

DO NORTH

TRIATHLON



ATHLETE GUIDE

ELITE & JUNIOR

WELCOME MESSAGE:

WELCOME ELITE AND JUNIOR ATHLETES!

On behalf of Do North Events, it is with great pleasure and excitement that we extend our warmest greetings to all the athletes who will be competing in this year's event.

As you gear up for the challenge ahead, we want to express our gratitude for your dedication and commitment to the sport. The America's Cup event brings together athletes from diverse backgrounds and cultures, creating an atmosphere of unity and camaraderie that exemplifies the true spirit of triathlon.

To all our athletes, you are the heartbeat of this competition. Your passion and enthusiasm inspire those around you, and your determination is a shining example of what it means to be a true athlete. Whether this is your first America's Cup event or you are a seasoned veteran, we encourage you to embrace every moment of this exhilarating journey.

As you prepare for the race, we wish you fair winds, fast transitions, and a finish that fills you with immense pride. May you all experience the joy of crossing the finish line and know that you have achieved something extraordinary.

Best of luck!

Do North Events



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LOC CONTACT INFORMATION:

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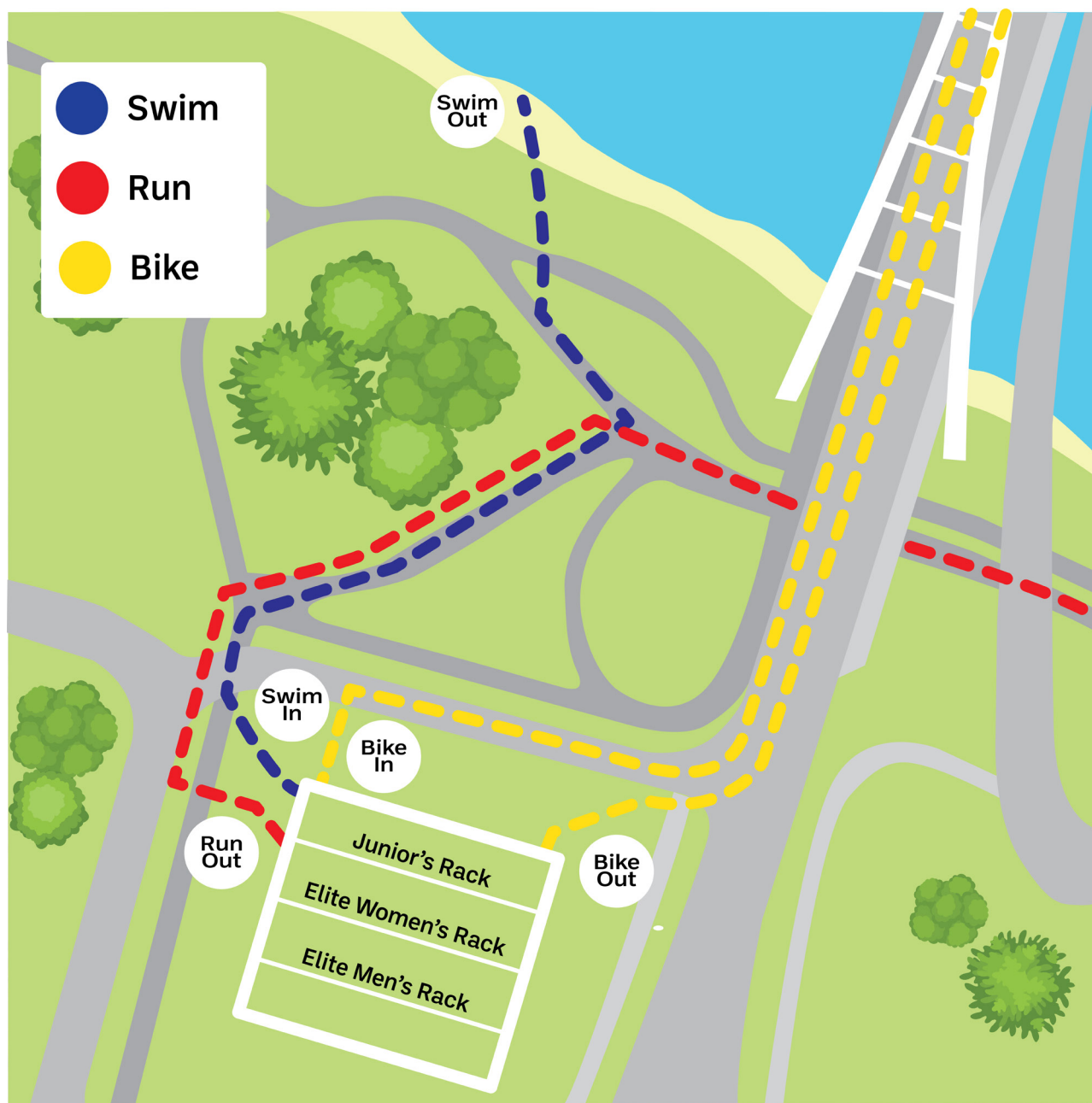
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Lindsay Harrison	Chief Development Officer
Sarah Ridley	Project Manager
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RACE COURSE MAP:



