

# THE LEGEND RETURNS.

Experience the iconic course, stunning landscapes, and a host community steeped in IRONMAN history. After 10 years, this legendary Canadian race makes its return home to Penticton, British Columbia.

SUBARU ●  
**IRONMAN**®

CANADA 🍁 PENTICTON BC

***AUGUST 28, 2022***

**IRONMAN.COM/IM-CANADA**

# 2022 EVENT SCHEDULE

Schedule of events is tentative and subject to changes. Last updated 4/27/2022.



## THURSDAY, AUGUST 25, 2022

START	END	EVENT	LOCATION
10 AM	5 PM	Athlete Check-In <i>(By Appointment Only)</i> <b>*NO ATHLETE CHECK-IN ON SATURDAY</b>	Rotary Park
10 AM	5 PM	IRONMAN Village <ul style="list-style-type: none"> <li>▪ Bike Store &amp; Tech Center</li> <li>▪ Information Tent</li> <li>▪ VIP Spectator Credential Pick-Up</li> <li>▪ Subaru IRONKIDS Fun Run Registration &amp; Packet Pick-Up</li> </ul>	Rotary Park
10 AM	5 PM	Official IRONMAN Store	Rotary Park
11 AM		Athlete Briefing <i>*Athletes must attend at least 1 briefing</i>	Rotary Park
2 PM		Athlete Briefing <i>*Athletes must attend at least 1 briefing</i>	Rotary Park

## FRIDAY, AUGUST 26, 2022

START	END	EVENT	LOCATION
10 AM	5 PM	Athlete Check-In <i>(By Appointment Only)</i> <b>*NO ATHLETE CHECK-IN ON SATURDAY</b>	Rotary Park
10 AM	5 PM	IRONMAN Village <ul style="list-style-type: none"> <li>▪ Bike Store &amp; Tech Center</li> <li>▪ Information Tent</li> <li>▪ VIP Spectator Credential Pick-Up</li> <li>▪ Subaru IRONKIDS Fun Run Registration &amp; Packet Pick-Up</li> </ul>	Rotary Park
10 AM	5 PM	Official IRONMAN Store	Rotary Park
11 AM		Athlete Briefing <i>*Athletes must attend at least 1 briefing</i>	Rotary Park
1 PM	2 PM	First Timer's "Become One" Seminar with IMU Coaches	Rotary Park
2 PM		Athlete Briefing <i>*Athletes must attend at least 1 briefing</i>	Rotary Park
7 PM		Welcome Ceremony	Gyro Park

## SATURDAY, AUGUST 27, 2022

START	END	EVENT	LOCATION
7:30 AM	8:30 AM	Subaru IRONKIDS Fun Run Registration & Packet Pick-Up	Rotary Park
8:30 AM	12 PM	Penticton Community & Farmer's Market	100 & 200 Block Main St
9 AM		Subaru IRONKIDS Fun Run	The Peach/Rotary Park
9 AM	3 PM	IRONMAN Village <ul style="list-style-type: none"> <li>▪ Bike Store &amp; Tech Center</li> <li>▪ Info Tent</li> <li>▪ VIP Spectator Credential Pick Up</li> </ul>	Rotary Park
9 AM	3 PM	Official IRONMAN Store	Rotary Park
10 AM	5 PM	Mandatory Bike & Gear Bag Check-In	Okanagan Lake Park
12 PM		Athlete Briefing <i>*Athletes must attend at least 1 briefing</i>	Rotary Park



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## SUNDAY, AUGUST 28, 2022 - RACE DAY!

