IRONMAN® 70.3® Calgary

ALBERTA TRIATHLON

2019

SWIM 1.2M  BIKE 56M  RUN 13.1M

OFFICIAL EVENT GUIDE

Calgary

AUGUST 11 2019
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COMMITTEE MEMBERS

TOM BAMFORD Event Director
CHERYL LOWERY Race Director
DON MANN Swim Captain
DAVE FENNELL Kayak Captain
ALEX POLSON Run Captain
TRACY OMAN Run Captain
TRACY MASTEL T1 Swim
MICHELLE SIMONIN T1 Captain
KIM ANDERSON T2 Captain
KIM ANDERSON Parking Captain
DAWN HOPKINS Volunteer Captain
SHARON ZERK Finish Line Captain
DAVE LOWERY Motorcycle Captain
RON RAZON Bike Captain
DUNCAN GOODRIDGE Bike Captain
SCOTT ALLAN Bike Captain
DR. ANDREW WADE Medical Director
CRAIG MCARTHUR Medical Coordinator
DONNA WALKER Food Tent
BINA WADE Package Pick up/Info

THANK YOU TO OUR SPONSORS
Welcome to the 11th Anniversary Edition of Ironman 70.3 Calgary.

We are excited to be hosting you for the eleventh edition of Ironman 70.3 Calgary, Western Canada’s first Ironman 70.3. We are excited to enter our second decade of racing and welcome returning athletes and first-time racers. We know you will enjoy your day. The course is fast, safe and offers scenic beauty of the western Canadian foothills at the forefront.

One notable change is that the transition area is altered this year. Bike racks will be situated at the south end of the parking lot, facilitating flow from the lake to the cycle start. We still have only one transition with the run finish a few blocks away in the community. The host hotel, expo and package pickup are only a ten minute walk from the lake.

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 the hard part - race day is your time to enjoy.

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

Tom Bamford, Event Director

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.

Triathlete 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.
## SCHEDULE OF EVENTS

### FRIDAY AUGUST 9, 2019

<table>
<thead>
<tr>
<th>TIME</th>
<th>EVENT</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:00am - 8:00pm</td>
<td>Expo and package pick-up (Marriott Courtyard Residence Inn, Auburn &amp; Seton Rooms)</td>
</tr>
<tr>
<td>12:00pm - 12:30am</td>
<td>Athlete Briefing and Q&amp;A Session (Marriott Courtyard Hotel, Mahogany Room)</td>
</tr>
<tr>
<td>5:30pm</td>
<td>Athlete Briefing and Q&amp;A Session (Marriott Courtyard Hotel, Mahogany Room)</td>
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### SATURDAY AUGUST 10, 2019

<table>
<thead>
<tr>
<th>TIME</th>
<th>EVENT</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:00am - 5:00pm</td>
<td>Bike Drop off at Auburn Bay Lake (Transition). Park at Calgary South Health Campus Lot 2</td>
</tr>
<tr>
<td>10:00am - 1:00pm</td>
<td>Expo and package pick-up (Marriott Courtyard Residence Inn, Auburn &amp; Seton Rooms)</td>
</tr>
<tr>
<td>9:00am - 9:30am</td>
<td>Athlete Briefing and Q&amp;A Session (Marriott Courtyard Hotel, Mahogany Room)</td>
</tr>
<tr>
<td>11:00am - 11:30am</td>
<td>Athlete Briefing and Q&amp;A Session (Marriott Courtyard Hotel, Mahogany Room)</td>
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### SUNDAY AUGUST 11, 2019

<table>
<thead>
<tr>
<th>TIME</th>
<th>EVENT</th>
</tr>
</thead>
<tbody>
<tr>
<td>5:30am</td>
<td>Transition Opens</td>
</tr>
<tr>
<td>6:50am</td>
<td>Transition Closes</td>
</tr>
<tr>
<td>7:00am</td>
<td>Rolling swim starts (time starts when you first cross the timing mat into the water)</td>
</tr>
<tr>
<td>12:00pm - 4:00pm</td>
<td>Bike &amp; Gear Pick-Up</td>
</tr>
<tr>
<td>3:30pm (Approx)</td>
<td>Awards ceremony and Ironman 70.3 World Championships Qualifying Spots</td>
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## NOTES