TRANSITION MAP:



ELITE EVENT SCHEDULE:

Friday, August 23rd, 2024:		
4:30 PM - 5:30 PM	Elite Swim Familiarization	North Saskatchewan River
5:30 PM - 7:00 PM	Elite Race Package Pickup	Kinette Room - Kinsmen Rec Centre
6:00 PM	Elite Athlete Briefing	Kinette Room - Kinsmen Rec Centre
Saturday, August 24th, 2024:		
11:15 AM - 12:00 PM	Elite Women Lounge and Transition Opens	
12:30 PM	Elite Women Start	
12:30 PM - 1:15 PM	Elite Men Lounge and Transition Opens	
1:45 PM	Elite Men Start	
3:00 PM	Elite and Junior Awards	

**Important to note: The Elite PATCO race includes the Junior Regional Championships. This race will be referred to as Elite for the remainder of this Athlete Guide

JUNIOR DEVELOP SERIES EVENT SCHEDULE:

Friday, August 23rd, 2024:		
3:30 PM - 4:30 PM	Junior Swim Familiarization	North Saskatchewan River
4:30 PM - 6:00 PM	Junior Race Package Pickup	Kinette Room - Kinsmen Rec Centre
4:45 PM	Junior Athlete Briefing	Kinette Room - Kinsmen Rec Centre
Saturday, August 24th, 2024:		
9:30 AM - 10:15 AM	Junior Women Lounge and Transition Opens	
10:15 AM - 11:00 AM	Junior Men Lounge and Transition Opens	
11:00 AM	Junior Women Start	
11:45 AM	Junior Men Start	
3:00 PM	Elite and Junior Awards	

GENERAL INFORMATION:

WEATHER

The average temperature for Edmonton in the month of August is a high of 22 degrees Celsius, and a low of 11 degrees Celsius.

PUBLIC TRANSPORTATION

Light Rail Transit (LRT) is a light rail system in Edmonton, Alberta. Part of the Edmonton Transit Service, the system has 29 stations on three lines and 37.4km of track. For those who want to use the LRT, we recommend getting off at either University Station or Government Station and then walking to the venue.

PARKING

Kinsmen Sport Centre

Please note that the Kinsmen Sport Centre parking lot will be busy. Allow yourself ample amount of time for parking as it can become a crowded area.

Royal Glenora Club Overflow Parking Lot

There is an overflow parking lot across from the Royal Glenora Club. The parking lot is only accessible via Fortway Drive

ATHLETE INFORMATION:

BRIEFING

Elite: Friday, August 23, 6:00 PM

Junior: Friday, August 23, 4:45 PM

Location: Kinette Room in Kinsmen Rec Centre

**The Elite briefing is *mandatory* as per World Triathlon rules.
Penalties apply for late arrival and an unexcused absence will result in removal from the start list.

**The Junior briefing is *strongly recommended*

PACKAGE PICKUP

Elite: Friday, August 23	(5:30 PM - 7:00 PM)	Kinette Room
Junior: Friday, August 23	(4:30 PM - 6:00 PM)	Kinette Room
Saturday, August 24	(6:00 AM - 10:00 AM)	Athlete Village Tent

BAG DROP

There will not be any changing rooms available at the event venue.

However, we've got you covered with two convenient bag drop locations:

Athlete Village: Located West of Age Group Transition, you'll find our first bag drop spot. This area is perfect for any post-race belongings you'd like to stow away before heading to the swim start.

Race Start Zone: Before you kick off your race, drop off any pre-race essentials like flip flops, water bottles, and fuel, in our second bag drop area located at the swim start. Everything you leave will be collected and brought to the Athlete Village.

Please pickup all your items from Athlete Village by Saturday at 5:00 pm.

Any unclaimed items will find a new home at the local Goodwill centre.

ATHLETE INFORMATION:

MEDICAL ON COMPETITION DAY

Medical will be located on site, next to the finish line. If a competitor needs medical assistance at any time during the competition, medical support will be available.

