

# Wild Rose Women's Triathlon EVENT GUIDE



PLEASE TAKE THE TIME TO READ THE ENTIRE EVENT GUIDE

## FROM THE RACE DIRECTORS:

Welcome all you amazing, strong, beautiful women!

We are so excited to be hosting and organizing this race again. We wanted a race that celebrates the strength of women, sharing proceeds with the YWCA Sherriff King Home right here in Calgary. These women are true survivors! You are doing something incredible for yourself and your community while inspiring those around you (you may not even know who you have inspired).

This race is for women, by women, in support of women. We want you to feel safe and relaxed while you race, and then be able to be pampered post-race. Post-race pampering will include receiving your beautiful Wild Rose necklace, a gourmet glass of Happy Belly kombucha, a chocolate fountain and other treats, a post-race massage from the MRU Massage Program, and more!

We cannot wait to see you at the finish line!

Richelle and Rose  
Owners, Tri It Multisport



### **Sheltering women and their children with a safe place to begin rebuilding their lives.**

Many vulnerable women remain locked in a cycle of abuse because they have nowhere to go. The YWCA Sheriff King Home emergency shelter is a haven for women and their children who are fleeing family violence.

The YWCA Sheriff King Home emergency shelter provides basic needs including food and personal items. On-site case managers provide counselling and connect clients to resources for housing programs, legal services, and education supports. The goal of the YWCA Sheriff King Home emergency shelter is to provide safety and security and then to establish a transition plan to ensure safety and security can become a regular way of life.

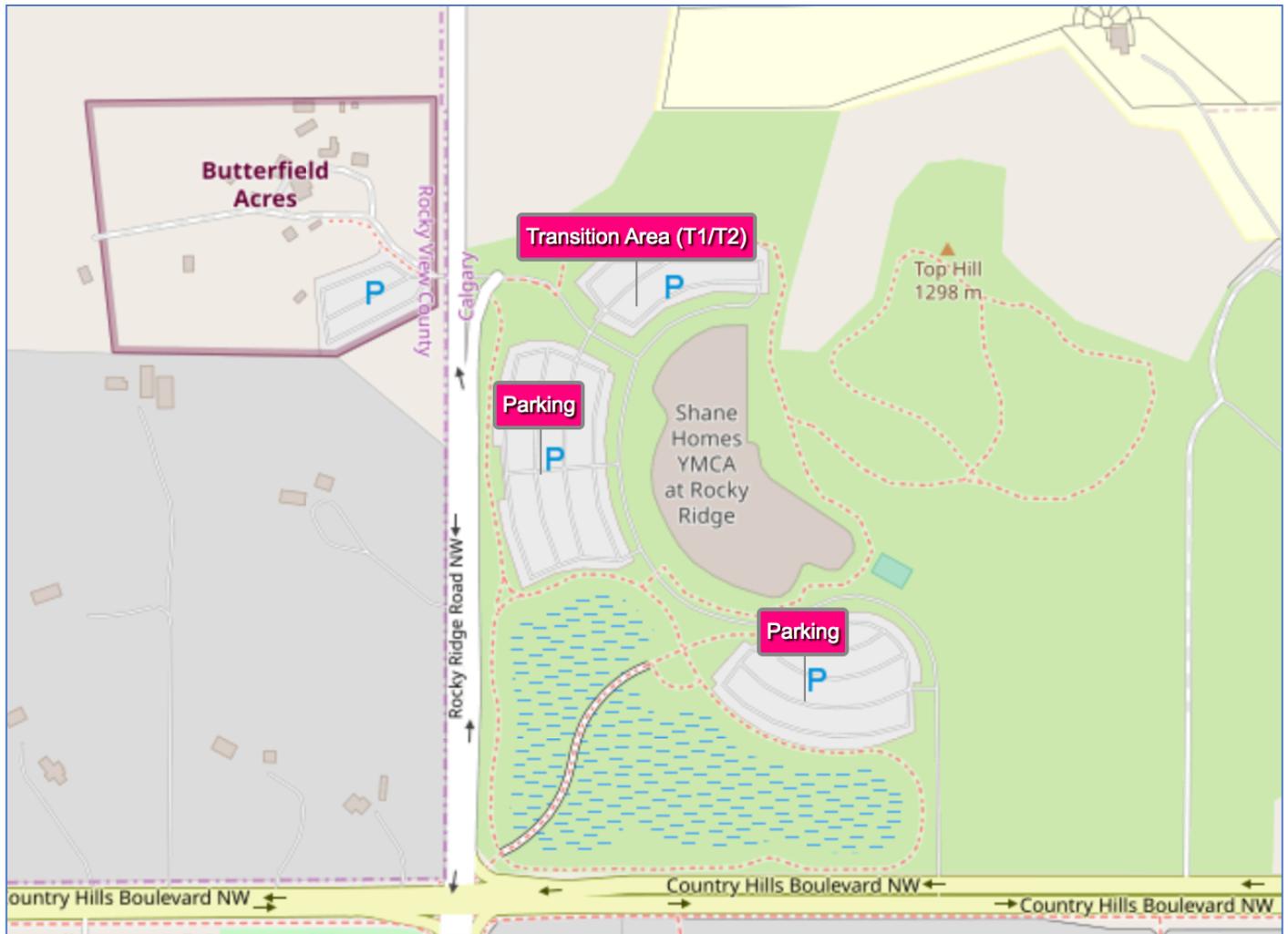
## EVENT INFORMATION:

### EVENT LOCATION & PARKING

Wild Rose Triathlon takes place at the YMCA at Rocky Ridge.

Address: 11300 Rocky Ridge Rd NW

There is ample parking in the parking lots on site. You will need to enter off of Country Hills Blvd and avoid the transition area. Please park in the designated areas and walk your bike and the rest of the gear/equipment you need to transition. Please DO NOT park in the transition parking lot.



## EVENT ITINERARY:

**August 11th, 12th and 13th**                      **Tri It Multisport (1703 10th Ave SW)**

10am - 5pm\*                      Race Package Pick Up

\* please note – packages are not available outside of the dates and times listed. You may have a friend or family member come and pick up your package; they simply need to show a text authorizing them to do so.

**August 13th**    **Rocky Ridge YMCA (11300 Rocky Ridge Rd NW)**

4pm – 5pm                      **Optional** Transition Walk Through and pre-race Q & A

**August 14th**    **Rocky Ridge YMCA (11300 Rocky Ridge Rd NW)**

6am - 7am                      Transition Check In

7am                              Athlete Pre-Race meeting

7:30am                      Transition Closes/Race Start

## RACE DETAILS:

### PRE-RACE

#### 6am - 7am CHECK IN

This check in is not something where your name is checked off, but rather this refers to you racking your bike and setting up your transition area.

Please do not arrive prior to 6am. The staff and volunteers are arriving at 5am and need the full hour to set up the bike racks, tables, finish line, sound system and more. We appreciate you allowing them to do that.

When you arrive, bring your bike and all of your equipment and gear to transition. Bike racks are pre-assigned by event distance (i.e. Tri-A-Tri and Sprint). Where you rack your bike is on a first-come, first serve basis within each grouping. There is a minimum of 6 bikes per rack. If you are taking up too much space your bike will be moved over to make room for other athletes. We ask you be considerate and help each other by ensuring everyone has a space for their bike. There will be volunteers in transition assisting with this.

Please **DO NOT** bring Rubbermaid bins, buckets, chairs or yoga mats into transition as there is limited space; you may bring a backpack or bag with only what you **NEED**. Excess belongings will be moved by race officials.

You are not allowed to mark your spot with things such as balloons or other items.

**Transition will CLOSE at 7:30am – this means no athletes other than those who's race is currently in progress will be allowed inside transition. Please plan accordingly.**

### BATHROOMS

We have 2 Porta Potties in transition. These are the only 2 bathrooms available until 6:45am, at which time the YMCA will open and we will be able to use the facilities just inside the West Entrance (the main entrance closest to transition).

We ask that when the facility opens that you please plan on **NOT** using the change rooms at this time so that you are not going in and out of them. The YMCA asks that we do not have racers coming and going from them unless it is right before they race.

## TIMING CHIPS/BODY MARKING

As per the YMCA athletes must be body marked before entering the pool area. This will be done from 7:15am onwards directly outside the West Entrance. We will also give you your timing chip but please be mindful that you do not go back into transition and trigger a timing mat before you start your race.

