

OFFICIAL EVENT GUIDE
JULY 30, 2023

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AWARDS
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CALGARY REGION

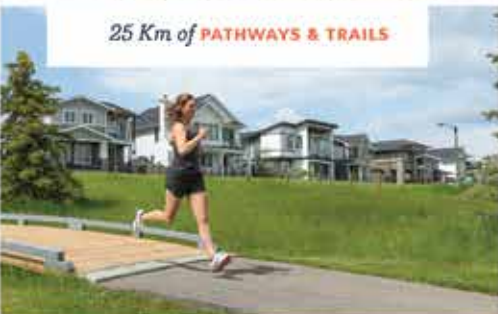
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HARMONY
ROCKY VIEW COUNTY

THANK YOU TO OUR PARTNERS

HARMONY[®] ROCKY VIEW COUNTY





Welcome to the 14th Anniversary Edition of Harmony Ironman 70.3 Calgary.

We are excited to be hosting you at Lake Harmony Rocky View County. The course is challenging, safe and offers scenic beauty of the western Canadian foothills at the forefront.

Our event requires hundreds of volunteers who perform essential tasks including course marshals, medical services, aid station crews, race clean-up squads – and everything in between. Please show them how much we all appreciate their contribution with a smile, a wave or a thank you!

Finally, congratulations to all participants for all your hard work thus far. Getting to the start line is no small task.

All of us at the Harmony Ironman 70.3 Calgary team look forward to you achieving your goals and greeting you at the finishing line!

Tom Bamford, Chief Sweat Officer

COMMITTEE MEMBERS

TOM BAMFORD - Chief Sweat Officer

CHERYL LOWERY - Race Director

TIM DALE - Swim Captain

DAVE FENNELL - Kayak Captain

ALEX POLSON - Run Captain

TRACY OMAN - Run Captain

CATRIONNA HILL - Transition Captain

MICHELLE SIMONIN - Transition Captain

KIM ANDERSON - Transitions Captain

DAWN HOPKINS - Volunteer Captain

SHARON ZERK - Finish Line Captain

DAVE LOWERY - Motorcycle Captain

RON RAZON - Bike Captain

NIKKI HOPKINS - Bike Captain

DR. ANDREW WADE - Medical Director

BINA WADE - Package Pick up/Info



Terminator Foundation works with youth who are recovering from drug and alcohol addiction. It acts as a treatment program to provide support and recovery to those affected. The Foundation provides youth with personal trainers to incorporate physical exercise into their recovery. Participants train year-round for triathlons including Ironman 70.3 Calgary.

Traithlete and founder Vanisha Breault has personal experience with addiction and is dedicating her life to helping struggling youth on their path to recovery. Vanisha strives to showcase the parallels between addiction recovery and triathlons—both require perseverance as well as mental and physical strength. Vanisha recognized that there is a large need for an increase in recovery resources for addicted youth in Calgary and that was her motivation to start Terminator.



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Baywest

SCHEDULE OF EVENTS

FRIDAY JULY 28, 2023

EVENT

2:00pm - 8:00pm Package pick-up (Lake Harmony Discover Centre)

SATURDAY JULY 29, 2023

EVENT

8:00am - 10:00am IronKids Splash & Dash (ages 4-12)

9:00am - 2:00pm Package pick-up (Lake Harmony Discovery Centre)

9:00am - 4:00pm Race Expo

9:00am - 4:00pm Mandatory Bike Drop off at Lake Harmony

11:00am - 12:00pm Athlete Briefing and Q&A Session (Finish Line)

2:00pm - 3:00pm Athlete Briefing and Q&A Session (Finish Line)

SUNDAY JULY 30, 2023

EVENT

5:30am Transition Opens

6:50am Transition Closes

7:00am Pulse rolling swim starts (time starts when you first cross the timing mat into the water)

9:00am - 4:00pm Bike & Gear Pick-Up

3:30pm (Approx) Awards ceremony and Ironman 70.3 World Championships Qualifying Spots

NOTES

1. Bike mechanical tuning will be available at TCR Bike Shop race week.
2. TCR Bike Shop will be on-site at Lake Harmony all day Saturday and on race morning for any last minute adjustments or repairs.
3. Lost and found items should be picked up at Transition after the race or Tuesday starting at 12:00pm at TCR Bike Shop.
4. Please consult the parking map for race weekend parking. You are only permitted to park in the designated area. No street parking is permitted.

F2C™

NUTRITION





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- Front attached garage two-storey and bungalow homes starting in the mid \$700s
- Rear attached garage two-storey and bungalow homes starting in the high \$700s

FINISHER SWAG



SOUVENIR MERCHANDISE





**Start stacking up
those marginal gains**



Chain Wax



Chain Drip



Latex Tubes



Bar Wrap

MERCHANDISE

A variety of triathlon products will be available at the race expo through the weekend.



Elastic Laces



Neoprene Swim Cap



CASTELLI

Triathlon & Cycling Apparel



Co2 Cartridges



Swim Practice Buoy



Race Belts



F2C Nutrition



Anti-Chafe Stick



Silca Super Secret Products



PARKING

Race parking will be staged in the field along Copithorne Trail. Access parking at the traffic circle turn out.



PLINTZ ●●●
REAL ESTATE

IRONKIDS®
Calgary



The Ironkids Splash & Dash presented by Plintz Real Estate offers youth aged 4-13 the unique opportunity to participate in multisport on the Harmony 70.3 Calgary course. Athletes will swim near the beach and run on pedestrian paths along the lake. Each finisher receives an official timing result, finisher medal and tech t-shirt!