START	END	EVENT	LOCATION
5 AM	6:30 AM	Transition Area Open	Okanagan Lake Park
6:50 AM		Age Group Start	Rotary Park Beach
10 AM	7 PM	IRONMAN Village	Rotary Park
10 AM	7 PM	Official IRONMAN Store	Rotary Park
10 AM	12 AM (Midnight)	VIP Spectator Area	Rotary Park
6 PM	12 AM (Midnight)	Mandatory Bike and Gear Check-Out	Okanagan Lake Park

## MONDAY, AUGUST 29, 2022 - CELEBRATION DAY!

START	END	EVENT	LOCATION
7 AM	2 PM	IRONMAN Village - Official IRONMAN Store	Rotary Park
8 AM		Celebration Day Breakfast	Gyro Park
9:30 AM		Awards Ceremony	Gyro Park
11 AM		Awards & 2023 IRONMAN World Championship Slot Allocation/ Rolldown Ceremony <i>Slot Allocation/Rolldown Ceremony will begin immediately following Awards - Be Early! Must be present to claim your slot.</i>	Gyro Park



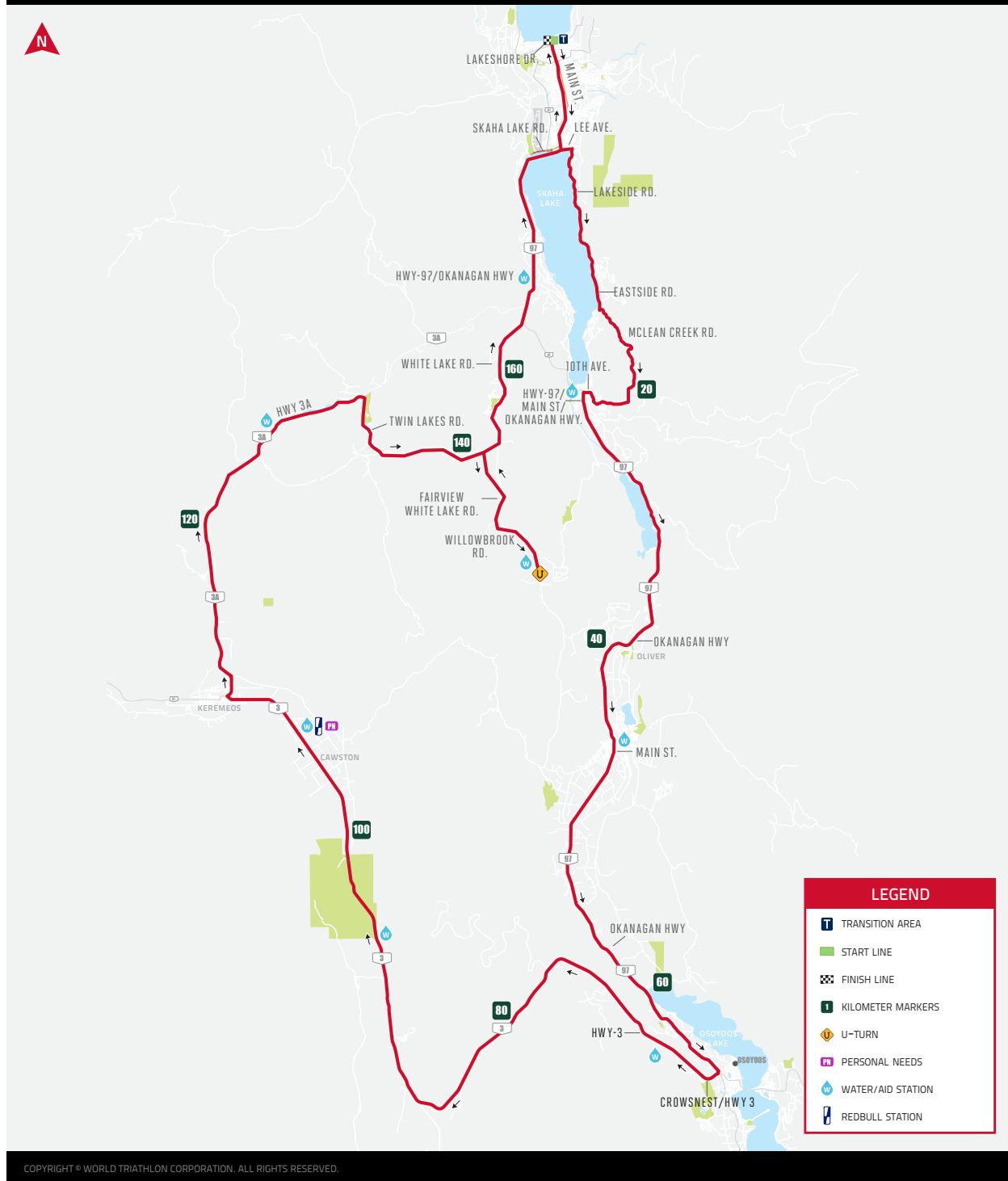


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The swim course takes place in beautiful Lake Okanagan. The single loop course will feature a rolling start and is historically wet suit legal. Athletes will start at the Peach at Rotary Beach, swimming a clockwise loop and finishing at Okanagan Lake Park.

**WHAT YOU NEED TO KNOW:** Swimmers will enter the water near the Peach at Rotary Beach on Sunday, Aug. 28, as a rolling start beginning at 6:30 a.m., with the last athletes entering by 7 a.m. The 3.8 km swim course will close 2 hours and 20 minutes after the last athlete enters the water.

