



LAKE CHAPARRAL



TRIATHLON

— SINCE '99 —

PARTICIPANT GUIDE

AUGUST 9, 2026



WWW.MULTISPORTSCANADA.COM

WELCOME!

Welcome to the Lake Chaparral Triathlon

Dear Athletes,

Welcome to the 26th edition of the Lake Chaparral Triathlon!

Since the inaugural race in 1999, Lake Chaparral and the surrounding community have changed dramatically. What began with a small group of athletes, a newly developed neighbourhood and a ride along what was then Highway 22X has become one of Calgary's longest-running triathlon traditions.

This year's event is especially exciting as we welcome athletes competing across a wide range of events, from Kids of Steel and Tri It distances to the Sprint, Standard, Aquabike, Duathlon and Open Water Swim. We are also proud to host the Provincial Championships and provide duathletes with an opportunity to qualify for the 2027 World Championships.

Events like this only continue because athletes continue to show up, challenge themselves and support the multisport community. Whether you are preparing for your first start line, returning to improve on a previous result or racing alongside family and friends, we are grateful that you chose to be part of this year's event.

This Athlete Guide is provided digitally to reduce unnecessary printing and ensure you have access to the most current race information. Please take the time to review it carefully. It includes:

- Race-weekend schedules
- Package pickup information
- Pre-race swim opportunities
- Course and parking maps
- Event rules and insurance information
- Important instructions for each race distance

Over the years, thousands of athletes have trained, raced and crossed the finish line at Lake Chaparral. Each participant adds another chapter to the event's history, and we look forward to celebrating yours this weekend.

On behalf of our family, staff, volunteers, sponsors and community partners, thank you for joining us. Race hard, support one another and enjoy every part of the experience. Best of luck, and we'll see you at the finish line!

Trevor Soll
Event Director
MultiSportsCanada



**EVENT
WEEKEND**

Race Package Pick Up

Saturday, August 8: 1pm - 5pm
Lake Chaparral Residents Association
225 Chaparral Drive SE.
We will have a pop-up shop onsite as well!
Location: upper basketball courts/rink area



Avoid the Sunday Lineup! Pickup Saturday so you can avoid the Sunday line and head straight into transition

****Athletes may pick up for other racers**

Sunday, August 9 : 6:15am - 7:15am
Race Site - upper basketball courts/rink area

Race Day Schedule:

6:15am – 7:15am Late package pickup & body marking

ALL ADULT ATHLETES MUST CHECK IN PRIOR TO 7:15AM (REGARDLESS OF DISTANCE)

****TIMING CHIPS HANDED OUT AT THE GAZEBO NEXT TO THE BEACH PRIOR TO EACH RACE START****

7:15am Pre-race briefing (FOR ALL ADULT ATHLETES) in transition

7:30am Standard Triathlon & Standard AquaBike START

7:40am DUATHLON START

8:15am Sprint Triathlon & Sprint Aquabike START

9:30am Tri it Distance (ALL athletes) START

9:45am Open Water Swim Chip pickup

10:00am All Open Water Swim STARTS

DO YOU HAVE YOUR TRIATHLON INSURANCE?

In order to comply with insurance requirements, all participants must be current members of Triathlon Alberta (or other province). Membership to Triathlon Alberta comes in two forms;

1. Annual Membership – purchased online, through affiliated Clubs or individually OR;

<https://ccnbikes.com/#!/memberships/triathlon-alberta-annual-membership-2026>

2. Day of Race one-event Membership sold for event day
<https://ccnbikes.com/#!/memberships/triathlon-alberta-day-member-fees-2026>

Please ensure you have your insurance # added to you race registration.

NOT SURE IF YOU'VE ALREADY PURCHASED
THE INSURANCE? CHECK HERE

<https://ccnbike5.com/#!/memberlookup/triathlon-alberta-day-member-fees-2026>

**UPDATE YOUR
REGISTRATION**

KIDS OF STEEL

10:30AM LATE PACKAGE PICKUP, BIKE CHECKIN, TIMING CHIP ISSUED,
BODY MARKING
11:00AM 7& UNDER STARTS
11:15AM 8-9YR STARTS
11:30AM 10-11YR & 12-13YR STARTS
~12:30PM POST-RACE FESTIVITIES (MUNCHIES & DRAW PRIZES)

- THE KIDS OF STEEL EVENTS WILL NOT START UNTIL ALL ADULTS ARE OFF THE BIKE COURSE AND POLICE IN POSITION.
- ALL TIMES SUBJECT TO CHANGE. TIMES WILL BE CONFIRMED AT THE PRE-RACE MEETING.