IRONKIDS "SPLASH & DASH" CATEGORIES

Ages 4 to 7

50m Swim / 500m Run

Ages 8 to 9

100m Swim / 1.0km Run

Ages 10 to 11

200m Swim / 2km Run

Ages 12 to 13

300m Swim / 3.0km Run

SCHEDULE OF EVENTS

Race Package Pickup: one hour before your start at Lake Harmony Beach. Athletes will receive their ankle timing chip, swim cap and tech t-shirt before the start.

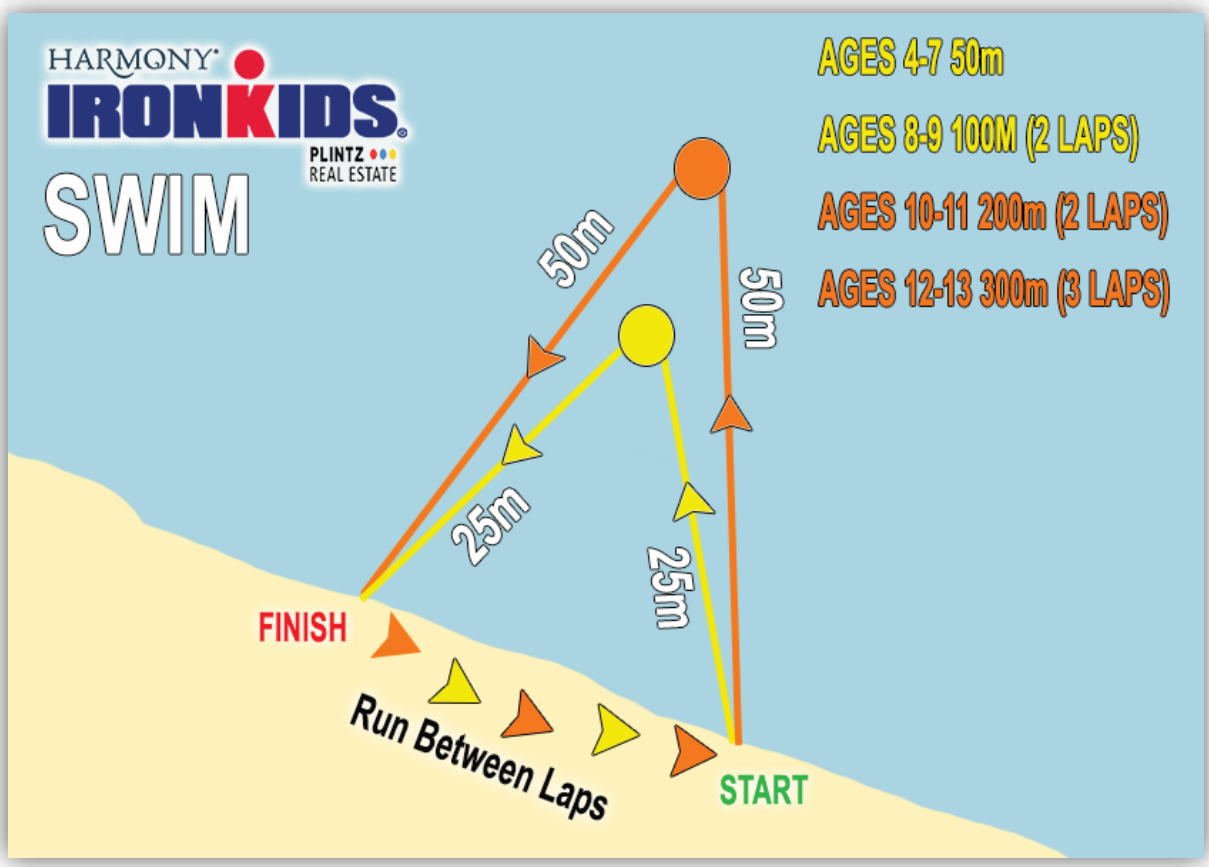
Age 12 to 13 8:00am sharp!

Age 10 to 11 8:45am start

Age 8 to 9 9:15am start

Age 4 to 7 9:30am start

IRONKIDS



HARMONY® **IRONKIDS**® **RUN COURSE**

PLINTZ REAL ESTATE

- AGES 4-7, TURN @ 250m
- AGES 8-9, TURN @ 500m
- AGES 10-11 TURN @ 500m (2 LAPS)
- AGES 12-13 TURN @ 750m (2 LAPS)



PLINTZ ● ● ●
REAL ESTATE

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HARMONY
IRONMAN
70.3 Calgary
ALBERTA TRIATHLON

**START
FINISH**



START / FINISH



COURSE DETAILS

SWIM

- Location: Lake Harmony, Rocky View County just west of Springbank Airport
- Distance: 1.2 miles (1.9 kilometres) counter-clockwise two lap course with beach exit midway and finish.
- Features: Pulse start every 5 seconds. Seed yourself fastest to slowest.

BIKE

- Location: From Lake Harmony west on TR 250 complete two loops before returning to Harmony.
- Distance: 88 kilometres
- Aid stations will be available every 20km supplied with water bottles, **F2C Glyco-Durance** bottles and gels.