**BEST PLACE TO WATCH: Okanagan Lake Beach, Kiwanis Walking Pier and Rotary Park**



The legendary one loop bike course is back! Athletes will ride through this rolling course and encounter scenic views on the climbs up Richter Pass and Yellow Lake. New for 2022 will be an out and back section on Willowbrook Rd and a winding descent down White Lake Rd before the ride back to Penticton.

**WHAT YOU NEED TO KNOW:** The bike ride includes a 180 km route through Osoyoos and Keremeos along Hwy 97, with road closures throughout Penticton. Along the route, motorists should watch for signage and traffic control personnel.

**BEST PLACE TO WATCH:** Transition 1, Lakeshore Drive, Main Street in Penticton and the Beaches on Skaha Lake.



The new run course will feature vineyards, orchards, and the spectator-lined streets of town. Athletes will begin with an out and back section on the rolling and scenic Kettle Valley Trail (KVR) before starting a two-loop section in town.

**WHAT YOU NEED TO KNOW:** The 42 km run course begins at Lakeshore Drive and along the Kettle Valley Trail (KVR) before starting a two-loop section in town using Main Street, Skaha Lake Road and Lakeshore Road.

**BEST PLACE TO WATCH: Lakeshore Drive**





# FAN KITS

Let's show our athletes how awesome they are! Pick up your free fan kit on Saturday, Aug. 20 or Aug. 27 at the Penticton Farmers' Market.

