



**Saturday June 24, 2017**

Welcome to the **Edmonton River Valley Off-road Triathlon & Duathlon!** This event is a fundraiser for the Edmonton Firefighters Burn Treatment Society. Bring your coffee mug and water bottle to the event and do your part to help us reduce waste.

This information is intended to make you aware of the rules and familiarize you with the race.

Please visit our web page at [www.ervtri.com](http://www.ervtri.com) or our Facebook page at [facebook/edmontonfiretri](https://facebook.com/edmontonfiretri) for the most up to date information.

If you should have any questions, please feel free to contact Kevin Vachon at 780-271-1279 or Rob McAdam at 780-271-9473. You can also email us at [inpursuitfitness@gmail.com](mailto:inpursuitfitness@gmail.com) or [robmcadam@gmail.com](mailto:robmcadam@gmail.com)

Please thank all our volunteers and sponsors who help make this event fun and possible. Without their time and efforts there is no race.

**Package Pick Up:**

Race Package Pickup will take place at **Revolution Cycle (15103 Stoney Plain Rd, Edm AB)** on Thursday & Friday June 22<sup>nd</sup> & 23<sup>rd</sup> from 6-8pm. Any leftover athletes packages will be brought to the site to be picked up on race morning.

**Race Day Check In / Registration:**

When you arrive please proceed to the Athlete Registration table and check in. Please line up based on your last name as indicated on the signs above the registration table. Here you will sign in, get your swim heat number, then proceed to get body marked. If you have paid for limited edition merchandise, you will be directed as to where to pick it up at this time. Athlete registration will be open starting at 6:30am.

**Transition Area:**

Registration needs to be complete before you plan on heading over to rack your bike. Transition area will be in the grassy field on the North side of the Queen Elizabeth Pool. The transition area is for athletes only and will be attended to by a volunteer for security purposes. Athletes will be required to check in their bikes and equipment prior to the event. Only athletes will be able to check out their race gear after the event. Athletes may put bikes anywhere they choose on the racks in the transition area. The racks will not be numbered. Please allow enough space for other athletes to share a rack. Small tubs for gear will be allowed within reason if the weather is horrible, otherwise only gear that you will use while racing will be allowed around your space. If you have too much stuff in your area, the ATA officials may ask you to clear it out, or simply remove the bulky items to a space where they will not be in the way. The transition area will also be open at 6:30am and will close at 8am. When you have completed your transition set up, please do not linger in the transition area. You are welcome to hang out in the expo area or on the grassy staging area on the pool deck.

**Timing Chips:**

After checking in, you will now know your race number. It will be up to you to proceed to the Blitz Timing tent to pick up your timing chip.

**Facility & Lockers**

The Queen Elizabeth pool will be open at 6:30am for athletes to use the change rooms and a locker if required. Please bring your own lock. Entry & exit to and from the pool deck during the entire event will be from the **main entrance only**.

**Donations:**

If you have collected any extra donations to be given to the Burn Unit, you will be able to drop them off onsite during race morning at the registration table.

**Sustainability:**

In an attempt to reduce as much waste as possible at this event, bring your own coffee mug & water bottle and help us reduce our footprint. If you know of someone else racing maybe you can carpool as well.

**Awards and event wrap up:**

- at about 12:00 pm Awards and giveaways will begin.  
We will be awarding many great prizes this year including:
  - Great prizes from Revolution Cycle
  - swag from many of our sponsors
  - FREE race entries to events similar to ours much more!
- Post Race food will again be brought to you by The Greenhouse. Any spectators will be able to purchase food from the Greenhouse as well on race day.