TURN BY TURN DIRECTIONS

Exit Transition

Turn right on Copithorne Trail

Turn left on TR 250

Turn right on RR 31

Turn left on Springbank Rd

Turn right on Westbluff Rd (out and back)

Turn right on Springbank Rd

Turn right on 101 ST

Turn right on 17th Ave

Turn right on Lower Springbank Road

Turn right on RR 32

Turn left on Springbank Rd

Turn right on Huggard Rd

Turn right on RR 33

Turn right on TR 245

Turn left on Commercial Drive (out and back)

Turn right on TR 245

Turn right on RR33

Turn right on RR 250 to start **2nd Loop**

Turn right on RR31

Turn left on Springbank Rd

Turn right on Westbluff Rd (out and back)

Turn right on Springbank Rd

Turn right on 101 ST

Turn right on 17th Ave

Turn right on Lower Springbank Road

Turn right on RR 32

Turn left on Springbank Rd

Turn right on Huggard Rd

Turn right on TR 245

Turn left on Commercial Drive (out and back)

Turn right on TR 245

Turn right on RR 33 then continue north through RR 250 to out and back turn around

Turn right on RR 250

Turn right on Copithorne Trail

Enter transition around traffic circle

RUN

- Distance: 13.1 miles (21.1 kilometres)

• Location: Lake Harmony

• Two out-and-back loops

• Transition exit & 3 Aid stations will be available approximately 1.6km apart on the out & back 2-loop run for a total of 12. All aid stations will be supplied with water, **F2C Glyco-Durance** & will alternate between Coke and gels. Sponges and ice are also available if temperatures are forecasted above 25C.

No road closure on course. Please ride on shoulder when possible. Minimal left hand turns on the bike course to avoid traffic interruption. Police or safety personnel will supervise all intersections on course to ensure safe traffic flow.

PRE-RACE INFORMATION

Personal Communication Plan

Prior to departing for Harmony, be sure to establish a communications plan with family and friends back home. Share the race day emergency contact listed below with those who may need to reach you in an emergency.

Athlete Check-In

Athlete Check-In hours are as follows:

Friday, July 29 - 2:00 p.m. to 8:00 p.m.

Saturday, July 30 - 9:00 a.m. to 2:00 p.m.

Where: Lake Harmony Discovery Centre

Please note that Athlete Check-In will not be open on race day. If you do not check in during the designated Athlete Check-In hours you will not be permitted to race.

YOU ARE REQUIRED TO SIGN UP FOR A PACKAGE PICKUP TIME. CHECK RACE EMAILS FOR A LINK.

Please bring the following items with you to Athlete Check-In:

- Photo Identification
- If you did not purchase a one-day license online, you must bring your Triathlon Alberta card to show proof of current Triathlon Alberta membership.

Relay Check-In

All relay team members must arrive together for athlete check-in during regular check-in hours. This is mandatory to ensure that all the materials are accounted for.

Personal Safety

While we make reasonable efforts to inspect the swim entry and exit points for underwater hazards, the inspection does not take place until just before the swim discipline starts. Participants are further admonished to exercise caution and to be mindful of underwater hazards. Keep in mind that this is a natural body of water and is subject to hidden hazards including, but not limited to: currents, underwater obstructions, tides, rip currents and indigenous marine life. When training, please bike and run

on the shoulder without moving into the traffic lane. Please be courteous and aware that the people sharing the roads with you are people you will count on during race day to fulfill your physical and emotional needs. Please ride single file, as biking side by side is discouraged and can be dangerous. As you are one of Lake Harmony's invited guests, please respect and obey the traffic laws during your training practices. Violators will be cited. You are required to carry proper identification at all times. If you are stopped, you must present your identification to the inquiring officer. Failure to do so may result in race disqualification. Your cooperation is appreciated.

MANDATORY BIKE CHECK-IN

Mandatory Bike Check-In:

When: Saturday, July 30, from 9:00 a.m. to 4:00 p.m.

Where: Lake Harmony

Timing chips will be handed to you at this time

Athletes will hold their spot in transition by placing their bike on the rack. Do not attempt to move other athlete's bikes or a DQ will result. Racks will be designated by race number. Place your bike in a spot not already taken and be considerate of other's space. You must check your bike in during the designated times. You will not be allowed to bring your bike into transition area on race morning. You will have access to your bike beginning at 5:30 a.m. on race morning but you will not be allowed to remove your bike from transition until the start of the bike portion of the race. Helmets and cycling shoes may be brought into transition on race morning. Helmets and shoes may be clipped or attached to the bicycle. While bikes are stored in transition, athletes will be allowed to cover their seats and handlebars only from inclement weather.

SPECTATORS & FOOD

Spectators are welcome at the swim start and around each athletes zone and expo. Food trucks will be on-site with refreshments.

Race Timing And Cut-Offs

The race will officially end 8 hours and 30 minutes after the final athlete start. Aid station stops, transitions, etc., will be included in your total elapsed time. Splits will be recorded for each segment of the race. The following cut-off times apply for each segment of the race:

Swim Cut-Off

The swim course will close **1 hour and 10 minutes** after the final athlete start. Each athlete will have 1 hour and 10 minutes to complete the 1900m swim. Individual athletes who take longer than 1 hour and 10 minutes (from their start time) to complete their swim will receive an OFFICIAL DNF. IRONMAN officials reserve the right to pull athletes off the course who exceed any established course time cut-offs.

Bike Cut-Off

5 hours and 30 minutes after the final wave start.

The run course will close **8 hours and 30 minutes** after the final athlete start. Each individual athlete will have 8 hours and 30 minutes to complete the entire course. Individual athletes that take longer than 8 hours and 30 minutes to complete the entire course will receive a DNF. IRONMAN reserves the right to remove an athlete from the course and DNF the athlete if our course staff determines there is no possibility of an athlete finishing the given discipline (swim, bike, run) before the posted cut-off times based on an athlete's location, time and average speed up to that point.

Medical Area

The medical area is for athletes only and family members are not allowed. Overcrowding in the medical area prevents the medical staff from doing their job. For information on an athlete receiving medical treatment, please wait outside the medical tent for updates on your athlete's condition.