TRANSITION TRAINING

Never completed a race before? Need some advice/assistance? We all do!

We're here to help! Multisportscanada staff will be onsite **Saturday from 3:30pm**. They will walk you through the in's-and-out's of the event; how to prepare your bike for the race, what to watch for, and of course answer any and all questions you may have!



LOCATION & PARKING

Lake Chaparral Community Center Follow this map link to the race site!
<https://goo.gl/maps/B8qTa8HdTpC2>

There is limited parking within the community of Lake Chaparral, and the resident's Board of Directors has requested that everyone participating in the event park along the cross streets and DO NOT PARK along the "main drag – Chaparral Drive" of the community leading into the lake. This will ease the congestion around the transition area, and make everyone's event much more enjoyable. We respectfully ask that you obey this rule, and hope it doesn't cause any inconvenience. We have reserved some handicapped parking within the parking lot of the lake should this be required, however this will only be allowed for handicapped persons.

RACE DAY INFORMATION

1. As you'll have checked your bike and gear on Sunday, you just need to be body numbered and get your timing chip (just before each race start) Timing chips must be worn on your left ankle – ensure it is under the cuff of the wetsuit. There will be volunteers at the Finish Line who will remove your chip for you.
2. Find your bike rack in transition – bike racks are assigned by WAVE start (please see Transition Map for more details). **8 BIKES PER RACK PLEASE.** Please ensure that you keep your area tidy and COMPACT. You have only 2 feet of space (width) for you, your bike and ALL equipment! If you're taking up too much space we will pack things up for you....and you'll have a hard time finding it! Please keep any items secure as, although we do have volunteers in transition, things can go missing. No Bags, buckets or bins next to your bike – just what you are racing with.
3. Be prepared for the pre-race meeting. The Race Director will review race details and will remind you to stay safe and have fun. This will take place near the transition area of the event.
4. Stay FOCUSED! **When you race, your Brain ends up in your Feet!** It is your responsibility to know the course. Our volunteers are on-site to assist you and caution/direct traffic. They may not know your specific route & number of laps. Please read the information below and review the course prior to racing!
5. Relax & have a great race!

BAGGAGE PLACEMENT

Once you have setup your transition area, you can place your bag along the fenceline in transition. Do not leave your bag next to your bike.

WASHROOMS

Portable Toilets will be available at the race site. Public Washrooms in the community hall will be unavailable in 2026.

BODY & BIKE MARKINGS

RACE NUMBERS

Your race kit includes a helmet sticker, bike sticker and run bib.

Helmet Sticker

Attach your race number to the front of your helmet.



Bike Sticker

Place the sticker on your seat tube. Think of your seat tube as a flagpole and the sticker as the flag.



Run Bib

Your bib must be worn on the front of your body during the run. Helpful Hint: If you have a race belt, put it on before the bike. Wear the bib facing backward during the bike portion, then rotate it to the front before beginning the run.

TIMING CHIP

Timing chips will be handed out at the gazebo near the beach and swim start.

The timing chip must be securely worn on your left ankle for the entire race.

Please note: Your bib number will not match the number printed on your timing chip.

Relay Teams: The timing chip must be passed from one athlete to the next at each transition. Think of the timing chip as your team's baton.

ARE YOU A PROVINCIAL CHAMPION?



The 2026 Lake Chaparral Triathlon plays host to the Standard Distance Triathlon & Duathlon Provincial Championships!

The First Place* winners in each standard distance age group will become provincial champ.

*applies to annual members of Triathlon Alberta





TRI IT & SPRINT

Welcome to Your First Triathlon!

You've completed the training, prepared your gear and taken the big step of signing up—now it's race time!

The Your First Triathlon event is designed to give new triathletes a welcoming, supportive and enjoyable first race experience. You'll have a dedicated transition area, a separate start time and clear guidance from our volunteers throughout the event.

