

Racer Information Package

Dear Racer:

It's hard to believe that we are little more than a week out from the 2024 Elkford Triathlon! We hope that you're as excited as we are! This event, which began in 2004, has become an institution in our small town. It is a great opportunity to get out, breathe hard, and test your mettle. You even stand to win a medal or a door prize too!

Important info:

Race bib and shirt pickup: Both individual racers *and* teams will need to pick up their racer bibs and shirts (if applicable) prior to the race itself. You can pick these packages up on **Saturday, May 25th** from 5 PM to 7PM, as well as the morning of the race (**Sunday, May 26**) from 7 AM to 8AM. As we have a large number of racers this year, we encourage participants to pick up their bib and package the night before. Yes, you can send someone else to pick up your race package.

Race Schedules:

Adults:

Body Number Marking and Timing Chip Pickup 7am - 8 am

Mandatory pre-race meeting for event at poolside at 8:15 am.

Race Starts at 8:30

Kids:

200m Swim, 5K Bike, 2K Run: body marking and chip pickup at **9:45 am** and Race starts at 10:30 am

100m Swim, 2K Bike, 1K Run: body marking and chip pickup at **10:30 am** and Race starts at 11:30 am

Race Details:

SWIM:

- **The Adult 750 m, Kids 100m and 200m swims will take place at the Elkford Aquatic Centre in the 25m pool with a max of 2 swimmers per lane**
- **"Continuous" swim format:**
 - Swimmers will be lined up behind the start timing mats at the end of the pool. 2 swimmers will enter each lane and swim till done. Once a swimmer has left the lane another will be allowed in. Time starts when you cross the start mat and finish when you cross the finish mat outside the pool door.
- Counters for the pool will count your laps and put a flutterboard in the water indicating that you have one lap to go. Officials will watch the end of the pool to ensure that you have touched the wall.

- The tagging area for teams will be where the bikes are racked. Swimmers should exit from the transition area immediately after the tag is completed.

BIKE:

- The adult 20K Bike ride is an out and back with a course for the sprint and one for the extreme sprint.
- The Kids Bike ride is an out and back.
- Your bike is to be placed in the bike rack that corresponds to your race number. (eg. 60-70, 71-80) in the case of those with a racing bike use the fence by the transition area.
- Cycling helmets are mandatory and must be worn while on the bike with the chin strap secured.
- When leaving the transition for the cycling portion, walk your bike to the start/finish line and then mount your bike.
- Bikers and runners must stay to the right when entering or leaving.
- Roads are open to traffic. please ride on shoulder.
- We will have a volunteer at the 4-way stopping traffic.
- At the Adult 10km turnaround point we will have a police car to warn oncoming traffic.
- Please **call out your name and number at the turnarounds** to help our volunteers keep track of cyclists and runners.
- Please leave three bike lengths between bikes.
- To pass on bike shout out "passing on your left".
- Bring your own water for the bike.

RUN:

- The Adult 5K Run is a 2.5 km out and back.
- Tag area for the team runners is at the bike rack.
- There will be a water station at the 2.5 run turnaround.
- Runners must stay to the right when entering or leaving.

FINISH:

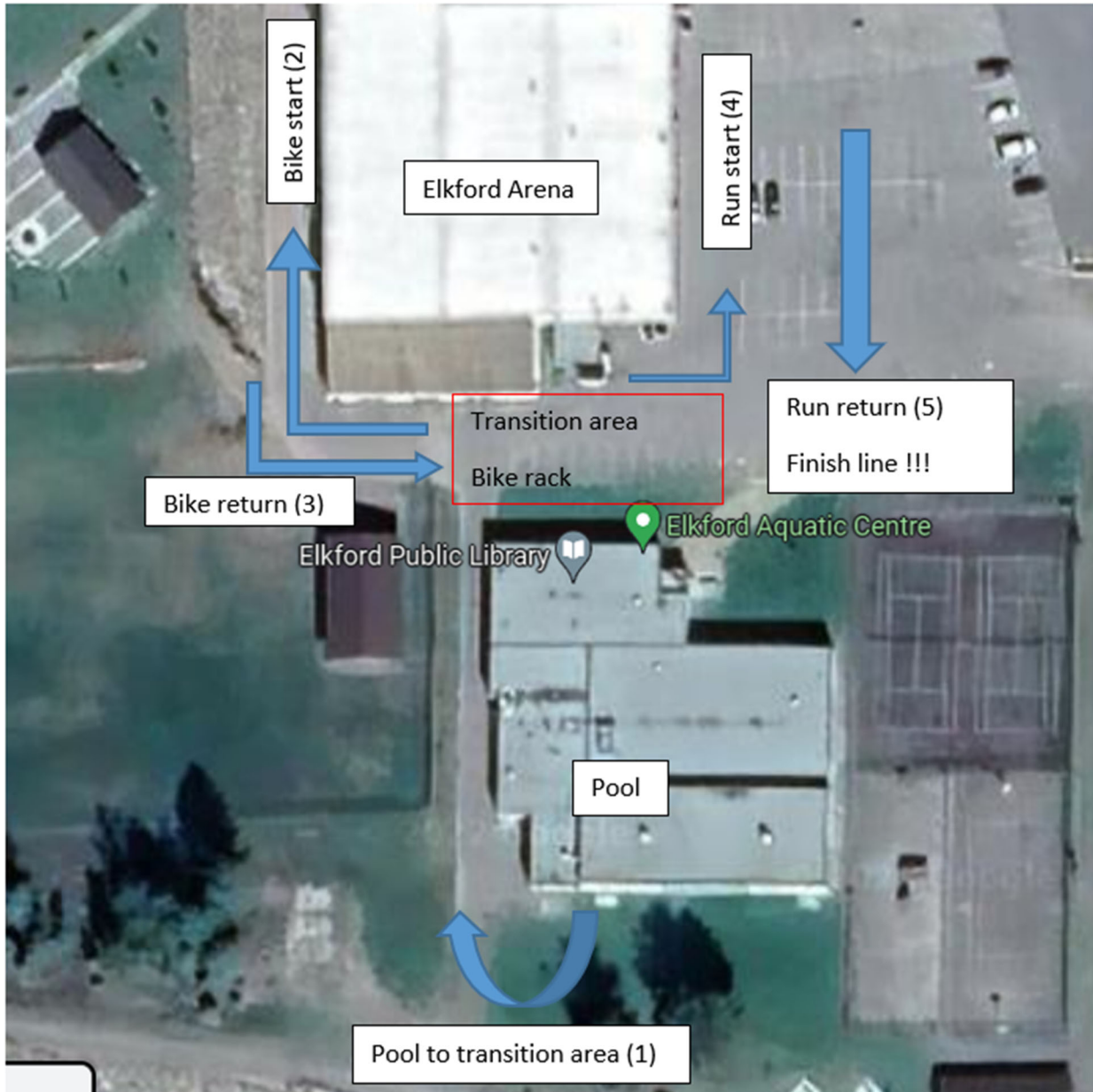
- To avoid confusion only registered athletes may enter ribboned area
- Once there you can enjoy a shower, hot tub and a BBQ (sorry not included in entry fee)
- Results and awards will follow once the last person is in.

Kids Triathlon (Swim 100m, Bike 2 km, Run 1km)

