that hill you'll be able to reward yourself, knowing that you have accomplished a well-deserved goal.
  
- **Olympic distance and Aqua short course athletes (Teams included)**
- 1 (tiny and easy) loop of 10km into Fish Creek Park
- Exit to the north of Southview Alliance Church onto Walden Blvd north bound. The right lane will be closed to vehicle traffic
- At 195<sup>th</sup> Ave turn right down into Chaparral Valley, stay to the right lane
- Entrance into the park will be the location of Aid Station #1 and #4
- 2km from Aid Station #1 and #4 you will find Aid Station #2 and #3



- Follow the path to the turnaround located just before the Stoney Trail overpass, timing sensor will record your time
- Return back along the same route
- Enjoy Heart Break hill
- Come back to the Finish and reward yourself with that big fat medal and a job well done

### **Run Course Rules**

- All pathways in both the Park and the Community will be open to pedestrian traffic. Pass them a smile as you go by.
- Absolutely no littering in the park or on the course. If you are caught you will have a 5 minute time violation and be forced to go back and pick up the litter. We take this rule very seriously as this is a provincial park and should be there for everyone to enjoy. Drop your litter off as you go through the Aid Stations
- There will be 4 Aid Stations on course, approx every 2km. Please carry water in a pouch as our aid stations are more than 1 km apart.
- We will be serving you a selection of food and liquid products consisting of: Water, Electrolyte, Bananas, Cookies, Gel, Ice, and Pretzels
- Race Bibs to be worn on the front (no exceptions)
- No Walkmans, MP3 Players, Ipods, earbuds and cell phones allowed on the run course. No exceptions to the rules, immediate disqualification

### **Timing**

- Timing will be provided by Zone4
- It will be live timing so family and friends can follow along with you on the course. They can log into [www.zone4.ca](http://www.zone4.ca) find Chinook Triathlon Festival and it will take you to the live feed. We'll have 8 zone points to follow.

### **What is Chinook Triathlon Festival**

Chinook Triathlon Festival is an adhoc "not for profit" group raising money for the development of youth sports predominately in the sport of Triathlon. Over our tenor we have raised in excess of \$100,000. We are very proud of the contribution we have made to date and hope to continue building on that commitment going forward.

As your Race Director, I wish you all the best in your training and so much look forward to seeing you at the start line and more importantly at the finish line with a massive grin on your face. Enjoy your day make sure you thank all the volunteers for their effort. We hope to have more than 100 volunteers working hard to make sure you have a great day.

Thank you  
Mike Bock Race Director