**Race Recap Info Below**

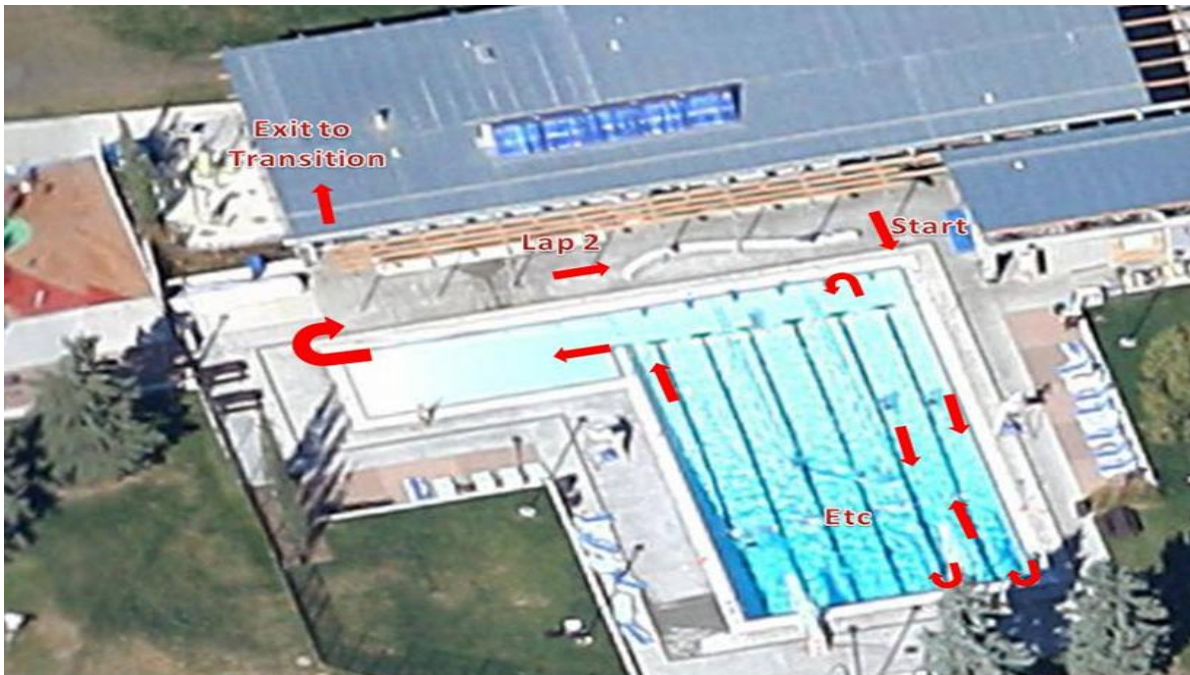
## Event Distances

### Swim: 600m of Queen Elizabeth Pool

#### 2 laps of swim course (24 lengths of the pool in a unique format)

- This is a serpentine format swim meaning that swimmers will swim down and back in one lane, duck under the lane rope, swim down and back in the next lane, duck under the rope and so forth. Swimmers must stay to the left of the lane.
- Once the swimmer has completed this pattern through all 6 lanes, they will exit the pool on the west ramp in the pool, and return back to the start lane and repeat the swim for a total of 600 meters.
- Athlete staging area will be on the grass on the south west corner of the pool deck. When you check in you will be given your heat number. Heats will also be posted on the pool deck.
- Absolutely **No Diving**. Feet first entry only.
- Any stroke is permitted - breaststroke & freestyle are recommended.
- Floatation devices, wetsuits or snorkels are not permitted.
- Heats will begin as soon as the previous swim heat has finished and cleared the pool. Race start time is 8:30am. Swim heats will be from the fastest swimmers to the slowest swimmers.
- Stopping at either end of the pool is allowed, but forward movement can only be achieved using a stroke (ie. no running on the bottom of the pool).
- Propulsive devices are not allowed (ex. Paddles, Flippers).
- The swim will be timed by chip. You will be directed to cross over the timing mat immediately before your swim start. The next swimmer will follow about 10 seconds later.
- Once you cross the timing mats or start line, your race is LIVE and your clock will now be ticking away.
- Both open turns and flip turns are allowed. Please be aware of, and courteous to, your fellow athletes. If it is unsafe to flip, please open turn until the next lap. Likewise, do not follow on the feet of the swimmer in front of you into a turn.