Transition map

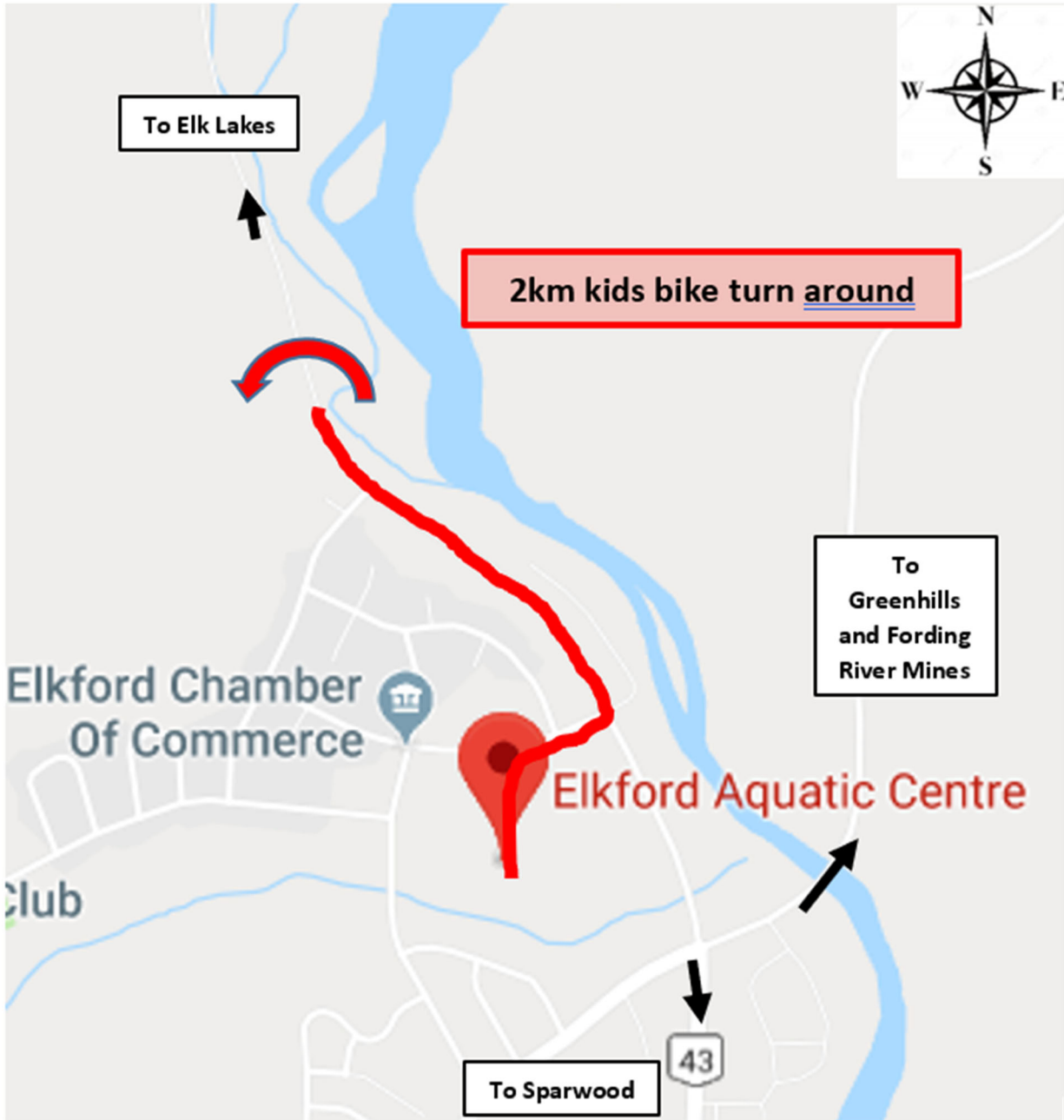
All categories : follow step 1 to 5

1. Walk from the pool to your bike
2. Walk your bike until the « bike line » and then bike
3. Bike back to the « bike line », stop, dismount and walk to park your bike
4. Run
5. Finish line



Kids 2 km bike

Back the same way (no water)



IMPORTANT : Respect traffic signage at all time. Road is open for traffic

Kids 7 and under need to have someone biking with them

Kids 1 km run

Road is open to traffic. Always run on the right side of the road

Kids 7 and under need to have someone running with them



Kids Triathlon (Swim 200m, Bike 5 km, Run 2km)

