

ICE BREAKER DUATHLON

The **Alberta Triathlon** season opener is going to be held in the beautiful community of Morinville, Alberta, located just 15 minutes north of Edmonton. The transition zone and registration will be at Morinville Community Arena located on 100th Ave and 104th street the west side of the town. We hope you'll come up and participate on this fast and fun duathlon this year and support our initiative to help the fight with breast cancer. The course offers a very fast bike course and a friendly neighbourhood run with minimal traffic through many of Morinville's showcase trails.

We hope to see you there, to get the 2011 season off to a great start!



RACE ORGANIZER – PHALANX MULTISPORT CLUB

info@ironwarrior.ca

EVENT HIGHLIGHTS

- MERCHANDISE PRIZES
- PERSONALIZED PARTICIPANT BIB NUMBERS
- EVENT TECHNICAL SOCKS
- POST RACE PANCAKE BREAKFAST

We are all supporting the fight against cancer. This is our first event of the year and it promises to be a great one. Last year everyone had a great time despite the cooler temperatures and we were able to raise money and awareness for breast cancer. This year we have added even more features to the event to make your race day better. Come on out and have a great time and support a great cause!

DATE: APRIL 23TH, 2010

START TIME: 11:00AM

MAXIMUM 200 ADULT PARTICIPANTS

COURSE DESCRIPTION

2.5KM RUN

The race begins at Morinville Community Arena as located on the map below. You'll see transition set up there as well as the start/finish line. The first portion of the course is a quick out and back 2.5km course. The course map is below is the tentative course planned at the moment that may be modified in conjunction with the Town of Morinville, however the start point will not be changed:

<http://www.runningmap.com/?id=167423>

TRANSITION 1

Once finished your one loop 2.5km run, you'll enter the transition zone to change if desired (remember there are kids around & nudity will result in immediate disqualification and removal from the race course), put on your bike helmet and take your bike out of transition, down the marked exit to the parking lot exit heading north and turn left onto 100Ave. Please see map below for details:

<http://www.runningmap.com/?id=167424>

15KM KM CYCLE COURSE

Welcome to perhaps the simplest, yet fastest 15km bike course in the province. The course is completely flat, a wide shoulder on both sides of the road and only one turnaround. After getting on 100Ave, you'll head west for roughly 7.5km, turnaround come back west for 7.5km and make a right back into transition. This course is used by the Tour D'Alberta and is considered to be a phenomenally fast experience that is very safe and fun for all levels.

<http://www.runningmap.com/?id=167425>

TRANSITION 2

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

2.5KM RUN

Once you exit transition, you'll begin doing the same run course as before. Once again, it is mostly a closed course, with one aid station that will have water and Gatorade available to participants. When you are almost complete, you'll turn right onto 99 Ave and come into the community arena to the FINISH LINE and your DONE! Congratulations! Course map is below with a web link:

<http://www.runningmap.com/?id=167423>

AGE CATEGORIES AS OF DECEMBER 31, 2010

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

INDIVIDUAL: \$60

ENTRY FEE CONDITIONS

Please be aware there are no refunds for any reason. It will be decided a week prior to the event if there is a chance of snow on race day in which case all participants will be refunded their entry fee however the event may change to the Sunday we believe that pushing the event back one day will suffice as a change – ***this is the only cause for a refund.*** 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 postpone 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 so we can adjust accordingly.

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.

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 Association 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 \$5 and become full ATA members upon receipt of payment for the entire year. To purchase either your membership or Non-member Day fee, please go to www.triathlon.ab.ca for more information or you may pay your day fee at race package pickup.

AWARDS & PRIZES

ALL PRIZES WILL BE BY DRAW!

SOUVENIR SOCKS!

This year we had Sock Guy make us some great custom Iron Warrior socks which will be given to every competitor.

FOOD AND REFRESHMENTS

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

YOUR RESULTS - AGE AS OF DECEMBER 31, 2010

Your personal results will be posted within 20 minutes of your finish. 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 & LATE REGISTRATION

Friday, April 22nd, 2011 between Noon – 8:00pm

Location: River Valley Cycle – 6716-50st Edmonton, AB T6B 3M9 (780)465-3863

Saturday, April 23rd, 2011 between 9:00am-10:30am

Location: Registration Table on site

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 duathlon 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

- 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
- 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 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 duathlon run. 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 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:**
 - a) You are allowed 15 seconds in someone's draft zone while passing
 - b) 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
7. Cyclists may not cross the centre line of the road during the race.
8. 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.

TRANSITION CLEAN UP

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