Our events use Startline Timing to produce our race results. They use a computer CHIP Timing System to gather results. The chip is on a Velcro band with a small sensor attached to it. The sensor is activated every time you cross one of the brown rubber timing mats. This is how we know you completed each segment of the course. The chip must be worn on your left ankle – **NOT ON YOUR WRIST.**

When you line up to await your turn to start in the pool area you will be given your timing chip on the Velcro. Please place this immediately on your **LEFT** ankle. When you cross the finish line a volunteer will be there to take the chip, but you will be responsible to ensure they do. If the chip is not returned you will be charged \$50 to replace it.



## FIRST AID

At Wild Rose safety is our highest priority. We will have an ambulance in the parking lot area, lifeguards in the pool, 2 roaming medics on the bike course, and a nurse on the run course. We hope we do not need any of these people however, they will be at the ready should we.

## THE SWIM

The swim will take place in the YMCA Rocky Ridge Pool (25 m). We are using a ***rolling start*** system for all athletes, with four athletes in each lane; once one has finished, the next will start in that lane. This saves time in the pool, as well as allows a continuous feed of athletes throughout the event.

Try-A-Tri athletes will start first, and then Sprint distance athletes. Slower swim times will go first. Volunteers will be asking athletes their approximate swim time for that distance and assisting in lining athletes up from slowest to faster projected swim time. Please ensure you are there to line up with others well in advance of when you anticipate your swim time is entering the water.

**Tri It Distance – 350m**

**Sprint Distance– 750m**

We will start four athletes per lane and you will complete either 14 lengths (Try-a-Tri) or 30 lengths (Sprint) of the pool. As each athlete exits the water, we will start the next athlete waiting on deck. Each athlete will cross the timing mat and walk to the lane that they are directed to by the volunteers. Athletes will slip (NO DIVING!) into the water and start their swim. Swim caps given at package pick up are **not** mandatory.

**If you feeling any trouble or difficulty during the swim, simply stop, raise your hand and a lifeguard will assist you.**

Please note:

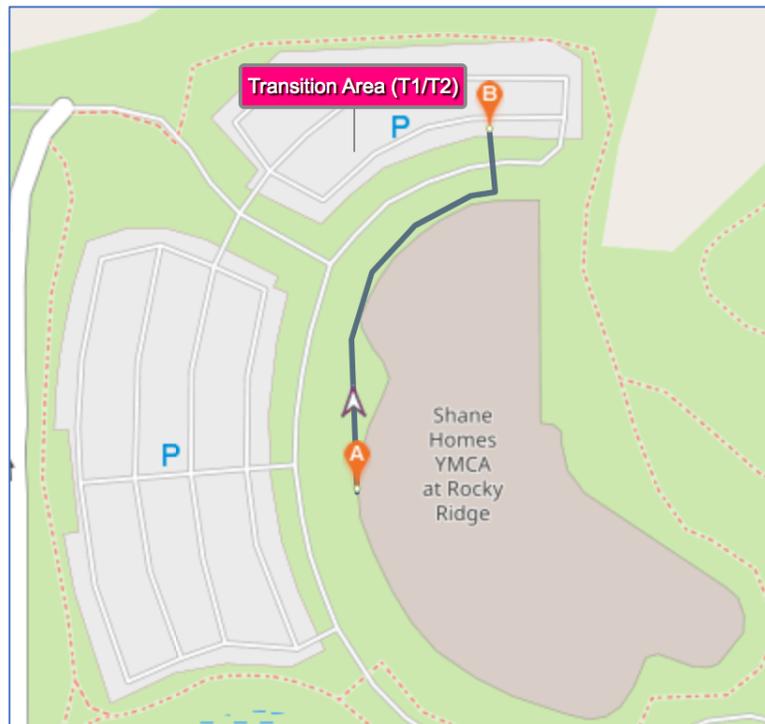
- Always swim on the **RIGHT** side of the lane. If you are going to pass or be passed, wait until the end of the lap and **stay to the right**...faster swimmers will pass on your left.
- All athletes must wear the timing chip/band provided on race morning before the swim. You will not get a time without it.
- Ensure you start in the appropriate start. **DO NOT go in a heat where you will be swimming faster than the other athletes.** Doing so does not give you an advantage.
- You may use **any stroke** that makes you comfortable, however no floatation devices can be used.
- Volunteers will count your lengths and will put a flutter-board in the water when you have **2 lengths** remaining.
- Volunteers will have the final say on the number of lengths you have completed as they will be counting and marking down the lengths each swimmer completes. Please do not argue with volunteers. They will notify you when you when you have **2 laps** to go by placing a flutter-board in the water where you can see it.

