



Drayton Valley Triathlon Race Package

in partnership with
Drayton Valley Hospitality and Tourism Authority

Thank you for registering for our Triathlon!

RACE INFORMATION:

Please print a copy of this information package to refer to.

Follow us on Facebook for updates and training sessions.

Information

- Race packages will be available on Friday, May 11th from 4:00 to 7:00pm at the Scouts Hall at 5030-48th Street. Please make arrangements to pick up your packages at this time.
- Please ensure you are familiar with the course prior to race day, we strongly encourage parents to visit the course with their children to ensure they know the route.
- Park Valley Pool will be open on Race day until 2:00pm for those wanting to access the shower facilities.
- Please ensure all Kids of Steel participants wear their wristbands for the entire race. The colour will help them identify their turnaround points on the course.
- Music and earphones will not be permitted on the course for your safety.

Location:

- Please note Drayton Valley roads within the area of Rotary park and Park Valley Pool will be closed from 7:00am to 3:00pm. Parking is available at the Town lot behind the **Eleanor Pickup Arts Centre, or Eldorado School** .

Swim:

- The Sprint and Team Challenge will start together at the pool, with the longest estimated swim times going first. Both men and women will be swimming together in the pool. You will be expected to self-seed according to estimated swim time.
- There will be up to four swimmers per lane. You will be swimming counter clockwise rotation or "loop" pattern. (Stay to the right!)
- Feet first entry only - NO DIVING!
- Touch the left side of the end wall so you push off straight. (Rest on the right side)
- Flip turns are permitted when safe to do so.
- Lap counters are there as a courtesy - you are responsible for counting your laps. You will be notified when you have 1 lap remaining (2 pool lengths) by the Lap counter placing a flutter board into the water.
- Goggles are encouraged for safety.
- Swim caps will be provided.
- No nudity and torsos must be covered after the swim.

Transition:

- After you have completed your swim, there will be no change rooms to change out of swimsuits. Please have your dry items ready at your transition area to put over swimsuits. Many racers have one towel to stand on and one to dry off with. If you are concerned about chaffing, bring lotion.
- Ensure you have appropriate dress for the weather and a bottle of water. There is no water station in transition.
- Helmets and bikes must comply with the Canadian Triathlon Association rules. <http://www.triathlon.ab.ca/kos>
- Place bikes alternating on racks and set up your gear to the RIGHT of your front tire. Your bike should be facing out. Stay close to your bike and be mindful of the other racers around you.
- For tips on setting up your gear see www.triathlon.ab.ca/beginner and <https://www.trainingpeaks.com/blog/how-to-set-up-your-triathlon-transition-area/>

Bike:

- Your bike needs to be equipped with working brakes. Clipless pedals are allowed but no cages as per ATA rules. There is no mechanical bike check at the race. We strongly recommend having your bike properly inspected by a certified mechanic prior to the race.
- You must have a certified helmet (CSA, ANSI, or SNELL approved) and it must NOT BE LOOSE! Your helmet must be fastened properly before touching your bike. Remember ATA rules state that you can be disqualified for riding without a helmet anytime within 48 hours of your race.
- Bare torsos are NOT ALLOWED!
- Drafting behind another bike is not permitted. Please check out www.triathlon.ab.ca for more information. Marshals will monitor the course for drafting infractions.
- You must pass the mount-line before mounting your bike.
- Stay to the far right hand side of the road while riding.
- Upon completing the bike race you must put your bike on the rack before you remove your helmet.
- Handlebar ends must be closed/plugged.
- Bikes must not be ridden within the transition area.

Run:

- Your number must be clearly visible.
- The run route will have a water station near the pond at the 1.5km and 3.5km points.
- Lap counting around the pond (3 laps for sprint distance) is your responsibility.
- Finish line is in Rotary Park. You must cross the timing mat to complete the run.

Post-Race:

- Healthy post-race snacks and water will be available in the Rotary Park.
- We will also have food available for sale onsite.

General:

- No electronic devices of any kind allowed on course.
- No mirrors.
- Littering and unsportsmanlike conduct are unacceptable.



Top 10 Rule Infractions

1. Illegal Equipment
 - o Mobile phones
 - o Headphones/Headsets/electronic listening communication device
 - o Mirrors
 - o Cameras and Video Cameras need Race Referee approval
 - o Toe Cage enclosed
 - o Open tube ends on handlebars
2. Too much equipment in Transition at the bike
3. Mount/Dismount lines crossed
4. Littering
5. Unsportsmanlike Conduct
6. Bare Torso
7. Public Nudity
8. Helmet Straps too loose
9. Riding in Transition
10. Drafting

**CHECK OUT THE FOLLOWING LINKS FOR MORE INFORMATION
AND COURSE MAPS.**



<http://www.draytonvalley.ca/triathlon/>

Experience the Valley!