Competitor Responsibilities

- You must wear your Timing Chip at all times while you are racing. Prior to the swim, fasten the Timing Chip to your left ankle with the strap provided and do not remove it until you have finished the run.
- You may apply Vaseline around your ankle; it will not affect the Timing Chip. Volunteers will help you remove it at the finish line.
- If you do not start the race, you are responsible for returning the Timing Chip. If you drop out or are pulled from the race at any time, turn in your Timing Chip to a race official. Failure to do so may disqualify you from participating in future IRONMAN events.
- It is essential that we know where you are on the course at all times for your safety and our peace of mind. If you are transported to any medical station, the medical staff will take responsibility for your Timing Chip.
- Your race Timing Chip is a loaner. By picking up your race number and Timing Chip, you are guaranteeing that you will return the chip to timing, or you will be billed \$75 (USD) for its replacement.
- If you lose your Timing Chip during the event, you are responsible for obtaining a replacement at one of the following locations: swim exit, bike exit or run exit. Volunteers will have extra Timing Chips at the timing locations above. If you lose your Timing Chip while on the run course, please notify a timing official immediately after crossing the finish line.
- Failure to wear your Timing Pro Chip on race day, return your chip after the event or pay the replacement cost of your lost Timing Chip disqualify you from future IRONMAN events.

CHECK LIST

PRE-RACE:

- Directions to Hotel
- Directions to Athlete Check-In
- Directions to Race Start
- Directions to Race Finish
- Photo I.D.
- Proof of Triathlon Alberta annual or day membership
- Bike Services/Tune up
- Attend Athlete Check-In
- Attend Athlete Briefing
- Study the race courses and plan your nutrition

RACE-DAY SWIM:

- Timing Chip and Strap
- Swimsuit/Wetsuit
- Goggles (consider a spare pair as well)
- Race Day Swim Cap (provided at Check-In)
- Ear Plugs/Nose Plug (optional)
- Prescription Glasses labelled with name to be left at the Swim Start

MISCELLANEOUS:

- Body Glide
- Antibacterial
- Contacts or Rx Glasses
- Heart Rate Monitor & Chest Strap
- Towel
- Hair Ties
- Chapstick
- Post-Race Clothing
- Extra Swimsuit and Cap for practice swim (if applicable)
- Extra Tri Kit for practice

RACE-DAY BIKE:

- Bike Pump
- Extra Nutrition
- Extra Water Bottles
- Aero Water Bottle Straw
- Bike Repair Kit
- Bar-end plugs
- CO2 Cartridge(s)
- Spare Tire
- Spare Tube
- Tire levers
- Valve Stem Extenders
- Patch Kit
- Wrench Set/Tools
- Vaseline
- Sunscreen
- Helmet
- Sunglasses
- Bike Shoes
- Socks
- GPS Watch or Bike Computer

RACE DAY RUN:

- Nutrition Belt
- Race Belt or Safety Pins
- Bib Number
- Hat/Visor
- Running Shoes
- Socks
- Sunglasses
- Water Bottle

POST-RACE INFORMATION

Recovery Zone

The Post-Race Meal will be served after 11:00 a.m. in the finish zone. The **Branded Peak Beer** tent will also open offering a free beer to competitors.

Awards Ceremony

The Awards Ceremony is scheduled between **3:30 p.m.**

Race Photography

FinisherPix will have several photographers working at the swim exit, on the bike course, on the run course, and at the finish line. Special for Harmony IRONMAN 70.3 Calgary FREE: FinisherPix Facebook App – share your best race moments! Share your best race moments with your friends on Facebook!

Visit www.finisherpix.com, chose an event, and sign up with your email address.

Once your race photos are available, you will receive a link by email and will have the chance to select your 3 favorite photos and share them with your friends! You can even add a comment. Don't forget to smile into our cameras!

YOUR BEST PHOTOS!

- Ensure you have your race number facing front and visible at all times
- Look out for our FinisherPix photographers on course and SMILE
- Look up when you cross the finishline and smile BIG!

How to Order Your Pix?

- Register your email address at www.finisherpix.com to be notified as soon as photos are online.
- Have your number visible on the FRONT of your bike helmet so you can be identified in your cycling photos.
- Keep your bib number visible on the FRONT of your body during the run and at the finish line so you can be easily identified.
- Smile and celebrate when you cross the finish line! Don't worry about touching your watch, the timing company will ensure an accurate record of your achievement.
- Visit www.finisherpix.com to view, order, and share your photos from the event.

Lost and Found

Any unclaimed items will be returned to TCR Bike Shop in Calgary for Tuesday pick-up.

Bike & Gear Recovery

Transition will not be opened for bike and gear recovery until the listed Bike Cut-Off time or until all bikes are back in transition (whichever comes first).

General Spectator Information

Enjoying the Harmony Ironman 70.3 Calgary as a spectator is quite easy with very accessible locations to watch athletes. There are fantastic cheering opportunities during the swim (especially at the start and swim exit) and along the run course in the community portions. No spectators allowed on bike course. Spectators must park at designated areas.

QUALIFYING

FOR THE 70.3 WORLD CHAMPIONSHIP

Thirty (30) Age Group qualifying slots for the 2024 IRONMAN 70.3 World Championship will be awarded to the top age group finishers in the triathlon, taking place in Taupō, New Zealand on 14 & 15 December. Final Slot Allocation will be determined on race day based on the number of official starters. Qualified athletes **MUST** claim their slot in-person on race day, starting at 3:30 p.m. after awards ceremony. Be prepared to pay the entry fee with CREDIT CARD ONLY; no cheque or cash.

Note: All unclaimed slots will be rolled down to the next eligible finishers beginning after the Awards Ceremony.

SLOT ALLOCATION/ROLLDOWN POLICY

Prior to race day, at least one slot shall be tentatively allocated to each Age Group category (both male and female). Final Slot Allocation will be determined on race day based on the number of official starters. If there are no starters in a particular Age Group, then that slot will be moved to the next calculated Age Group within the gender. Final Slot Allocation shall be representative of the actual number of Age Group starters in each category in the race. Athletes **MUST** claim their slot in-person during the designated Slot Allocation period for the 2023 IRONMAN 70.3 World Championship.

