

THE JAN SMART CANADA DAY TRIATHLON & KIDS SPLASH & DASH

Welcome our second annual Canada Day triathlon. The event will be held in Millennium Place located in beautiful Sherwood Park, located just 5km east of Edmonton. We hope you'll enjoy the race as it offers a great way to start your Canada Day weekend with a fun and safe course for all with a friendly neighbourhood run with no traffic to conclude your race.

We hope to see you there!



RACE ORGANIZER – PHALANX MULTISPORT CLUB

info@ironwarrior.ca

EVENT HIGHLIGHTS

- Merchandise Prizes
- Personalized Participant Bib Numbers
- Event technical Socks
- Post race Pancake Breakfast
- Chip Timing
- Massage Therapy
- Bike Tuning
- Safe and Fun Race Course

Iron Warrior is in our second year of operation and we are picking up steam! Last year our Canada Day event had over 200 participants and the energy was electric. This year we hope to eclipse last year's numbers and put on an even better race. Registration is now open and we will sell out again so be sure to register early and get your spot secured.

DATE: JULY 1ST, 2011

START TIME: 9AM – CHILDREN; 9:30AM – TRY-A-TRI

10:30AM SPRINT*

MAXIMUM 250 PARTICIPANTS

***START TIMES MAY BE SUBJECT TO CHANGE**

COURSE DESCRIPTION:

TRY-A-TRI: 400M

SPRINT: 750M SWIM

The race will begin on deck at Millennium Place in Sherwood Park located on Premier Way. Once the children's race is finished the Try-a-Tri participants will begin followed by the Sprint participants. Participants will be organized into lanes based on estimated swim times so please be as accurate as possible regarding your estimated swim time.

TRANSITION 1

Once finished your swim, you'll head out the back entrance following the carpet path to the transition zone. If you wish to change undergarments require you to take off all clothing please do so in the male/female changes rooms provided. Once in transition you'll put on your bike helmet and take your bike out of transition heading east, on a short 75m run into the parking lot, mount your bike and turn right onto Premier Way. Location is provided on the link below:

<http://www.runningmap.com/?id=162839>

TRY-A-TRI: 10KM – 1 LOOP

SPRINT: 20 KM CYCLE COURSE – 2 LOOPS

Once on Premier Way, you'll head north for about 400m, then turn right onto Portage Lane and make a right till the turnaround point then head back to Premier Way and keep on Premier way till you make a left on Lakeland Road. You'll continue on and turn left on Sherwood Drive until the 180 degree turnaround point where you'll head back to transition the way you came to complete a 9.km loop. These intersections will be closely monitor by flag staff and volunteers but please be aware of traffic in this location. Please follow the link below for the course map:

<http://www.runningmap.com/?id=164136>

TRANSITION 2

Once finished your bike ride, you'll dismount at the same line you mounted on and run/walk with your bike to the same transition zone where you'll enter the transition zone (please remember there are kids around & nudity will result in immediate disqualification and removal from the race course). In transition you'll rack your bike, take off your bike helmet and run out through the southwest exit of transition to begin your 2.5km or 5km run.

TRY-A-TRI: 2.5KM RUN

SPRINT: 5KM RUN

The run course will be a simple out and back through the trails behind the Millennium Place facility. There are no cars or traffic on the course, just follow the volunteers, run fast and have fun. The map for the course is below:

<http://www.runningmap.com/?id=161710>

KIDS AGE GROUPS:

5 & UNDER CATEGORY:	25M SWIM – 250M RUN
*CHILDREN IN THIS AGE GROUP MAY USE LIFE VESTS AND FLUTTER BOARDS	
6 & 7 CATEGORY:	50M SWIM – 500M RUN
8 & 9 CATEGORY:	100M SWIM – 1.5KM RUN
10 & 11 CATEGORY:	150M SWIM – 2KM RUN
12 & 13 CATEGORY:	300M SWIM – 3KM RUN

AGE CATEGORIES AS OF DECEMBER 31, 2011

16-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 & over for both men and women

ENTRY FEE –REGISTRATION CLOSES JUNE 29TH

KIDS' SPLASH AND DASH - \$25

TRY-A-TRI - \$100

SPRINT - \$100

ENTRY FEE CONDITIONS

Please be aware there are no refunds for any reason - this includes event cancellation or event changes. Due to the fact that most of the setup of the event has already been paid for (city permits, police, equipment, insurance, food, t-shirts) before the commencement of the race, we will not be able to refund your fee. We will make every effort to host the race if weather conditions are not ideal and may postponed the race for an hour or so to let the weather clear up if necessary – remember only lightning may prevent a race for happening so dress appropriately but there it will be beautiful weather – think positively! However you may transfer your spot to anyone you chose by emailing info@ironwarrior.ca to notify us of the change.