There's no pressure to be the fastest. Take your time, follow the course markings, ask questions whenever you need help and enjoy every moment—from the swim start to crossing your first triathlon finish line.

We're excited to welcome you and can't wait to celebrate your accomplishment!

DUATHLON WORLDS QUALIFIER!

Age-group athletes racing the duathlon will have the opportunity to qualify to represent the Canadian Age Group Team at the 2027 World Multisport Championships in Edmonton, Alberta.

Two qualifying spots are available in each age category for the Standard Duathlon. Eligible athletes must claim their qualifying spot through Triathlon Canada following the event.

Athletes seeking qualification must submit an Expression of Interest (EOI) before race day. **EOI registration opens three weeks before the qualifying event and closes at 11:30 p.m. Pacific Time on the Friday before the race,** unless otherwise stated. Late submissions will not be accepted.

[Submit your Expression of Interest HERE](#)



Chaparral Chiropractic

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Serving Calgary Since 2001

SUNDAY, AUGUST 9TH 2026

FREE Post-Race Massage For Participating Athletes!

Chiropractic, Massage & Custom Orthotics Discounts

Enter to WIN our Lake Chaparral Triathlon Draw Prize!



**\$47 New Patient
Triathlon Special**

MAXIMIZING HEALTH... INSPIRING LIFE

Is stress, fatigue or injuries preventing you from being at your best in fitness, at work and with family?

Our Centre offers quality care in the services of...

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- Massage Therapy
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- Nutritional Supplements

CHIROPRACTIC CENTRE FOR FAMILY WELLNESS

Our centre is committed to delivering a unique wellness experience with compassion, integrity and ultimate respect, while inspiring our clients to lead a lifestyle that embraces the philosophy that health comes from within.

Our team is dedicated to helping every client **Feel Better, Move Better & Live Better.**



DR. MARK PEVERETT

Dr. Mark is a passionate triathlete who has competed in 14 full-distance Ironman events & over 40 half-Ironman races. Through his unwavering commitment to training, Dr. Mark has achieved All-World Athlete status at the bronze, silver, & gold levels, and will be competing at the Ironman World Championship in Kona, Hawaii in 2026.



DR. BARRY GJERDRUM

Dr. Barry is a cycling enthusiast with thousands of kilometers under his wheels. He enjoys cycling scenic routes through the mountains and he strives to remain constantly active. He also enjoys playing hockey, skiing, and doing CrossFit. He regularly speaks on health & wellness topics and prides himself on living the lifestyle he empowers others to live.

COURSE MAPS & DETAILS

THE SWIM

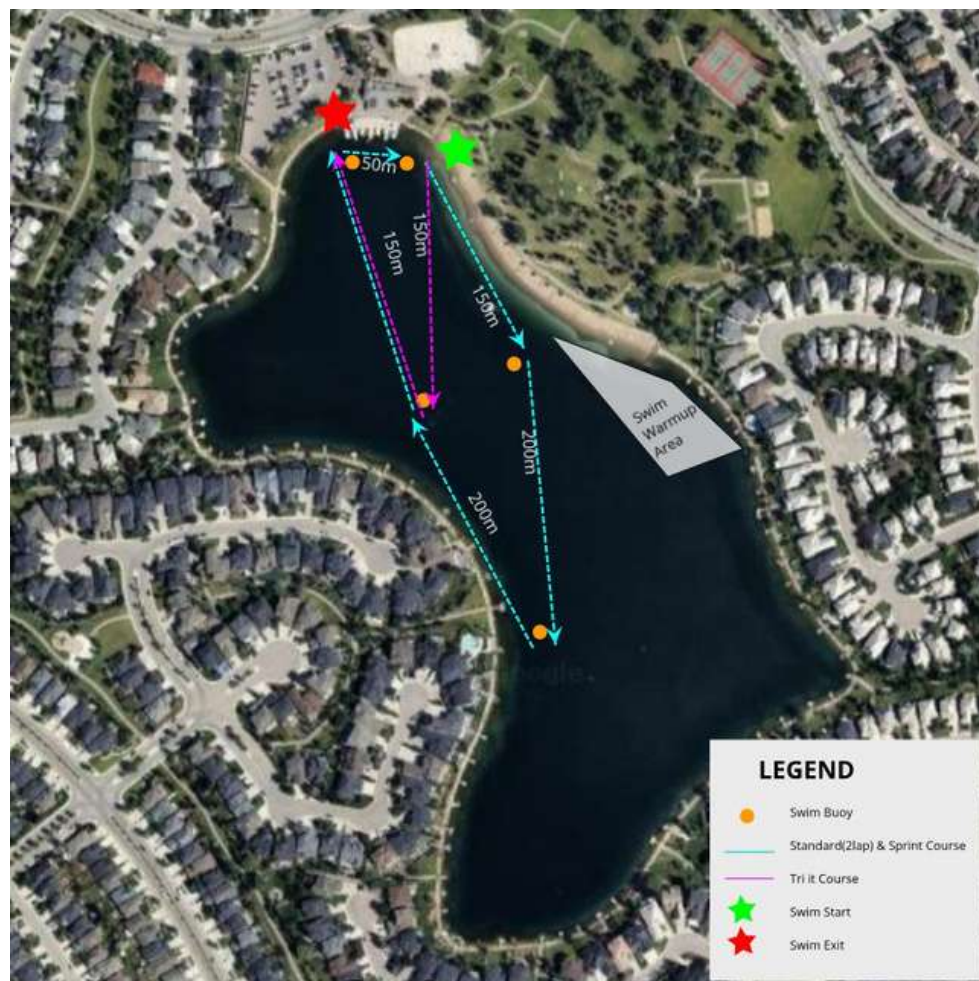
Standard = 1.5km Sprint = 750m Tri it = 300m