<http://www.dvhta.ca/>



**Find us on Facebook
DRAYTON VALLEY TRIATHLON**

WAIVER, RELEASE AND INDEMNITY

I understand and agree that my participation in events, programs, races, or activities organized, operated, conducted, and/or sanctioned by the Alberta Triathlon Association (ATA) and/or various ATA clubs and members registered with ATA is conditional upon my execution of this document.

I hereby:

1. Acknowledge and accept my obligation as a participant in sanctioned events, to be aware and abide by the Triathlon Canada Competition Rules as updated and outlined on the Triathlon Canada and Alberta Triathlon Association (ATA) websites.
2. Acknowledge and accept to abide by all disciplinary and appeal procedures of the ATA. I understand that my failure to not abide, may result in disciplinary action by the ATA as provided for by the Disciplinary and Appeals Procedures.
3. Acknowledge and accept that race conditions and courses in competition events may vary in safety, and may have unmarked and unforeseen obstacles.
4. Agree to conduct myself in a sportsperson like manner, at all times while competing in all ATA sanctioned events as noted in the Triathlon Canada Competition Rules.
5. Acknowledge that event entry fees and/or my participation fees may be non-refundable.
6. Acknowledge that I have sole responsibility for my personal possessions and athletic equipment at all times during my participation in events.
7. Attest that I am physically fit, healthy and I have sufficiently trained and prepared for the physical and mental challenge of my participation in competition and events.
8. Acknowledge and accept that as a competitor and participant in a triathlon and/or multisport event, that it involves the possibility of risk to my safety, health, wellbeing, and may possibly result in injury or death.
9. Acknowledge and accept the risks, and all others arising from these events and programs, even if arising from the negligence, gross negligence, or negligent rescue by those associated in any way with the ATA and/or various ATA Clubs events and programs I may be involved in, the venues at which these events and programs takes place or by those organizing, officiating, or participating in these events and programs throughout the year, including their respective officers, directors, employees, agents, servants, volunteers and representatives.
10. Consent to receive medical treatment which may be deemed advisable in the event of injury, accident, or illness, including immediately prior to and immediately following, an ATA event(s).
11. Agree to remove myself from participation in competition and event(s) if I sense or observe any unusual hazard or unsafe condition, or if, at any time, at any event or program, I feel unable or unfit to safely continue for any reason.

12. Agree my executors, administrators, heirs, next of kin, successors and assigns, waive and release any and all claims that I may have against Alberta Triathlon Association, its officials, directors, members, volunteers and agents, and their executors, administrators, heirs, and assigns, for all injuries or death suffered by me while in transit to/from or participating in, including immediately prior to and immediately following the particular ATA event.
13. Have read and understand this waiver, release and indemnity, I am aware that by signing this agreement I am waiving substantial legal rights (on my behalf and on behalf of my heirs, executors, administrators and next of kin), including the giving up of my right to sue.

In accordance with Canada's Anti-Spam Legislation, I accept to receive emails from the Alberta Triathlon Association regarding membership and event information:

YES

NO

Participant Signature

Participant Name Printed

Participant Guardian Signature(minor athletes)

Participant Guardian Name Printed

Witness Signature

Witness Name Printed

MEDIA RELEASE CONSENT

Photographs and video coverage retrieved at Alberta Triathlon Association (ATA) sanctioned events may be digitally edited, published, or broadcasted. Photographs and video coverage may also be posted on websites associated with the ATA including, but not limited to www.triathlon.ab.ca, Facebook, Twitter, and YouTube.

Photographs and video coverage are carefully considered by ATA staff before being approved for use.

The ATA must obtain athlete and parental consent (for athletes under the age of 18) before using photographs and/or video coverage in media channels and/or promotional materials.

CONSENT FOR RELEASE – PARENT/LEGAL GUARDIAN OR INDEPENDENT ATHLETE (18+)

Athlete's Name: _____ Athlete's Signature: _____

Parent/Guardian(s) Signature: _____ Date: _____

I, _____, am the parent/legal guardian of the athlete named above or independent athlete (18+). I have read and understand the information provided on this form. I give the Alberta Triathlon Association (ATA) permission to include my child or me in photographs and/or video coverage as described above.