Transition map

All categories : follow step 1 to 5

1. Walk from the pool to your bike
2. Walk your bike until the « bike line » and then bike
3. Bike back to the « bike line », stop, dismount and walk to park your bike
4. Run
5. Finish line

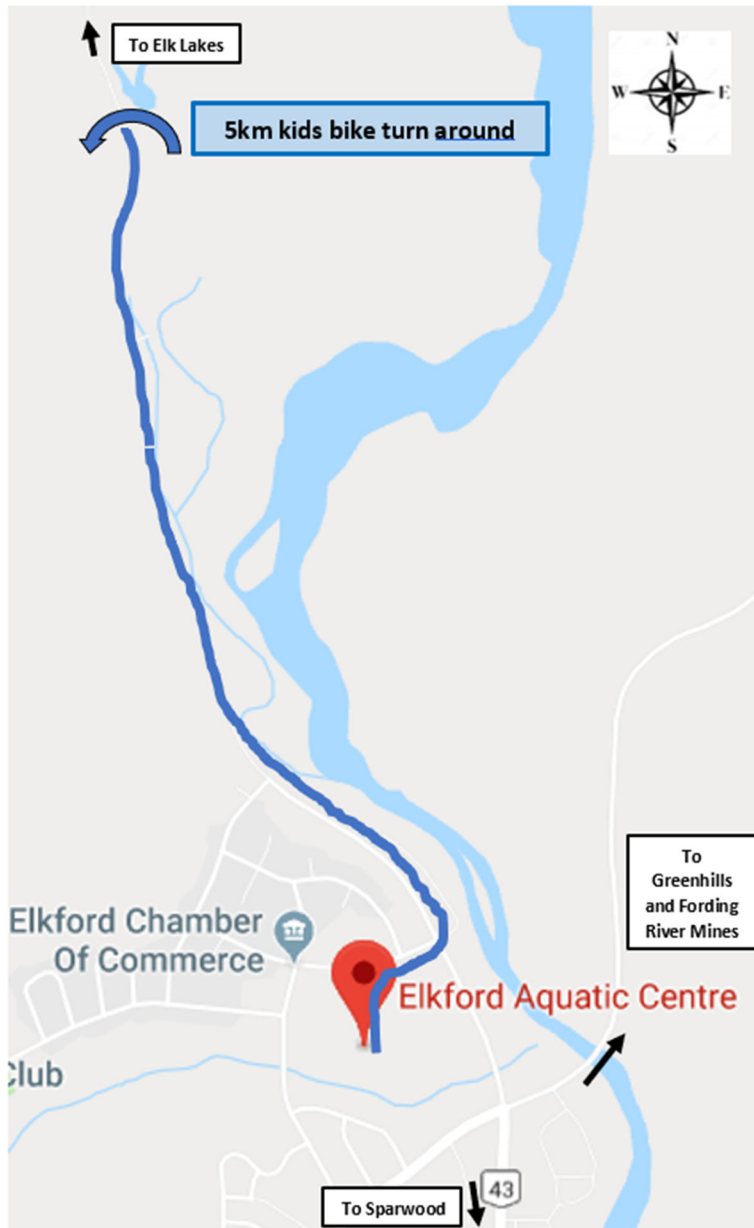


Kids bike 5 km

Back the same way (no water)

IMPORTANT : Respect traffic signage at all time. Road is open for traffic

3km of this is on a gravel road. It could be challenging on a road bike. Always ride on the right shoulder of the road



Kids run 2 km

IMPORTANT : Road is open for traffic. Run always on the right side of the road



Adult Triathlon (Swim 750m, Bike 20 km, Run 5km)