A 1 (Sprint) or 2 (Standard) triangular lap (clockwise) swim course will be in the warm, and comfortable setting of Lake Chaparral. The swim caps (provided in race package) must be worn throughout the entire swim course to ensure safety of all athletes during this time.

YOU MUST START IN THE HEAT DESIGNATED TO YOU ABOVE IN THE ITINERARY (YOU WILL BE DISQUALIFIED IF YOU START IN THE WRONG HEAT, and this is your responsibility to know which heat is which).

The course will be patrolled by motorized boat, as well as lifeguard volunteers in rowboats. Athletes are asked if they are feeling any trouble or difficulty during the swim portion to raise their hand and a volunteer medical staff will be there to assist you within seconds.

You DO have to wear the swim cap provided in your package. It is a specific color for a reason - to determine when you get to swim.



Swim Cap Colors

Standard - ORANGE

Sprint - GREEN

Tri it - YELLOW

AquaBike - PURPLE

Open Water Swim - WHITE

THE BIKE

The bike course follows a counterclockwise loop starting from transition. Distances vary by event:

- Standard Distance: 5 laps (~38 km)
- Sprint Distance: 3 laps (~22.8 km)
- Tri It Distance: 1 lap (~7.8 km)

 [View the course map on Plotaroute](#)

Course Overview

- Exit transition westbound (left) onto Chaparral Drive SE.
- Follow Chaparral Drive to 194th Avenue SE.
- Turn left (east) on 194th and descend toward Chaparral Valley.
- Continue down the hill into Wolf Willow.

PLEASE BE CAUTIOUS ON THE DOWNHILL SECTION

- Complete the tight loop at the end of Wolf Willow, then climb back up the hill.
- Turn right onto Chaparral Boulevard and ride straight until it meets Chaparral Drive.
- Turn left to begin your next lap or to finish your final lap.

Safety & Course Conditions

- This is NOT a closed course — expect vehicle traffic and pedestrians.
- Use extreme caution at intersections. Volunteers and Calgary Police will assist, but you are responsible for your own safety.
- Sit up out of the aero position and keep hands on brake hoods at intersections.
- The course includes:
 - A steep hill with potholes, cracks, and manhole covers.
 - A tight hairpin traffic circle — slow down when approaching.
 - Merging areas near transition — watch for other athletes as you pass by.