MEDICAL COSTS

No fees will be charged for the treatment provided by the event medical team during competition. However, athletes will be responsible for any ambulance charges. Any severe or life threatening conditions that require hospitalization will be billed to the injured/sick individual by the hospital. All individuals are advised to have their own medical insurance.

Emergency Phone Number: 911

Primary public hospitals provide 24 hour emergency care and are equipped to deal with all emergencies.



ATHLETE INFORMATION:

SWIM FAMILIARIZATION

Juniors: Friday, the 23rd, from 3:30 PM to 4:30 PM.

Elites: Friday, the 23rd, from 4:30 PM to 5:30 PM.

SWIM NOTES

All athletes will be following a buoy attached to a sea doo during the swim as they strive to reach the finish ramp.

BIKE NOTES

There is no formal bike familiarization.
This is a draft legal race.

Important: a no pass zone of 350 meters will be marked starting at the entrance of the Victoria Golf Course.

RUN NOTES

There is no formal run familiarization. Athletes can follow the trails marked on the map at their own discretion.

RACE PACKAGE:

RACE PACKAGE CONTENTS

Swim Cap:

You must start the race with the swim cap provided. If you are wearing an extra swim cap, ensure your official swim cap is on the outside.

Body Decals:

You will receive 2 body decals. On the left arm, 1 body marking should be applied as close to the shoulder as possible. On the left leg, the other body decal should be applied to the outside of the calf. Decals should be applied on race morning before entering transition. To apply the tattoo, peel off the plastic protection layer, apply the tattoo to the skin, run water over the tattoo and press firmly for 60 seconds. Be sure you apply sunscreen after having applied your tattoos. To remove, use baby oil or removal wipes.

Bike & Helmet Stickers:

Bike seat post sticker: the bike seat post sticker must be attached to your bike prior to bike check in. Peel the sticker off the label sheet, attach around your seat post and stick the sides together.

Helmet stickers: you will receive 2 helmet stickers. Place the stickers on the right and left sides of your helmet.

Two Bag Drop Stickers:

Peel the sticker off of the label sheet. Attach it around the bottom of your handle of your gear bag and stick the sides together. Ensure it is clearly visible for efficient bag pick-up.

PLEASE NOTE: There are TWO bag drop stickers. One is for Athlete Village bag drop, and the other is for your swim start bag. Anything you need pre-swim (water bottles, flips flops, snacks) must go into a small bag with the sticker attached and visible.

Participant Gift

Race Day - Timing Chip:

Timing Chips will be distributed at the Elite Lounge on race day.

Please wear it on your left ankle.

There is a \$75 fee to replace your lost or misplaced timing chip.

RACE DAY:

RACE DAY FLOW

If you have not already picked up your Race Package, visit the Athlete Village to do so.

1. Check-in at the Elite Lounge where you will receive your timing chip and have your kit and bike check. Please exit with ALL your belongings to keep this space clear.
2. Set up your space in Transition.
3. Any items that you do not require pre-race must be brought to the Athlete Village tent and be visibly marked using your first bag drop sticker.
4. Make your way to the Swim Start. The walk is about 20 minutes from the Elite Lounge. Plan your departure accordingly.
5. All pre-race items must be securely placed in a small bag and left in the Race Start Zone tent. The bag must be visibly marked using your second bag drop sticker.
6. You're all set! Enjoy the race.
7. Relax and refuel in the Recovery Area, congratulations on your achievement!
8. After departing the Recovery Area, make your way to the Athlete Village tent to collect all your belongings before 5:00 PM.

SWIM COURSE:

SWIM COURSE:

Water Quality: Water quality is of the utmost importance to us, and we are committed to surpassing both Alberta Health Standards and World Triathlon Standards. In the rare event that the water quality doesn't meet these high standards, rest assured that the race will seamlessly transition into a duathlon format. We want to emphasize that even in this scenario, the event will continue to maintain its status as a qualifying race.

Your safety and experience remain our top priority, and we're dedicated to delivering a race that aligns with the highest standards.

GETTING TO THE SWIM START:

The swim start area is a 20 minute walk from the Transition area. Transportation to the swim start is not provided.

SWIM:

We have a robust safety plan to ensure your safety on the river. Rescue boats will follow the race down the river. Lifeguards on paddleboards will follow beside and behind the swimmers. If you need assistance, please raise your hand.

START LINE PROCEDURES:

The swim is an in-water start. Athletes will hold onto a rope attached to the pontoon for the start of the race.

A blind-draw for start positions on the pontoon will take place during the athlete briefing. Athletes not present for the briefing will be relegated to the final start position.

SWIM COURSE:

Athletes will make their way down to the shore to the start pontoon and take their start position in the water.