ROLLDOWN POLICY

At the conclusion of On-Site Registration for the automatic qualifiers, any unclaimed slots within an Age Group will be rolled down to the next eligible finisher within that Age Group. If an athlete chooses not to take the slot, does not attend the Rolldown ceremony or has already qualified, the next eligible finisher in that Age Group may claim the qualifying slot. Following Rolldown, any unclaimed slots within an Age Group will be re-allocated to another Age Group within the gender based on the athletes-to-slots ratio. The Age Group within the gender with the largest athletes-to-slots ratio will receive the first reallocated slot, followed by the next largest ratio receiving the second reallocated slot (if applicable), and so on.

ANTI-DOPING POLICY

Each Age Group athlete who accepts a qualifying slot for the IRONMAN 70.3 World Championship is subject to IRONMAN's Anti-Doping Rules and will be required to sign the World Championship Events Anti-Doping & Qualifying Slot Waiver for Age-Group Athletes. The waiver serves to provide additional notification of and consent to IRONMAN's Anti-Doping Program, which includes IRONMAN's efforts to combat, deter, and test for doping in accordance with IRONMAN's Anti-Doping Rules.

Please refer to IRONMAN's Competition Rules for additional guidance and information.
<http://www.ironman.com/triathlon/organizations/anti-doping.aspx#axzz3BPHKA0NL>

SWIM COURSE

HARMONY®
IRONMAN
70.3[®] Calgary ALBERTA TRIATHLON

SWIM

1.9 km / 1.2 m 2-Laps
Pulse start 5 swimmers every 5 seconds
Temp: 18°C / 65°F
Lake Altitude: 1,180m/3,900' so start slow

75m
100m
100m
125m
525m
2 LAPS
FINISH
START
PULSE START
LAP 2
FINISH

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SWIM COURSE RULES

SWIM RULES

- Athletes will be released in groups of 8 every 5 seconds in a pulse start format
- Athletes must wear cap provided by race. Athletes in the “Newbie” category will be offered a white coloured cap.
- No fins, gloves, paddles, or flotation devices (including pull buoys) of any kind are allowed.
- No Aqua socks (neoprene booties) unless the water temperature is 18°C/65.0°F or colder.
- When the use of wetsuits is forbidden, clothing covering any part of the arms below the elbows, and clothing covering any part of the leg below the knees, is deemed illegal equipment and is not permitted.
- Compression sleeves or compression calf guards/socks may NOT be worn during non-wetsuit swims, but may be worn upon completion of the swim.
- Swim goggles and face masks may be worn.
- No individual paddlers or escorts allowed. The course will be adequately patrolled by boats, canoes and paddleboards.
- Any assistance required during the swim will result in disqualification if forward progress was made. Athletes are permitted to use kayaks and boats as aid, as long as forward progress is not made. Special provisions are made for athletes in the Physically Challenged Open Division. Course officials and medical personnel reserve the right to remove athletes from the course if determined medically necessary.
- The swim course will close **1 hour and 10 minutes** after the final wave start. Each athlete will have 1 hour and 10 minutes to complete the 1900m swim. Individual athletes who take longer than 1 hour and 10 minutes (from their start time) to complete the swim will receive a DNF. IRONMAN officials reserve the right to pull athletes off the course who exceed any established course time cut-offs.

WETSUIT RULES

- Wetsuits may be worn in water temperatures up to and including 24.5 degrees Celsius.
- Prohibited Wetsuit: De Soto Water Rover
- Wetsuits cannot measure more than 5 mm thick.

SWIM TO BIKE TRANSITION

- After the swim, you will be directed through the timing chutes to the swim to bike transition.
- Public nudity is not permitted.
- We require you to be fully ready to race before getting on your bike.
- Personal nutrients are permitted if carried on you or your bike.

NOTE: Any athlete electing not to race must notify a timing official immediately. Above all, the safety of each swimmer is our prime concern. A full sweep of the course will be made directly behind the last swimmer. Visual aid will be provided by the lifeguards, divers, canoes, kayaks, buoys, and aquatic crafts that line the course.

IRONMAN SWIMSMART

An open-water swim in a triathlon is substantially different from swimming in a pool. To alleviate stress, it's important that you arrive on race day healthy, fit and prepared. Here's a top-10 checklist to help get you ready.

1. Prepare for Race Conditions
 - Race day should not be your first open water swim. Make sure some of your training replicates real race conditions, including water temperature, proximity to other swimmers and wearing a wetsuit if needed.
2. Race in Shorter Events
 - Being properly trained is the best way to reduce anxiety. If possible, race in shorter events and clinics to prepare yourself for open water conditions.
 - For extra guidance, talk to a coach or your local triathlon club.
3. Learn About Course Details
 - It's important to prepare yourself mentally as well as physically prior to race day. Thoroughly review the race website and pre-race communication to familiarize yourself with the course.
 - Keep in mind, every body of water is different, so you'll need to educate yourself on water current and surf conditions.
 - Study the event timetable to plan for proper arrival and preparation.
4. Ensure Heart Health
 - As an athlete in training, you should take the proper steps to assess your health with your physician.
 - The Heart and Stroke Foundation of Canada suggests that you always check with your healthcare provider before beginning any physical activity program.
5. Pay Attention to Warning Signs
 - If you experience chest pain or discomfort, shortness of breath, light-headedness or blacking out while training, consult your doctor.
6. Don't Use New Gear on Race Day
 - Focus on controlling as much as you can on race day.
 - You should never race in equipment you haven't trained in, this is not the time to test new gear.
 - Make sure your wetsuit fits properly and that your goggles, swim cap and other accessories work properly.
 - Prepare for the unexpected with backups of all your gear.
7. Warm Up on Race Day
 - Arrive early enough on race day for a proper warm-up prior to the start, preferably in the water.
 - If you aren't able to warm up in the water, spend between 5 and 10 minutes getting loose.
 - Be sure to do some cardio activity, such as a light jog, to increase circulation and prep your muscles.
8. Check Out the Course
 - Get comfortable with the course by checking out water conditions, the swim entry, exit layouts, along with turn buoy locations.
 - Identify basic navigation points so that you know what you are swimming towards.
9. Start Easy – Relax and Breathe
 - Don't race at maximum effort from the start.
 - Relax and focus on proper breathing technique as you settle into a sustainable pace.
10. Be Alert and Ask for Help
 - In a race setting always stop at the first sign of a medical problem.
 - If you or a fellow athlete needs help, just raise your hand to alert a lifeguard or safety boat.
 - Race rules allow for competitors to stop or rest at any time during the swim.
 - Feel free to hold on to a static object like a raft, buoy, or dock.
 - You may also rest by holding on to a kayak, boat or even a paddleboard. As long as you don't use it to move forward, you won't face disqualification.