Important Guidelines

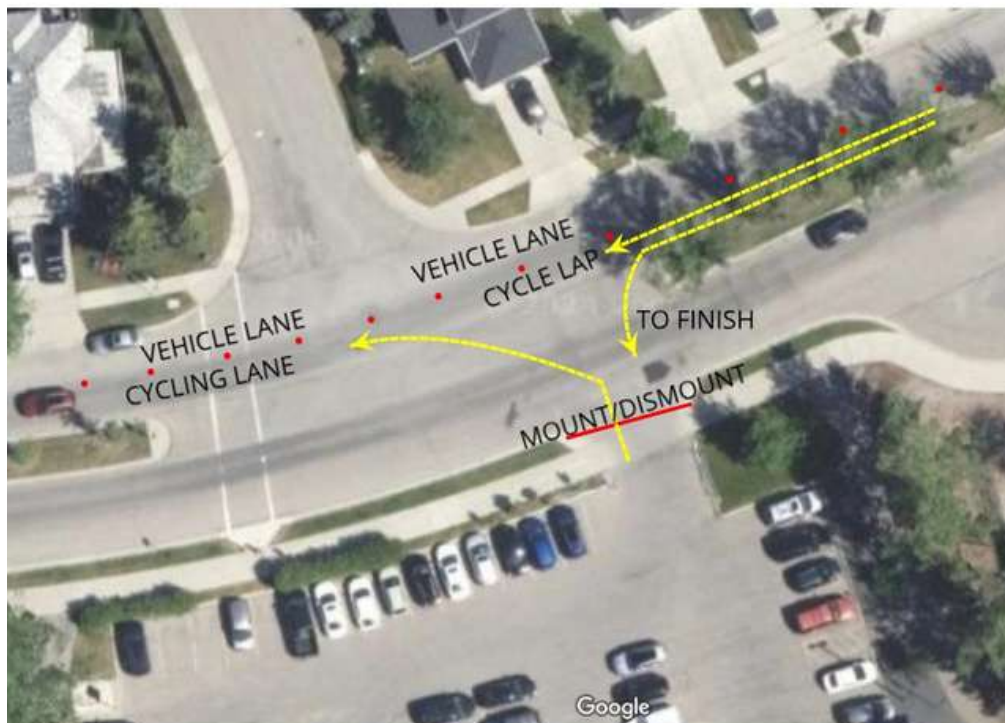
- No iPods or MP3 players allowed – use of one will result in automatic disqualification.
- No drafting – this is a non-drafting event.
- Course Marshals will assist with directions and traffic control.
- You may use road or mountain bikes.
- All bike repairs must be completed by the rider – no outside assistance.

BIKE COURSE UPDATE

Rather than cycling in the 'right' lane on the course (please review the course in advance of the event!), **ALL CYCLISTS WILL BE RIDING IN THE LEFT LANE** (closest to the meridian/traffic island).

This will allow for residential traffic to make a righthand turn without having to wait for space between cyclists. As always, when riding, please keep your head up and be aware that we are in a residential community.