## TRANSITION 1

Once you have completed your swim, you will exit the pool and follow the volunteers through the hallway, past the childcare area to an outside door. You will then run or walk the 150m from the door to transition. This will be done barefoot. Gravel will be swept so it is a clear path for you.

Once at transition you will put on your cycling gear. Please ensure your helmet is on and done up BEFORE grabbing your bike (this is an official rule).

You will then follow the cones, arrows, signs and volunteers to make your way to the mount line. You will cross the mount line (a line of chalk) and get on your bike.



## THE BIKE

Try-A-Tri Distance – 9.25km (1 lap)

Sprint Distance – 18.5km (2 laps)

### **Bike Directions:**

From the YMCA parking lot turn right onto Rocky Ridge Road NW.

Turn left onto Burma Road.

Turn left onto Range Road 25.

Turn left onto Meadow Drive.

Turn right onto Rocky Ridge Road NW and back to the YMCA.

Try-A-Tri athletes will stop here and Sprint athletes will look for the volunteer telling them to either cross the dismount line (a chalk line on the ground) or make a turn around a pylon to head back out for lap 2.

**\*\*It is your responsibility to know the bike route and directions to ride. We strongly recommend pre-riding or driving the bike course PRIOR to race day.**

**Please ensure that you watch for vehicle traffic and other athletes at all times.**

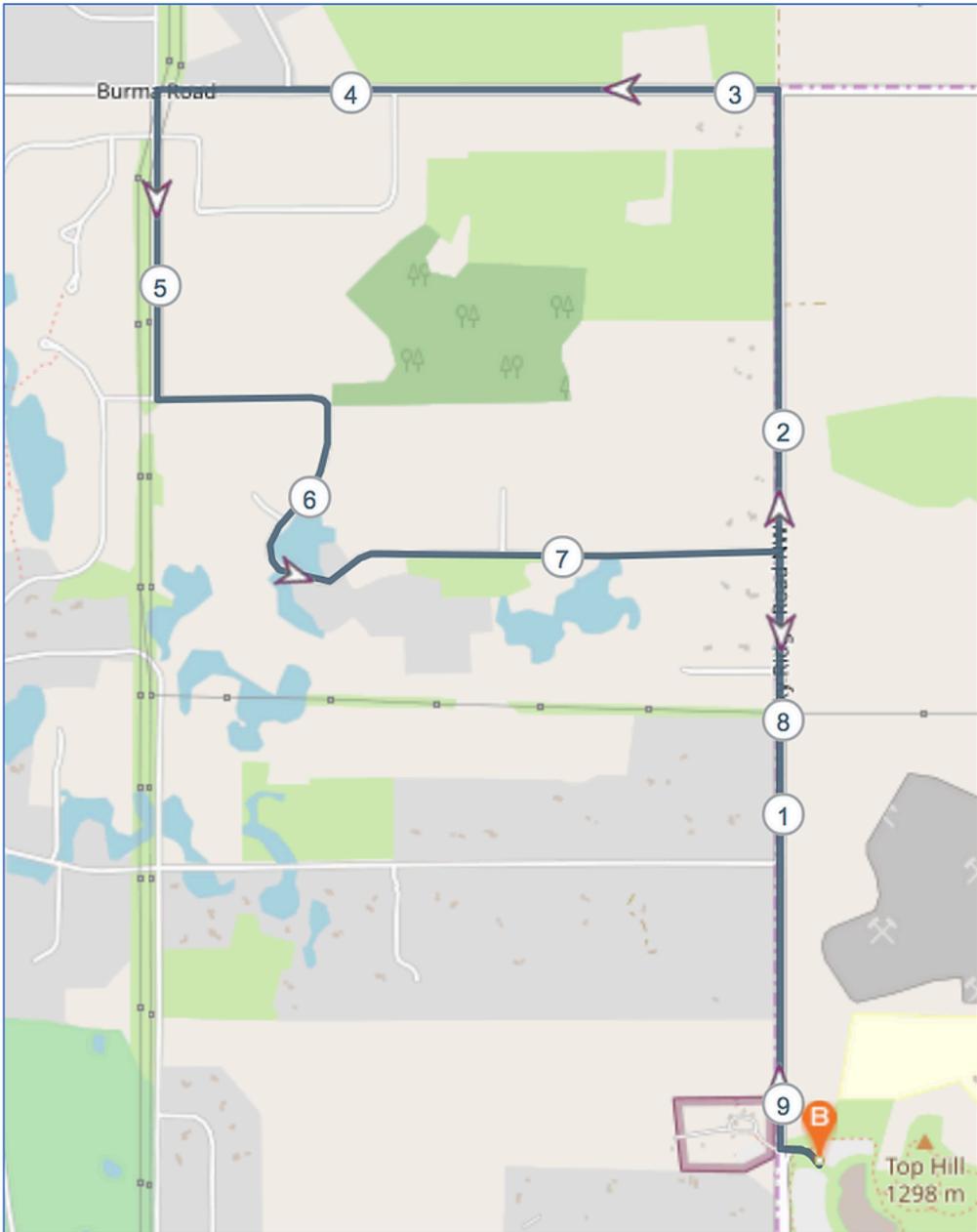
**Cars will not automatically stop.**

**It is your job to ensure your safety in conjunction with the race officials/flaggers.**

This is a fun race and we don't want anyone injured along the course. The course will be open to vehicle traffic, and you are to treat this event as any other training ride and be alert and road wise while on the course. Vehicles will always have the right of way at intersections, and we will have certified flaggers to stop traffic when athletes are approaching, but remember you are responsible for your own safety while out on the course!

**NO PASSS ZONE (Burma Road): Due to safety concerns from both Rocky View County and the Alberta Triathlon Association you will not be allowed to pass any participant while cycling along Burma Road. If you do and are caught you will automatically be disqualified. While we understand this can be challenging, it is for everyone's safety.**

There will NOT be an aid station on the bike course for the Try-A-Tri distance. All participants **MUST** have a means to carry water with them. Water will be available at the start of lap 2 for the Sprint distance athletes. The aid station is self-serve, so athletes must stop and fill their bottle themselves should they need additional water for lap 2.



## TRANSITION 2

Once you complete the bike leg, you will dismount your bike at the dismount line (a chalk line on the ground) and go rack your bike once again. Please keep your helmet on until your bike is safely on the bike rack (yep, it's a rule!). Grab your running gear and head out for your final leg of your triathlon!

