

IMPORTANT PRE-RACE INFORMATION **HEART OF THE ROCKIES TRIATHLON**

Parking

Designated parking is available in areas in and surrounding James Chabot Provincial Park. Parking attendants will be directing traffic towards these areas. Vehicles parked in James Chabot Park will not be allowed to leave until after the race has finished due to safety concerns and congestion. Anyone needing to leave the race area prior to 12:00 pm should park outside the park. Please allow our volunteers to direct you. Please refer to the parking map on our website: http://www.heartoftherockiestri.ca/downloads/HOTR_parking.pdf

Pets in James Chabot Provincial Park

Pets ARE NOT ALLOWED in the park. Park Officials will be in attendance and you will be required to remove your pets from the area.

Washroom Facilities

The washroom facilities at James Chabot Park will be opened by Park Officials at approximately 6:30 am and are available to all.

Recycling & Garbage: Recycling and garbage bins will be available. Please conserve and reduce the amount of plastic by using your personal drink containers and by bringing your own refillable drink containers to use during pre-race and post-race activities. Water and “Ultima” and cups will be supplied during the race at water stations. Please help us by ensuring that garbage is placed only in containers marked for garbage. Discard litter only in areas with garbage bins or at the aid stations.

Chip Timing

All swimmers must pick up timing chips between 7:00 am to 7:45 am which are to be worn throughout the event. Individuals who are also competing as a Team Swimmer need to pick up both their Individual and Team timing chip and wear them during the swim. Team members “tag” each other by passing and collecting the timing chip in the transition zone.

Bike Racks & Cycle Transition Area

- All cyclists (including team cyclists) MUST rack their bicycles prior to the race start.
- Please remove your bicycle from the transition area during the least amount of congestion in order that other athletes may transition safely.
- Please refer to the “Transition Flow Zone” map on our website.

SWIM COURSE - HEART OF THE ROCKIES TRIATHLON

All swimmers must pick up their timing chip on race morning between 7:00 am and 7:45 am at the race start.

**** SPECIAL NOTE FOR PARTICIPANTS WHO ARE COMPETING BOTH AS AN "INDIVIDUAL" AND AS A "TEAM SWIMMER": See "Chip Timing" information above.*

The swim is triangular in a clockwise direction with one turn at the buoy. Swimmers should wear the colored swim caps provided in the race package. Boaters and kayakers will be on the water to assist. Raise your hand if you require assistance at any time.

CYCLE COURSE - HEART OF THE ROCKIES TRIATHLON

This is an out and back cycle with a turnaround on Westside Road. Note that the race course is not closed to traffic so please ride safe. No drafting – triathlon rules are in effect.

For safety of competitors and to avoid additional vehicular traffic on Westside Road, please advise your family & friends **not** to follow competitors by car on the bike course. Volunteers are stationed at the turnaround points for the Sprint distance and for the Olympic distance; however cyclists must carry their own water and nutrition. Cyclists are cautioned to slow down on the return at the corner of 13th Street and 10th Avenue as this is a downhill, left hand turn with an opposing slope!

- All Cyclists must rack their bicycles.
- Helmets must be secured prior to mounting bikes.
- Cyclists must walk their bikes to and from the "mount / dismount" line.
- No Drafting! Cyclists will be disqualified.
- No Littering
- Cyclists exit and return using T1 (Transition Area 1)

RUN COURSE - HEART OF THE ROCKIES TRIATHLON

- This run course has outstanding views of the lake and the beautiful Columbia Valley. Refer to the course maps on our website: http://www.heartoftherockiestri.ca/info_course.html. Please ensure that you wear your race number in front so as to be visible for our timers and volunteers. Water will be available at the aid stations along the route. Please refer to the “Transition Flow” map on our website.
- Runners must exit **T2** (Transition Area 2 on the map) by passing the finish area. Runners exiting **T1** (Transition Area 1) will be disqualified.

Race Packages include:

Souvenir swim cap

Souvenir socks

Race Number bib (Runners: Please wear the Bib “in front” for the benefit of our announcers)

Sponsors’ products

Souvenir t-shirt (only if purchased during registration by deadline)

(Note that race package content for late registrants is not guaranteed)

Post Race Snacks & Awards

Snacks and refreshments will be available at the finish line. The awards ceremony will be held at approximately 1:00 PM or as soon as results are complete in James Chabot Park.

We look forward to seeing you at the Heart of the Rockies Triathlon and hope you have a safe and enjoyable day!