CHAPARRAL DRIVE & MOUNT/DISMOUNT

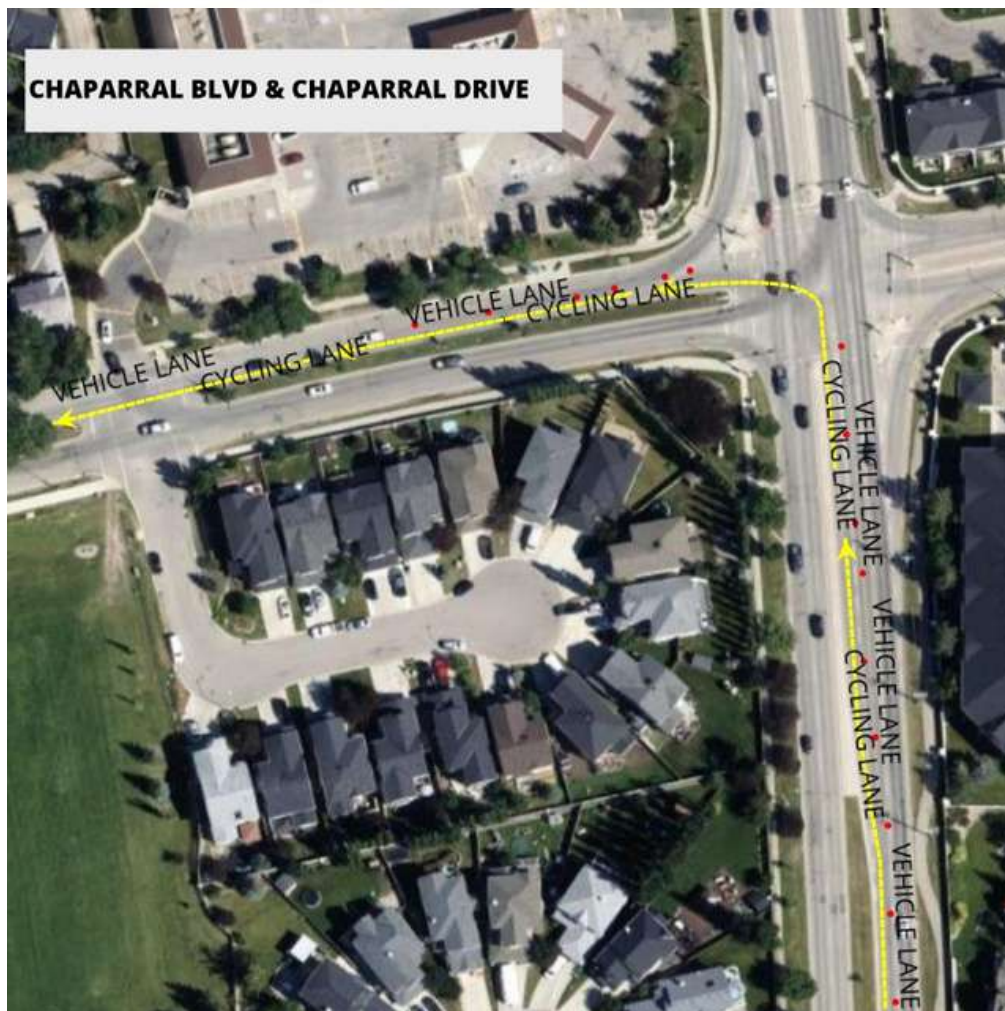


CHAPARRAL VALLEY

HEADS UP AND SLOW DOWN!!



CHAPARRAL BLVD & CHAPARRAL DRIVE

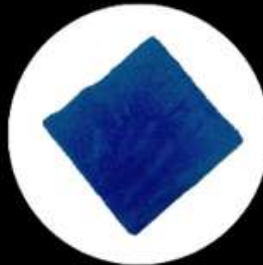


ROAD STARTER BUNDLE

2X CHAINS



1X TRU-TENSION LUBRICANT



1X MICROFIBER CLOTH



1X 99% ISOPROPYL ALCOHOL

STEP 1

START WITH A ROAD BUNDLE

CHOOSE YOUR
ROAD BUNDLE
WITH TWO
PROFESSIONALLY PRE-
WAXED CHAINS, READY
TO RIDE.

STEP 2

RIDE YOUR CHAIN FOR A MONTH

INSTALL A CHAIN
AND RIDE AS
NORMAL
THROUGHOUT
THE MONTH.

FOLLOW THE
CHAIN
MAINTENANCE
GUIDE TO
MAXIMIZE
DURABILITY AND
PERFORMANCE.

STEP 3

SWAP INSTALL & SEND

AFTER A MONTH,
REMOVE THE USED
CHAIN, INSTALL THE
SECOND CHAIN ON
YOUR BIKE, AND SHIP
THE USED CHAIN
BACK TO US.

STEP 4

ROTATE & REPEAT

WHEN THE
SERVICED CHAIN
RETURNS, INSTALL
IT, SEND BACK THE
OTHER CHAIN, AND
REPEAT THE CYCLE,
MONTH AFTER
MONTH.

FIND OUT MORE

EVENT SITE & TRANSITION AREA

The transition area is the heart of the race. Your swim-to-bike and bike-to-run transitions will both take place here, so please familiarize yourself with the layout before the race begins.

After completing the swim, enter transition and go directly to your assigned bike rack. Your helmet must be securely fastened before you touch or remove your bike from the rack. Keep your helmet fastened throughout the bike portion and do not unfasten it until your bike has been returned to the rack.

When leaving and returning to transition on the bike, keep your head up and remain aware of other athletes around you. Follow the directions of volunteers and dismount your bike before crossing the designated dismount line.

All equipment must remain neatly contained within your assigned transition space. Please do not allow bags, clothing or other items to interfere with neighbouring athletes or the transition aisles.

Athletes will exit transition for the run from the opposite side of the bike entrance and exit. Volunteers will be stationed throughout the area to help direct you.