HARMONY **IRONMAN** 70.3 CALGARY ALBERTA TRIATHLON

PEO CANADA EMPLOYEE MANAGEMENT

TCR

BIKE COURSE 88KM
2 LOOPS
LAKE HARMONY ROCKYVIEW COUNTY



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 - F2C Glyco-Durance
 - Gels

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BIKE COURSE RULES

BIKE COURSE RULES & INSTRUCTIONS

1. Position Rules

- Absolutely NO DRAFTING of another bike or any other vehicle is allowed.
- Athletes must keep six bike lengths (12m) of clear space between bikes except when passing.
- A pass occurs when the overtaking athlete's front wheel passes the leading edge of the athlete being overtaken.
- Overtaking athletes may pass on the left for up to 25 seconds, but must move back to the right side of the road, after passing. Failure to complete a pass within 25 seconds will result in a drafting violation. Athletes may not back out of the draft zone once it is entered (drafting violation).
- Overtaken athletes must immediately fall back six bike lengths before attempting to regain the lead from a front running bike. Immediately re-passing prior to falling back six bike lengths will result in an overtaken violation.
- Overtaken athletes who remain in the draft zone (6 bike lengths of clear space between bikes) for more than 25 seconds, or who do not make constant rear progress out of the drafting zone, will be given a drafting violation.
- Athletes must ride single file on the far right side of the road except when passing another rider, or for reasons of safety. Side-by-side riding is not allowed and will result in a position violation.
- Athletes who impede the forward progress of other athletes will be given a blocking violation.
- Athletes committing rules violations will be notified "on the spot" by an official.
- Do not attempt to discuss the penalty with the official.

THE OFFICIAL WILL:

- i. Notify you that you have received either a BLUE CARD for drafting or littering or a YELLOW CARD for any other penalty. The official will show you the corresponding colored card.
- ii. Instruct you to report to the next penalty tent (PT) at the start of the run course.

THE ATHLETE WILL:

- i. Report to the next PT and tell the PT Official whether you were shown a BLUE CARD or a YELLOW CARD. If you fail to report to the next PT, you will be disqualified.
 - ii. Have race numbers marked by the PT Official with a "/"
 - iii. Register, via the sign-in sheet.
 - iv. Resume the race immediately, upon having your numbers marked with a "/" and registering, for all non-drafting violations (YELLOW CARD).
 - v. Remain in the PT for the time indicated in the table below, for each drafting and littering violation (BLUE CARD).
 - vi. Be disqualified if you receive three BLUE CARD penalties. An athlete may finish the race if he or she has been issued a red card disqualification unless otherwise instructed by the Race Referee.
 - vii. Be disqualified for not reporting to the PT. Race Distance: IRONMAN 70.3
- 1st BLUE CARD Offense 5:00 2nd BLUE CARD Offense 5:00 3rd BLUE CARD Offense DSQ**

2. Bicycles must be racked in a manner such that the majority of the bicycle is on the athlete's side of the bike rack.
3. No tandems, fixed-gear bikes, recumbents, fairings, or any add-on device designed exclusively to reduce resistance are allowed. Any new, unusual, or prototype equipment will be subject to a determination of legality by the event organizer and/or Head Referee.
4. The sole responsibility of knowing and following the prescribed cycling course rests with each athlete. No adjustments in times or results shall be made for athletes who fail to follow the proper course for any reason whatsoever.