The race will begin with a mass start.

A lead watercraft with a large buoy will guide the athletes through the safest and quickest route to the finish.

Athletes will climb a ramp out of the water and then proceed to transition.

TRANSITION:

The distance from the swim exit to transition is about 160 metres.

A reminder to keep your transition area clean.

Continue to your assigned spot, put on your helmet, attach the chin strap and head to the bike exit located on the North East corner of the transition zone.

BIKE COURSE:

COURSE DESCRIPTION

ELITE: 2 LAPS

JUNIOR: 1 LAP

Athletes will exit from the north east corner of the transition area making their way towards Walterdale Bridge.

Following this they will progress along 105th Street before making a left turn onto River Valley Road.

As you approach Victoria Golf Course, you will enter a marked no pass zone for 350m. Rest assured, our dedicated volunteers will be actively managing all traffic and ensuring a safe environment.

Continuing along River Valley Road, participants will reach the point where the route transitions into Groat Road. Athletes will carry on along Groat Road, ascending towards 107th Avenue, where they will make a left turn. From there, they will descend on Groat Road, rejoin River Valley Road, and complete a U-turn on their first lap of the two-lap-circuit at 105th Street.

For those who have completed their second lap, a right turn onto 105th Street will be taken. Crossing Walterdale Bridge, they will dismount and head back into the transition area.

RUN COURSE:

COURSE DESCRIPTION

ELITE: A-B-A

JUNIOR: B

The run course is comprised of two sections: Section A & Section B

The run course starts with athletes exiting the transition area from the southwestern side. They will commence their run by passing under the iconic Walterdale Bridge, following a scenic path that leads them past the Walterdale Pump Station. After progressing further, they will encounter a designated U-turn point. Executing the U-turn, athletes will retrace their steps along the trail, ultimately connecting back to the Walterdale Bridge. This marks the successful completion of section A of the course.

Moving on to section B, which starts when athletes are on the Walterdale Bridge, traversing its length. Upon reaching the end of the bridge, they will execute a right turn, embarking on a continuous route that stretches ahead. This leg of the course guides them until they reach another U-turn. As athletes turn around and retrace their steps to the Walterdale Bridge, athletes will conclude section B of the course.

To wrap up a full lap, participants will then need to conquer another round of section A, before bringing them back to the finish. (A-B-A)

A crucial reminder for all athletes is to adhere to the guidelines of running on the left side of the course at all times. This practice ensures a smooth flow of movement and a safer experience for all involved.

AID STATION

An aid station will be located at the beginning of Lap A and the beginning of Lap B.

Water will be provided.

If you do not require any product from the run aid station, please stay to the right of the course.

Please discard any unwanted items between the litter zone start sign and end signs. If you discard anything outside this area you will be subject to a littering penalty.

RACE DAY SERVICES:

RECOVERY AREA – ARC BY PIVOTAL

ARC by Pivotal Physiotherapy is Do North Events' official recovery services partner. The centre is home to a diverse team of award-winning professionals, including Physiotherapists, Strength & Conditioning Coaches, Massage Therapists, and Kinesiologists. They work collaboratively to offer an integrated service model of injury management, return to sport planning, and performance programming designed to help athletes perform and feel their best.

MEDAL CEREMONY:

Junior and Elite medals will be presented together at 3:00 pm following the end of the last race.

CONTINGENCY PLAN:

Athletes will be notified if/when the contingency plan needs to be implemented. In addition to this, the contingency plan will be communicated by the announcers on site and on social media.

Be aware of:

Smoky Conditions: While we are optimistic that the event will proceed successfully, we understand that extreme smoke conditions may necessitate cancellation or delay.

Triathlon Alberta Air Quality Policy

<https://drive.google.com/file/d/1U11r7pH5i7nkBr3NdPkjtG3L8n0WitQ/view>

9 & Above: Event will be cancelled.

7-8: Reduced to sprint or less.

Link to Official Measurements:

<https://weather.gc.ca/>

CONTINGENCY PLAN:

Water Quality Standards: We are committed to maintaining the highest standards for your safety during the swimming portion of the triathlon. In the event that river water quality does not meet our stringent standards due to unforeseen circumstances, we will adjust the event to a duathlon format. Your health is of utmost importance, and we want to ensure that every aspect of the race is as safe and enjoyable as possible.

We want to emphasize that these contingency plans are in place not to create alarm, but rather to ensure your safety and deliver a positive experience even in the face of unexpected challenges. We will continue to monitor weather conditions, air quality, and water quality leading up to the event and will provide updates as needed.