## THE RUN

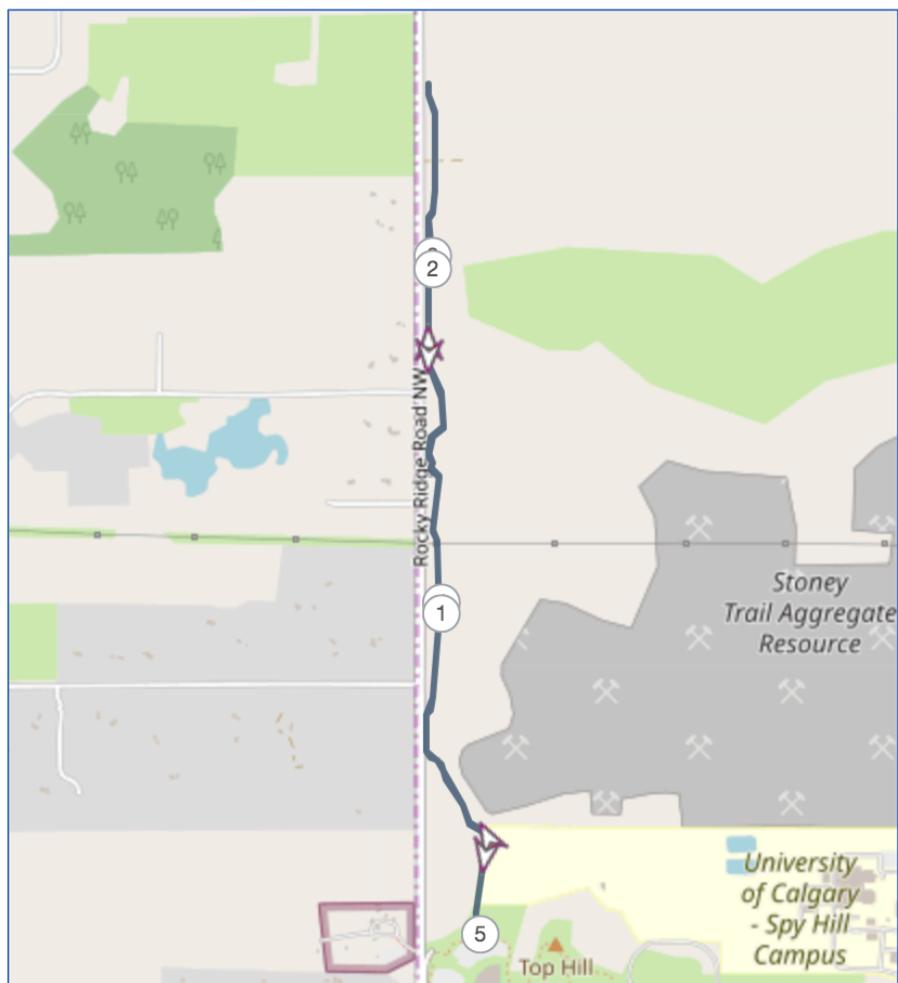
Tri It Distance – 2.5km

Sprint Distance – 5km

The run course will travel from the transition area through a field for about 300m until you reach a run path. Try-A-Tri participants will run 1.25km until a turn-around point. Sprint participants will run 2.5km until their turn-around point.

There will be an aid station (with water) at the turnaround for the Try-A-Tri at 1.25km. Sprint athletes will also hit this again at 3.75km into their run.

Please wear your race number on the **front** of your jersey/t-shirt.



## FINISH LINE POLICY

Due to the rules of being a sanctioned race through the Alberta Triathlon Association, friends and/or family members are **NOT** permitted to cross the finish line and enter the finish chute with participating athletes. This is 100% a safety issue. Please have them cheer you in and give you a big hug AFTER you cross the finish line.

## GENERAL TRIATHLON RULES:

### SWIM

Always stay to the right of the lane. Pass in the middle of the lane or at the end of the lane. If you are wanting to pass someone simply lightly tap their toes and they can stop at the end of the lane. No one is expected to stop in the middle of the lane while swimming. Simply wait until the end of the lane and allow the faster person to go by.

Any stroke is allowed, but you may not walk. Please do not hold onto the lane rope unless you need lifeguard assistance.

### BIKE

**KNOW YOUR COURSE!!** PLEASE TAKE THE TIME TO GO OVER THE ROUTE. IT IS YOUR RESPONSIBILITY TO KNOW THE COURSE.

Volunteers and flaggers are on course to assist you but you must know where you should be going and count your laps (1 for Try-A-Tri and 2 for Sprint).

When in possession of your bike, you must at all times be wearing your helmet. Please ensure you put your helmet on first BEFORE touching your bike in transition. You must then walk your bike out of transition (THERE IS NO RIDING INSIDE TRANSITION) to the mount line. Once past the mount line you may get on your bike and start your ride. The mount line designates the start of the bike course and there will be volunteers to direct and assist you.