EVENT REGISTRATION

We encourage you to enter early and online to get some significant savings. That way you receive an immediate confirmation of payment. Avoid the hassle of writing a cheque and mailing or dropping off your form. Go to www.triathlon.ab.ca/race-registration to register today! Late registration is available at race kit pick up to the morning of the event but we will only be accepting cash at this point and if there is still room.

OFFICIATING, SAFETY, AND INSURANCE SURCHARGE



In addition to the entry fee, a surcharge of \$20 per entrant and \$20 per relay team is being levied to cover the cost of officials and insurance. Members of the Alberta Triathlon fee need NOT PAY THIS FEE as this event is sanctioned by the Alberta Triathlon Association, and club of Event costs. You may also want to purchase a \$35 membership for insurance to all ATA sanctioned races in 2010 so if you plan on doing 2 or more events, this is a great way to save. Kids only pay an additional \$10 and become full ATA members upon receipt of payment for the entire year. To purchase either your membership or Day Member fee, please go to www.triathlon.ab.ca for more information or you may pay your day fee at race package pickup.

FOOD AND REFRESHMENTS

Enjoy light refreshments after the race. There will be drinks, water, muffins and a pancake breakfast for all participants!

CHIP TIMING

We will be using chip timing at this event. This timing system requires that participants wear a chip **Bracelet on your ankle** during the race. This bracelet contains a computer chip that allows you to be timed. No chip = no time.

You are responsible for obtaining your Chip Bracelet on race morning from the Timing Tent near the Finish Line. Do this at least 45 minutes before your race - earlier is better!

You must return your Chip Bracelet immediately after you cross the finish line. You are responsible for the cost if it is not returned.

YOUR RESULTS - AGE AS OF DECEMBER 31, 2011

Your personal results will be posted within 20 minutes of your finish. Check the results as soon as you can. If you have finished in the top 3 in your age or relay category, you will be acknowledge in our post event Awards ceremony!

If you find mistakes in the results, go to the timing tent near the Finish Line and provide them with the information you think is correct. Have the results people make changes before you leave the event site, because they may not be able to do it after race day.

Results will be posted online at TBA

RACE KIT PICK-UP DATES:

Thursday, June 30th, 2011 between 4pm - 7pm

Location: River Valley Cycle - **Address:** 6716 - 50 Street Edmonton, AB

Friday July 1st, 2011 between 7:30am – 8:30am

Location: Registration Table on site at Millennium Place in Sherwood Park

IS THIS YOUR FIRST EVER MULTISPORT EVENT? NO PROBLEM!!!!

Give us a shout! If you want to talk about your training, get some free tips, get recommendations on a triathlon club in your area, please don't be afraid to email us at info@ironwarrior.ca We recommend that anyone new to the sport of triathlon, should consult a coach, club or web site that focuses on guidelines and advice for the inexperienced or first time participant.

You have just taken the big step and entered your first triathlon or you just want a refresher so you can really be ready on race day. Either way, knowing what happens on event day and preparing properly for it will make you're first or your fiftieth triathlon more fun.

We are not saying it is easy, but if you are reasonably fit and healthy you can do it. Just take your time and don't try to do too much your first time. Your goal in the first one should be to finish and to enjoy the experience. If you are a veteran, set your goal to your fitness and health level. If you have any doubts about your health or have not been exercising for some time, please consult your family physician before starting to train, or before participating in an event.

GET THERE EARLY

Get to the race site early - like 1 hour early. Be there when the Race Kit Pick Up opens. Even better, pick up your Race Kit before race day if possible. Only pick it up on race day, as a last resort. You don't need the hassle on race morning.

IPODS, MP3S, WALKMANS AND HEADPHONES

Under the ATA, TriCan and ITU rules we do not allow the use or wearing of iPods, MP3s, Walkmans, or head phones during any portion of the race. Doing so will result in disqualification.