5. Police will be controlling traffic to allow bikes through at controlled intersections.
6. No athlete shall endanger themselves or another athlete. Athletes who intentionally present a danger to any athlete or who, in the judgment of the Head Referee, appear to present a danger to any athlete may be disqualified.
7. Helmets, bike shoes, and other cycling gear may be placed on the bike or in a transition bag. Shoes and shirt must be worn at all times.
8. Cameras, phone cameras, and video cameras are prohibited unless permission is given by IRONMAN. If permission is given by IRONMAN, it is the athlete's responsibility to notify the Head Referee prior to race start. Athletes seen with a camera, phone camera, or video camera who were not given permission will be disqualified.
9. Athletes must wear a bike helmet number on the front of their helmet.
10. A CPSC-approved helmet is required during the entire bike portion including in and out of transition. Athletes riding without an approved helmet or chinstrap not fastened may be disqualified. Alterations to a hard-shell helmet, which affect its integrity, are not allowed.
11. No individual support allowed. Ample aid and food stations will be provided. Friends, family members, coaches, or supporters of any type may NOT bike, drive, or run alongside the athlete, may not pass food or other items to the athlete and should be warned to stay completely clear of all athletes to avoid the disqualification of the athlete. It is incumbent upon each athlete to immediately reject any attempt to assist, follow, or escort.
12. Do not litter. Any item that needs to be discarded, including but not limited to water bottles, gel wrappers, energy bar wrappers, broken bike parts, or clothing items, may only be discarded in the trash drop zones at each aid station. Discarding any item outside of the trash drop zones will result in a blue card (5 minute time penalty).
13. Athletes must be individually responsible for repair and maintenance of their own bike. Athletes should be prepared to handle any possible mechanical malfunction. Assistance from official race personnel is permitted.
14. Athletes may walk bike, if necessary, but may not make progress on the bike course unaccompanied by their bicycle.
15. Bike inspection is not mandatory and will not be provided at Bike Check-In, although technicians will be available. Athletes are ultimately responsible for their own bikes. However race officials may at their own discretion make final judgment as to the soundness of the bike.
16. Communication devices of any type, such as cell phones and two-way radios are strictly prohibited during competition. Use of such devices will result in disqualification.
17. **HEADSETS OR HEADPHONES ARE NOT ALLOWED DURING ANY PORTION OF THE EVENT.**
18. Helmet mirrors or mirrors attached to the bike or body are prohibited unless needed for a verifiable medical reason. Athletes granted permission to use a mirror will be ineligible for awards or World Championship entry slots. Athletes using a mirror without permission will be disqualified.
19. **MEDICAL SUPPORT** - If you need minor medical assistance, a SAG vehicle will pick you up and take you to the medical tent, where you shall receive treatment. Alternatively, depending upon medical emergency, ambulances will take you to the nearest hospital to receive treatment. If you have a technical problem or have bonked, the SAG vehicle will take you to the next aid station. There will be radios to contact ambulances and medical assistance. If you have a problem, please go to an aid station for further assistance. Cyclists who do not make any of the established course cut-off times will be disqualified and will not be permitted to continue.

NOTE: There will be bike aid stations approximately every 20 kilometers (12 miles) along the bike course. It is your responsibility to slow for safe nutrient pick-up. Call out your requirements clearly and in advance. Crews are instructed not to step across the white line for handoffs. It is imperative that you don't toss bike bottles, cups, or nutrient bags on the roadside along the course. A five minute time penalty will be assessed for discarding litter outside the designated drop zone.

NOTE: Technical support vans will be on the course to assist with emergency repairs when-ever possible; such as replacement tubes, tires, chains, etc. Technical vans will be on the course throughout the day, but are limited in number. Please be self-sufficient. Services provided on course are free, but replacement equipment will be charged to athlete. The tech support team will be posted at two "pit-stops". Mobile vehicles will shuttle stranded cyclists to technical support.

LOCAL TRAFFIC LAWS

Please remember that members of the local community use the bike course roads.

Realize that you are an ambassador for the sport and the event and the impact of your actions is far reaching.

When you're out riding the course, please adhere to local traffic laws and go the extra mile to be courteous and respectful to the residents of the local community.

Every time a cyclist has an altercation with a driver, that driver sees every cyclist on the road as the enemy.

Every time a cyclist is courteous to a driver, that driver will give every cyclist on the road that much more respect and courtesy in return.

- Please think before you act. When training, please follow these suggestions:
- Please wear a helmet during all official activities when you are riding your bike. This includes competition, course familiarization and training sessions.
- Please ride single file. This is not just for your safety but also to ensure local drivers can get where they need to go without delay and frustration.
- Please obey traffic laws (stop at stop signs, signal when turning, etc.).
- Please do not use private property as a toilet.
- Please do not litter. Keep your energy bar and gel wrappers with you until you find a trash can.
- Please ask your friends and family members to refrain from painting the roads along the course. This defaces public property and is a punishable offense.

BIKE COURSE RULES AND INSTRUCTIONS

Please understand that based on permits for the roads on the course and the safety of athletes involved, cut-off times must be respected for all IRONMAN 70.3 events. IRONMAN® reserves the right to remove an athlete from the course and DNF the athlete if our course staff determine that there is no possibility of an athlete finishing the given discipline (swim, bike, run) before the posted cut-off times based on an athlete's location, time, average speed up to that point, and physical condition.

RUN COURSE



RUN DIRECTIONS

- Athletes exit transition running north past the finish line passing Aid Station 1.
- Continue north to Mickelson National Golf Course
- East past Aid Station 2 and then south and turn at Aid Station 3.
- Return and then pass through transition zone west
- Run out-and-back section behind lake Harmony.
- Cross Harmony Circle at Arnica View west end of transition zone.
- Run south to Aid Station 4 at Yarrow Gate.
- Return and cross at Harmony Circle at Arnica View
- Turn right and run to second lap / finish.

Aid stations include:

- Water
- F2C Glyco-Durance
- Gels
- Coke

RUN COURSE RULES

1. Athletes may run, walk, or crawl.
2. Athletes must wear their IRONMAN 70.3 issued bib number in front of them clearly visible at all times on the course. Bib numbers identify the official athletes in the race. Folding, cutting the bib number, intentional alteration of any kind, or failure to wear race number is STRICTLY PROHIBITED and may result in disqualification.
3. NO INDIVIDUAL SUPPORT VEHICLES OR NON-ATHLETE ESCORT RUNNERS ARE ALLOWED. This is an individual endurance event. Teamwork as a result of outside assistance, which provides an advantage over single competitors, is not allowed. Individual support vehicles or non-athlete escort runners will result in disqualification. A non-athlete escort runner includes athletes who have withdrawn from the race, have been disqualified or have finished the race. Supporters of any type may NOT bike, drive, or run alongside the athlete, may not pass food or other items to athlete and should stay completely clear of all athletes to avoid the disqualification of the athlete. It is incumbent upon each athlete to immediately reject any attempt to assist, follow, or escort. It IS permissible for an athlete who is still competing to run with other athletes who are still competing.
4. Athletes are expected to follow the directions and instructions of all race officials and public authorities.
5. The sole responsibility of knowing and following the prescribed running course rests with each athlete. No adjustments in times or results shall be made for athletes who fail to follow the proper course for any reason whatsoever.
6. Athletes racing without a shirt or racing top will be disqualified.
7. The run course will officially close 8 hours and 30 minutes after the final swim wave.