You must always stay to the right of the road and if you wish to pass someone, it should be on their left. Simply say "on your left" and make the pass as quickly as possible. Never cross the yellow center line. This is an automatic disqualification as this is a huge safety violation.

You cannot be closer than 10m to any other rider in terms of the distance from their front wheel to your front wheel.



This is called drafting and is illegal in triathlon because you are gaining an advantage. If you find yourself in this position you have 10 seconds to either pass, or fall back.

Officials from Alberta Triathlon Association will be on motorcycles monitoring the course and will be looking for this. If you are caught drafting you may either be asked to "drop back" (which means slow down and get out of the draft zone) or you will be shown a blue card meaning you will have time added to your final time for gaining an advantage/breaking the rules.

Once you are finished your ride, you will approach the dismount line. The dismount line designates the end of the bike course and there will be volunteers to direct and assist you. You will get off your bike and WALK your bike back to transition. Once your bike is racked you may then take off your helmet (remember whenever you are even touching your bike, you must have your helmet on).

## **RUN**

On the run course, stay to the right and always pass on the left. Cheer on other runners as you pass.

## **ILLEGAL EQUIPMENT**

Alberta Triathlon Association rules do not allow riders to use toe pedal straps or headphones/music. These are considered safety violations.

No glass bottles of any kind.

No glass or mirrors on your bike are permitted.

No headphones are allowed at any time during a triathlon. This includes headsets and technical earplugs. Playing music impairs your ability to hear what is going on around you (even if playing at a low volume).



## **POST RACE PAMPERING**

After crossing the finish line and receiving your gorgeous Wild Rose necklace, all racers will be treated to a can of Kombucha, gourmet breads and jams, a chocolate fondue, and a massage, creating an amazing post-race atmosphere.

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