Bike Racking

Please pay close attention to the designated rack locations for your event and race number. Bikes must be placed in the correct assigned area, with **eight bikes per rack.**

Volunteers will be available on race morning to assist with bike placement and answer questions.

The transition area is paved, enclosed and restricted to athletes and authorized event personnel only.

The finish line is located just east of transition on the upper basketball court, where athletes can enjoy post-race food and refreshments.

THE RUN

Standard = 2 LAPS 10.3km Sprint = 1 LAP 5.5km Tri it = 1.4km (in park only)

The 1 (Sprint) or 2 (Standard) lap course will wind in and around the Lake Chaparral Community. You will follow the bike course heading in the opposite direction!

After transition you go around the lake hill with waterfalls before exiting the park and looping the community.

Standard Distance Athletes - After the first lap you loop past transition and go around the lakeside hill with the waterfalls again for the second time and repeat the lap around the neighborhood. When returning past transition toward the finish line you loop around the lakeside park for the third and final time before splitting off toward the finish shoot.

Sprint Athletes - After completing the first loop of the community, you loop through the park for the second and final time before splitting off to the finish!

Tri it Athletes

There are numerous curbs to go up and down as most of the course is on the sidewalk. Two water/aid stations. No earbuds allowed. Infractions will be DSQ.

Tri it Athletes will complete their loops within the park.
YOU MUST STAY ON THE SIDEWALKS AT ALL TIME AND ONLY CROSS THE ROADWAYS WHERE VOLUNTEERS ARE DIRECTING YOU.

Standard/Sprint - <https://www.plotaroute.com/route/1981221>

Tri it: <https://www.plotaroute.com/route/1599189>

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HYDRATE SMARTER



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SHOP NOW

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Race with it.
Finish strong.*

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#FuelYourRace

MULTISPORTSCANADA

ADDITIONAL EVENTS

RELAY TEAMS

- Relay teams must consist of two or three members. Competitors are only permitted to compete for one true relay (ex. A swimmer may not compete for more than one team).
- The exchange spots for the relay teams will be at the allotted bike spot in transition
- Once the swimmer exits the water, they meet the cyclist at the race (bike must be racked). Transfer the chip to the cyclists (left) ankle and they run to the mount line. Upon completion of the bike, the cyclist returns to transition and passes the chip to the runner to finish the event!

DUATHLON

- Duathletes start the event at the 'finish' line.
- 2 laps of the run course (10.3km) After finishing the last lap they run through the finishline and backtrack into transition to their bike rack.
- 5 laps of the bike course (38km)
- wrapup with 1 lap of the run(5.5km)!

AQUATHLON

- Standard Distance Aquathletes start with the Standard Triathlon
- Sprint Distance Aquathletes start with the Sprint Triathlon.
- Both distances do the same cycling loops as the standard and sprint triathlons
- Once you rack your bike, you will need to run to the 'run out' chute to complete your time. You have the option to complete a short run from transition to the finish line, but event is officially complete when you exit the run chute.

OPEN WATER SWIM

- **You do not need to be onsite for the triathlon starts BUT note that with later starts, there will be no parking near the event site and roads will be busy. Plan accordingly.**
- 9:30am-9:50am Open Water Swim Checkin
- 10:00am All Open Water Swim STARTS!

PRE, MID, POST

**ENERGY
WAFFLES**



**ENDURANCE
BUTTERS**



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KIDS OF STEEL

TRUEBLUE SWIM SCHOOL



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Our specialized swim school
creates confident swimmers
with fast progress guaranteed.

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ITINERARY

10:30AM LATE PACKAGE PICKUP, TIMING CHIP ISSUED, BODY MARKING

10:50AM PRE-RACE BRIEFING ON THE BEACH

11:00AM 7& UNDER STARTS

11:15AM 8-9YR STARTS

11:30AM 10-11YR STARTS

11:40AM 12-13YR STARTS

~12:30PM POST-RACE FESTIVITIES (MUNCHIES & DRAW PRIZES)

- THE KIDS OF STEEL EVENTS WILL NOT START UNTIL ALL ADULTS ARE OFF THE BIKE COURSE AND POLICE IN POSITION.
- ALL TIMES SUBJECT TO CHANGE. TIMES WILL BE CONFIRMED AT THE PRE-RACE MEETING.