*\*There will be a brief swim overview during the 8:05am pre-race meeting\**

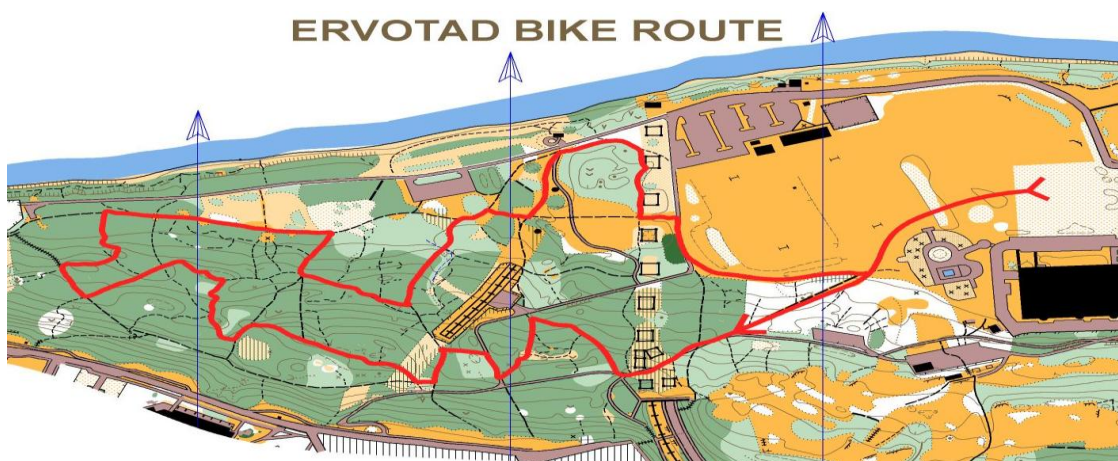


\*\*\* All bike & run trails will still be open to the public during the race.  
Signs will be put up to indicate that there is a Race In Progress, however please use courtesy when encountering other users of the trails.\*\*\*

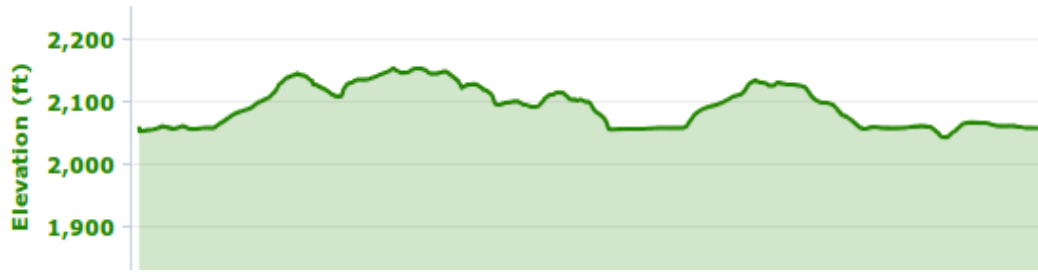
**Mountain Bike Course – 2.5km per lap for a total of 10kms    Triathlon...4 Laps    Duathlon...4 Laps**

- You must have your helmet on and chin strap buckled before removing your bike from the rack
- Helmets are Mandatory. Headphones are **NOT** permitted on any part of the course while racing and you will receive an automatic disqualification if caught wearing them while competing.
- Riding your bike in the transition area is prohibited. Please follow mount/dismount signs in the transition area
- Passing is done on the left. Please be courteous and give a verbal warning to the person you are passing
- Watch for course flagging and signs. You will also have volunteers pointing you in the right direction. The race committee will do its best to ensure you do not miss any turns, however it is your responsibility to know the course and where you should be riding.
- Upon completion of the final lap you will return to the transition area and dismount at the dismount line, then proceed to racking your bike.
- Only Mountain Bikes and Fat Tire bikes will be permitted. No Cross Bikes allowed. No drop handle bars will be allowed.
- Pedal toe clips with Straps are not allowed. Normal running shoes or clip in cleats are recommended
- Any bar ends must be completely capped
- There will NOT be an aid station on the bike course. Feel free to carry a water bottle or hydration pack with you while you ride.

\*\*\*Teams will transfer the timing chip from one competitor to the other while making the trade off in the transition area. \*\*\*







**X - Country Run Course 5-6km**

**Triathlon...1 Lap**

**Duathlon...Half Lap / 1 Lap**

- Headphones are **NOT** permitted on any part of the course while racing and you will receive an automatic disqualification if caught wearing them while competing.
- Passing is done on the left. Please be courteous and give a verbal warning to the person you are passing
- Watch for course flagging and signs. You will also have volunteers pointing you in the right direction. The race committee will do its best to ensure you do not miss any turns, however it is your responsibility to know the course and where you should be running.
- There will be only ONE aid station at the halfway point on the run. Feel free to carry your own hydration throughout the race.
- Have fun at the turn around / water station.

\*\*\*Be sure to smile as you cross the finish line\*\*\*

**Duathlon Run Lap # 1...2.75km...Start at the Green dot. Come back to transition area at the Red dot**



### Triathlon Run & Duathlon longer Run...5.75km

You will exit the transition area and head west (from the triangle). Complete 1 full lap and finish about where the circle is.



\*\*\* In the case of severe inclement weather where we would not be able to use the outdoor pool, the triathlon event will become a duathlon.\*\*\*

EDMONTON RIVER VALLEY