1. Bike mechanical tuning will be available at PedalHead: 13226 Macleod Trail SE and at SpeedTheory: 735A 10 Ave SW, Thursday and Friday.
2. VeloFix will be on-site at Auburn Bay 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 Monday starting at 12:00pm at PedalHead 13226 Macleod Trail SE.
4. No race day parking at South health campus. Race day parking available on Front Street east of the host hotel for $3.

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**MARRIOTT COURTYARD HOTEL - 3750 MARKET STREET SE**
Located a short distance south of Auburn Bay.

**AUBURN BAY BIKE DROP OFF - 200 AUBURN BAY BOULEVARD SE**
SWIM
• Distance: 1.2 miles (1.9 kilometres)
• Location: Auburn Bay, 200 Auburn Bay Boulevard SE
• Features: Rolling start (time starts when you cross the start timing mat)

BIKE
• Aid stations will be available every 22km. Aid station at 22km will be supplied with water & gels. Aid stations at 44km & 66km will be supplied with water, F2C GLYCO-DURANCE nutrition bottles & Honey Stinger gels.
• Distance: 54 miles (87 kilometres)
• Location: From Auburn Bay East on Hwy 22X past Hwy 24, turnaround on road 817 to return to Auburn Bay
• Detailed bike course as follows:
  · Triathletes will exit the swim at Auburn Bay and travel north east on Auburn Bay Blvd
  · They will turn right (east) on Auburn Bay Ave
  · then turn left (north) on 52 Street
  · then turn right (east) on Highway 22X
  · turn left (west) onto Highway 901 which turns into Highway 22X
  · turn left (south) back onto 52 Street
  · turn right (west) on Auburn Bay Blvd
  · turn left (south) on Auburn Bay Ave
  · turn right on Auburn Bay Springs Blvd which becomes Auburn Bay Blvd
• Transportation: Motorists discouraged on the course itself

RUN
• Transition exit & 4 Aid stations will be available approx. 2 - 3km apart on the out & back portion of the run for a total of 9. All aid stations will be supplied with water, F2C HYDRA-DURANCE electrolyte & will alternate between Coke, Honey Stinger gels & Clif bars/bloks. Sponges & ice are also available.
• Distance: 13.1 miles (21.1 kilometres)
• Location: Fish Creek Provincial Park, Calgary SE
• Out and back run through Fish Creek Provincial Park

RACE DAY INFO
SUNDAY AUGUST 11, 2019

PARKING
• Limited parking will be available on Front Street at 37 St. Parking will be $3.00 per vehicle.
• Street parking in the community of Seton & around the east side of the hospital.

ROAD CLOSURES
No road closure on course. Minimal left hand turns on the bike course to ensure minimal traffic interruption. Police or safety personnel will supervise all intersections on course to ensure safe traffic flow.

ATHLETE’S RACE DAY CHECKLIST
• Gear bags
• Bib/number
• Bracelet
• Swim Cap
• Goggles + extra pair
• Anti-fog solution
• Wetsuit
• Helmet
• Water Bottles
• Watch, HR Monitor
• Towel
• CO2 Accessories
• Patch Kit
• Spare Tire & Tube
• Tools
• Pump
• Sunscreen
• Running shoes
• Running Cap
• Race Belt
• Nutrition
• Sunglasses
• Extra Socks
• Orthotics
• Body Glide, Vaseline
• Electrical Tape
• Map of Race/Race Info
• Money
• ID
• Post Race Clothing
PUBLISHED RACE WEEK
PUBLISHED RACE WEEK
PUBLISHED RACE WEEK