EQUIPMENT AND APPAREL

Need to have

- Swimming suit – can be a tri suit if desired
- Swimming goggles
- Bicycle - you can use any bike you can find, but road bikes are faster
- Bicycle Helmet - check out the Rules and Regulations for the specs
- Racing Shirt - must wear a shirt during the entirety of the bike and run portions of the race
- Competitor's number – during the bike on back, during the run on front – if you do not have a race belt, keep the number on the front for your convenience
- Running Shoes
- Water Bottle - for your bike and in transition for a quick sip
- Bicycle shoes - if your bike requires them

Optional stuff

- Extra Shirt - you might want to switch shirts after the bike leg
- Swimming Towel
- Safety Pins - you need them to affix the competitor's bib to your shirt
- Sun Glasses - especially for the bike - early morning may have you cycling into the sun
- Sun Hat - especially for the run if it is a hot sunny day
- Sun block for the same reason

Provided

- Competitor's Bib
- Souvenir race socks
- Neat Stuff - extra goodies often provided by sponsors
- Chip timing bracelet - a device that ensures that we can record your performance

PRE-RACE PROCEDURES AND FLOW

Read the timetable provided on the event entry information form. Arrive early - at the start of Race Kit Pick Up is best.

1. Go directly to Race Kit Pick Up, if you haven't picked your kit up prior to race day.
2. Proceed from the Race Kit Pick Up directly to the Transition Zone (known as the T- Zone). This is an area enclosed area with bike racks in the middle where much of the on-site action will occur. You position your bicycle on a bike rack of your choosing - first come, first served!
3. Set your equipment and apparel items neatly around your bike rack, so that they are easy to get at during the race. Be sure to pin your bib number on your cycling/running apparel at this time.

4. Go to the Body Marking Table in the T-Zone to have your body marking done. We use the buddy body marking approach. Right arm with your number, left calf with your distance and right calf with your age.
5. Head for the Timing Tent (near the finish line) to pick up your Chip timing bracelet for the race. Everyone must wear one and the timing people will tell you how and where. Don't lose the chip, because it will cost you a chunk!
6. Explore the T-Zone for the various exits and entrances you will be using during the race. Familiarize yourself with them and plan your path to and from your bike rack.
7. Identify the start location for the swim. You have to get there for the start of the race. Visit the start areas so you are familiar with how to get there from the T- Zone.
8. Take a look at the first section of each of the race courses.
9. Leave lots of time for conversation with others, a warm up, and the pre-race announcements over the P. A. for information updates.
10. Be at the race start 5-7 minutes before start time. This will ensure that there are no miscues.

RACE DAY

Once the race starts, things pretty much become a blur. Triathletes who are not strong swimmers should start at the back of their swim group. It can get pretty hectic. Only line up at the front if you expect to be out there in the lead.

Some things to think about during the race:

1. Cyclists must wear a helmet with chin strap fastened while on the bike.
2. Bikes must be walked or run to and from the Mount/Dismount Line outside the T-Zone.
3. Cyclists must mount, and stop/dismount only at the Mount/Dismount Line
4. Competitor's number must be worn on the front during the run or if you do not have a race belt.
5. Competitors must wear a shirt top during the run and cycle.
6. Cyclists may not draft behind another cyclist.

i. Drafting Definition:

- a) Riding within 5 metres of someone's back wheel is drafting
- b) Riding beside someone within 2 metres is drafting
- c) Riding next to someone and not overtaking them or dropping back from them constitutes blocking

ii. How to Avoid Drafting:

- d) You are allowed 15 seconds in someone's draft zone while passing
- e) If passed (his/her front wheel is in front of your front wheel), you must drop out of the passing cyclists draft zone before re-passing them

6. Cyclists may not cross the centre line of the road during the race.
7. Competitors must obey and treat officials with respect during the race.

Be sure your competitor's bib is on the front of your shirt when you cross the finish line, to receive your official time. Return your chip bracelet after crossing the finish line, to avoid the bill for it. Enjoy your well earned post race Gatorade, water, muffins and pancakes.

T-ZONE CLEAN UP

Please remove your belongings from the T-Zone as soon as possible after the race. This allows the take down crews to complete their long day too!