FINISH LINE POLICY

Friends and/or family members are not permitted to cross the finish line or enter the finish chute with participating athletes. This policy will allow each competitor adequate time to celebrate their accomplishment without interfering with other finishers and ensure the safety of all athletes, volunteers and fans. Athletes who choose not to respect the policy will receive an automatic disqualification (DSQ).

EVENT SANCTION & RULES

1. Athletes must meet all requirements of the Event's sanctioning body (e.g., including but not limited to the sanctioning bodies' licensing and/or insurance requirements). Athletes under suspension by IRONMAN are not allowed to compete in any Event;
2. An athlete's racing age is determined by their age on December 31st in the year of the Event;
3. Minimum racing age will be stated in the Event-specific Athlete Information Guide;
4. An athlete who competes in a category different from his/her age will be disqualified from the Event(s) in which he/she participated in. Any awards, prizes, and/or points will be revoked;
5. Any athlete that commits fraud by entering any Event under an assumed name or age, falsifying an affidavit or giving false information will be disqualified and risk suspension or expulsion from other Events;

*NOTE: ANY VERBAL ABUSE OF MARSHALS, RACE OFFICIALS, IRONMAN 70.3 STAFF OR VOLUNTEERS IS GROUNDS FOR IMMEDIATE DISQUALIFICATION. IRONMAN reserves the right to make changes to these rules at any time. Notification of any change will be in accordance with Triathlon Alberta procedures.

RULES APPLYING TO ALL SEGMENTS

IT IS THE ATHLETE'S RESPONSIBILITY TO KNOW ALL ASPECTS OF THE SWIM, BIKE AND RUN.

1. Any athlete holding current elite/professional status from their National Triathlon Federation or a current IRONMAN Professional Membership (as verified by elite/ pro status of an athlete's National Triathlon Federation) is prohibited from racing as an AGE GROUP athlete within the same calendar year, in ANY sanctioned triathlon events anywhere in the world, where there is an elite/pro wave, within the same calendar year. Disqualification and potential sanction from IRONMAN events, and forfeiture of any AGE GROUP World Championship qualifying slots may result for any athlete that has not adhered to this policy.
2. Athletes are expected to follow directions and instructions of all course marshals and public authorities.
3. Race officials shall have authority to disqualify any athlete.
4. Medical personnel shall have ULTIMATE and FINAL authority to remove a athlete from the race if the athlete is judged to be physically incapable of continuing the race without risk of serious injury or death. Medical transport of any athlete will result in disqualification.
5. Fraud, theft, abusive treatment of volunteers, staff or others and acts of poor sportsmanship are grounds for immediate disqualification and may result in the athlete being suspended from competing in any IRONMAN 70.3 event in the future, depending on the severity of the rule violation.
6. As a condition of participation in each IRONMAN® and IRONMAN® 70.3® event, all registered athletes are required to acknowledge and abide by IRONMAN's Anti-Doping Rules. In accordance with the Anti-Doping Rules, all registered athletes are subject to in and out-of- competition testing and are encouraged to learn and understand all applicable rules and obligations prior to registering for events (including, without limitation, the World Anti-Doping Agency's anti-doping rules governing Prohibited Substances and Therapeutic Use Exemptions). When in doubt, athletes are encouraged to ask questions and to seek advice from qualified medical professionals. Please refer to IRONMAN's Competition Rules for additional guidance and information.
7. If an athlete decides to withdraw from the race at any time, it is the responsibility of the athlete to report to the timing tent located at the finish line and turn in their bib number and MyLaps Pro Chip immediately. It is essential that race officials know where athletes are on the course at all times. Failure to comply after withdrawing from the race may result in athlete being prevented from competing in any IRONMAN event in the future.
8. IRONMAN 70.3 reserves the right to make rule changes at any time provided all athletes are notified in writing and/or at the pre- race athlete briefings. Notification of any change will be in accordance with IRONMAN Competition Rules.
10. For additional information regarding training sites, safety procedures and general information questions regarding the race, please go to the Information Booth.
11. Communication devices of any type are strictly prohibited during competition. Use of such devices may result in disqualification.
12. Cameras, phone cameras, and video cameras are prohibited unless permission is given by IRONMAN. If permission is given by IRONMAN, it is the athlete's responsibility to notify the Head Referee prior to race start. Athletes seen with a camera, phone camera, or video camera who were not given permission will be disqualified.

RULES

CONTINUED

13. IRONMAN does not allow the transfer of an athlete's registration to another person - no exceptions will be made to this rule. Any attempt to transfer a registration to another person will result in disqualification and suspension from future participation in any IRONMAN or IRONMAN 70.3 event.
14. Assistance provided by event personnel or Race Officials is allowed but is limited to drinks, nutrition, mechanical and medical assistance. Athletes competing in the same race may assist each other with incidental items such as nutrition and drinks after a water station and pumps, tubular tires, inner tubes and punctures repair kits. Athletes may not provide any item of equipment to an athlete competing in the same race which results in the donor athlete being unable to continue their own race. This includes but is not restricted to shoes, complete bicycle, frame, wheels and helmet. The penalty for this will be disqualification of both athletes.
15. Athletes must cover the prescribed course in its entirety. Failure to do so will result in a disqualification. If an athlete must exit the course, he or she shall re-enter the course at the same point of departure before continuing.

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