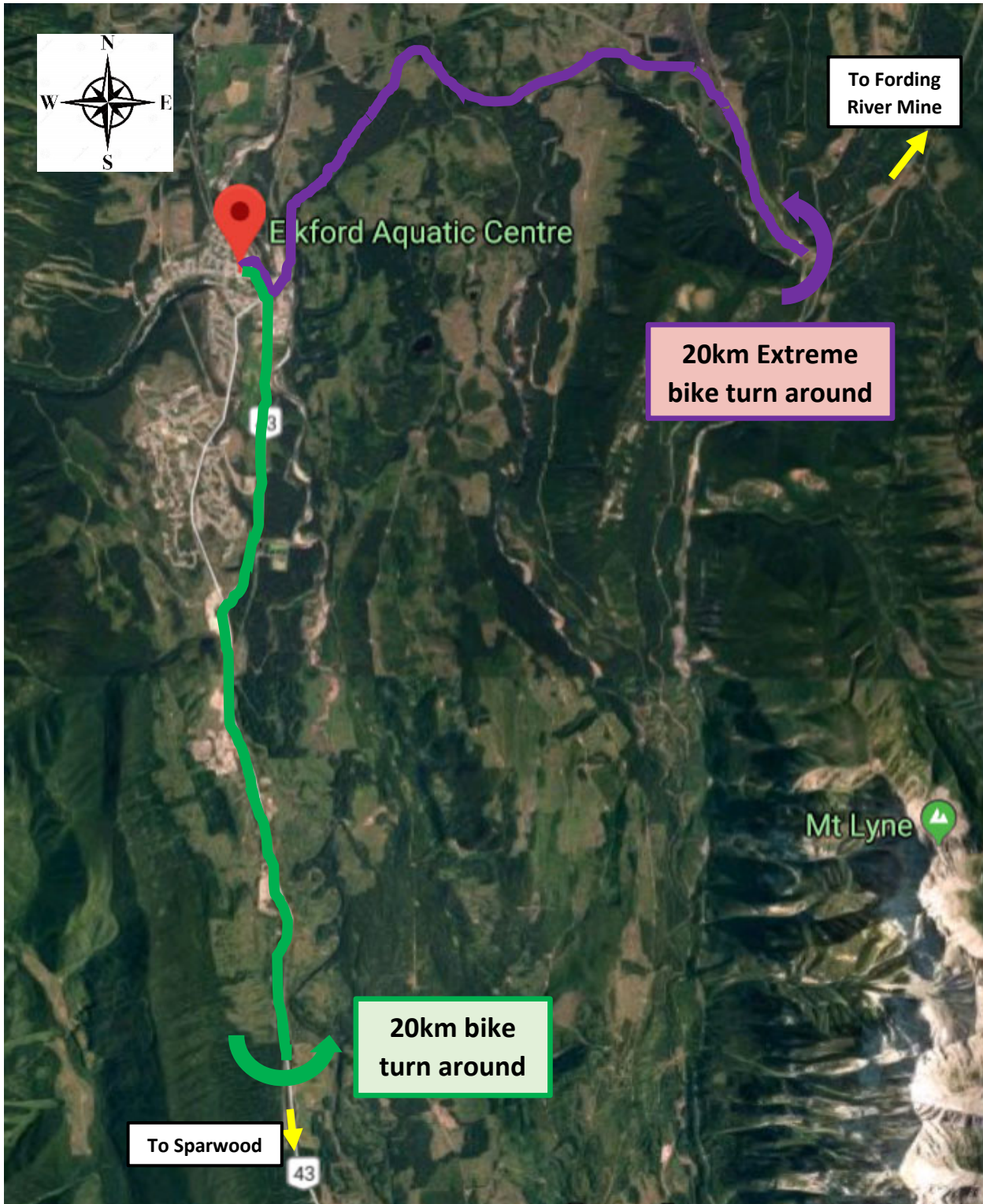
Transition map

All categories : follow step 1 to 5

1. Walk from the pool to your bike
2. Walk your bike until the « bike line » and then bike
3. Bike back to the « bike line », stop, dismount and walk to park your bike
4. Run
5. Finish line