**DROP BY THE CITY OF PENTICTON'S BOOTH TO PICK UP ANY OF THE FOLLOWING:**

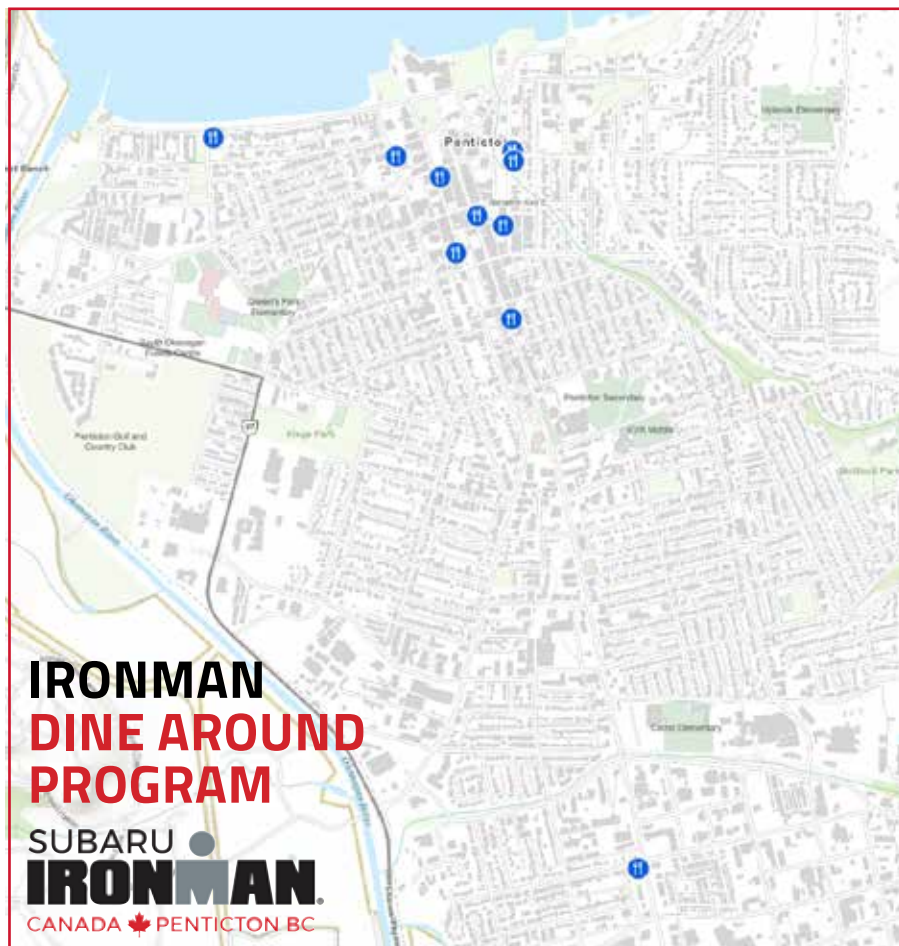
- **Street chalk:** Kids, let's draw your messages for the athletes along both the IRONKIDS and IRONMAN routes!
- **Fan signs:** Wave the signs on the race days or display them in your lawn.
- **Love Local tattoos and City of Penticton stickers:** Show your community spirit.



Some roads around Penticton will be closed for a duration of one day or longer. We appreciate your patience and ask that you do your best to plan ahead and anticipate delays August 25th through August 30th.



FOR UP TO DATE INFORMATION  
SCAN OR VISIT  
[penticton.ca/ironman](http://penticton.ca/ironman)



As part of the athlete packages, each athlete will receive an IRONMAN Dine Around voucher to spend at a participating local restaurant.

Visit [penticton.ca/ironman-dine-around](http://penticton.ca/ironman-dine-around) for the full details and a map of locations.

## PARTICIPATING RESTAURANTS:

- Angry Vegan Juice Bar & Vegan Food
- Bad Tattoo Brewing
- Cannery Brewing
- Elks Lounge 51
- Highway 97 Brewing
- Patio Burger & Ice Cream Co.
- Saigon On Main Restaurant
- Slackwater Brewing
- Shades on Main
- TIME Winery & Kitchen

## LEARN MORE:

[penticton.ca/ironman-dine-around](http://penticton.ca/ironman-dine-around)

# SUBARU IRONMAN®

CANADA  PENTICTON BC

Thank you to our sponsors and partners



## GET INVOLVED!

Support athletes before, during and after the race by volunteering! Get a front seat to all the action by volunteering at one of the many available positions. For more information and to sign up, visit <https://bit.ly/3JW0wJp>

### INTERESTED IN VOLUNTEERING WITH A GROUP?

Contact our Volunteer Director at [imcanadapenticton@ironmanvolunteers.com](mailto:imcanadapenticton@ironmanvolunteers.com) for more information on group position and grants available through the IRONMAN Foundation.



## REGISTER TODAY

for the Subaru IRONKIDS Canada fun run for ages 1-17.

CAD price of \$25.00 includes a t-shirt, medal, goodie bag and racing bib. One parent can run with their child for free.

Visit: <https://bit.ly/3QLX9IU>

SUBARU  
IRONKIDS.  
CANADA  PENTICTON BC

**Date: Saturday, August 27, 2022**

**Location: Rotary Beach Park,  
Penticton, Canada**

**Time: 9:00am**

**Ages: 1-17**

**Price: \$25.00 CAD**