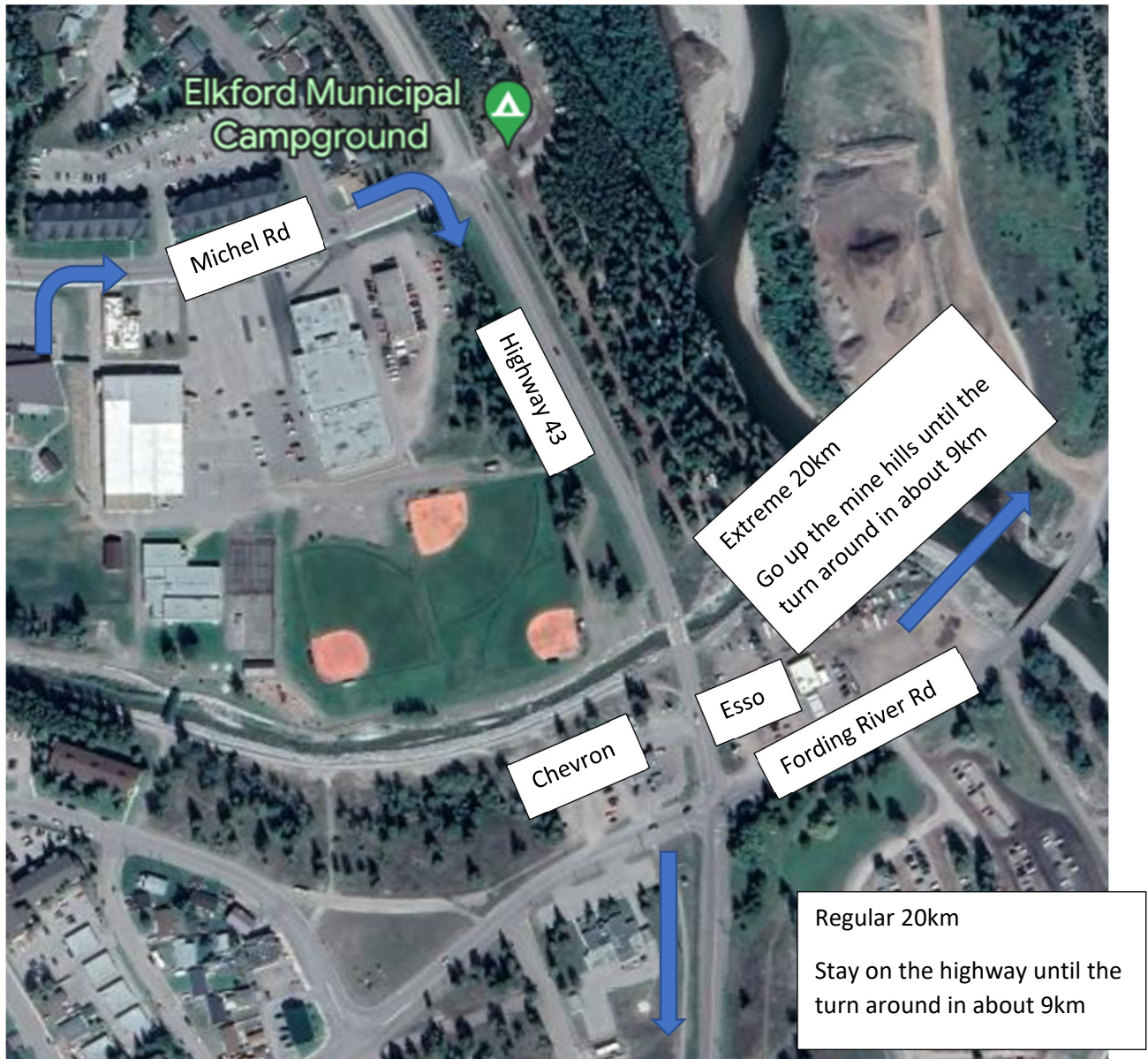


Adult bike 20km (sprint triathlon and extreme)



Adult bike 20km (downtown detail)

Back the same way (no water)



IMPORTANT : Respect traffic signage at all time. Road is open for traffic

Adult run 5km

Back the same way (water at the turn around point)



IMPORTANT : Close to 4km are on a gravel path.