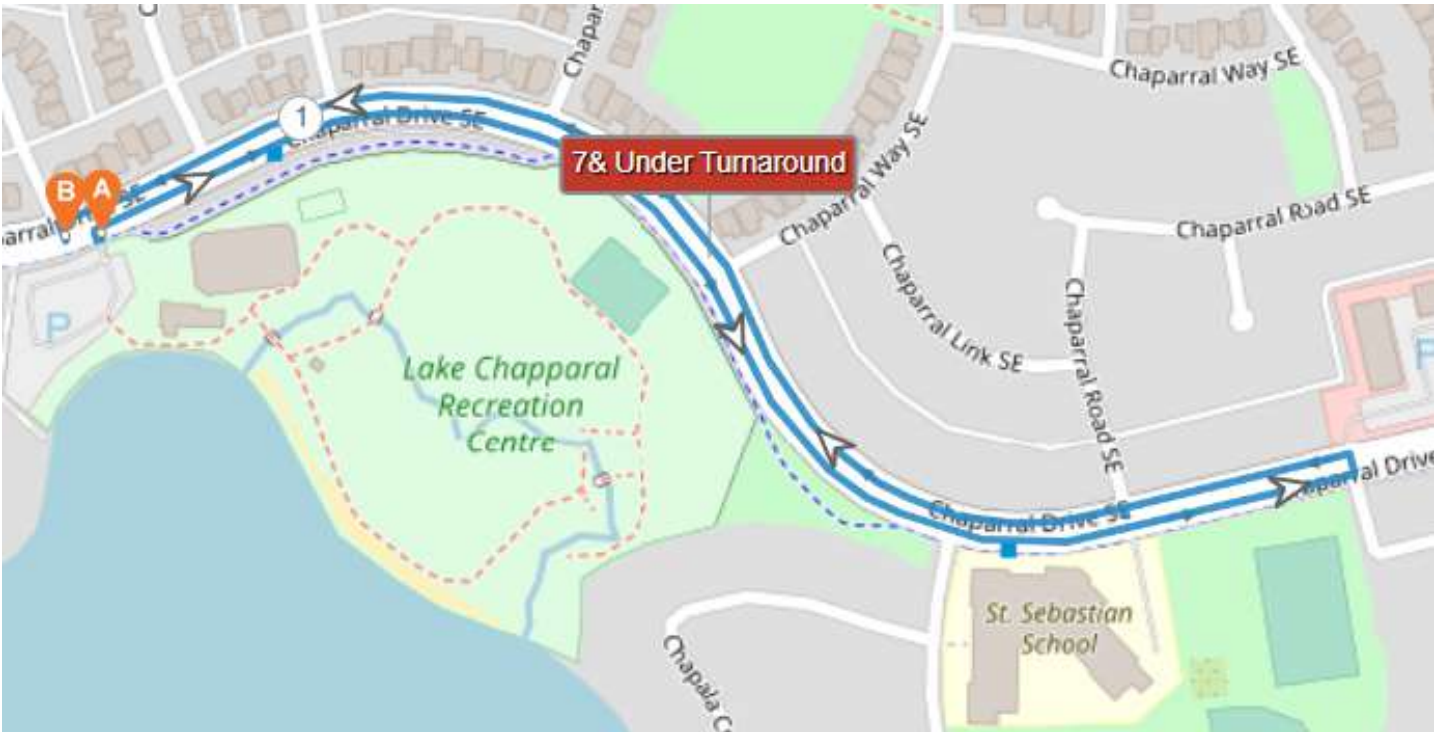
THE SWIM

THE SWIM	SWIM DISTANCE	COURSE DETAILS
7&Under (KOS)	50m	** FLOATATION DEVICES & PARENTAL SUPPORT ARE WELCOMED From the start area, you will swim directly across the dock-line to the boatramp exit.
8-9(KOS)	100m	** FLOATATION DEVICES & PARENTAL SUPPORT ARE WELCOMED From the 8-9yr start area, you will swim directly across to bouy #1 then turn Left to the dock.
10- 11(KOS)	150m	From the start area, you will swim directly across to bouy #5 then return to the dock.
12- 13(KOS)	150m	From the start area, you will swim directly across to bouy #5 then return to the dock.



THE BIKE

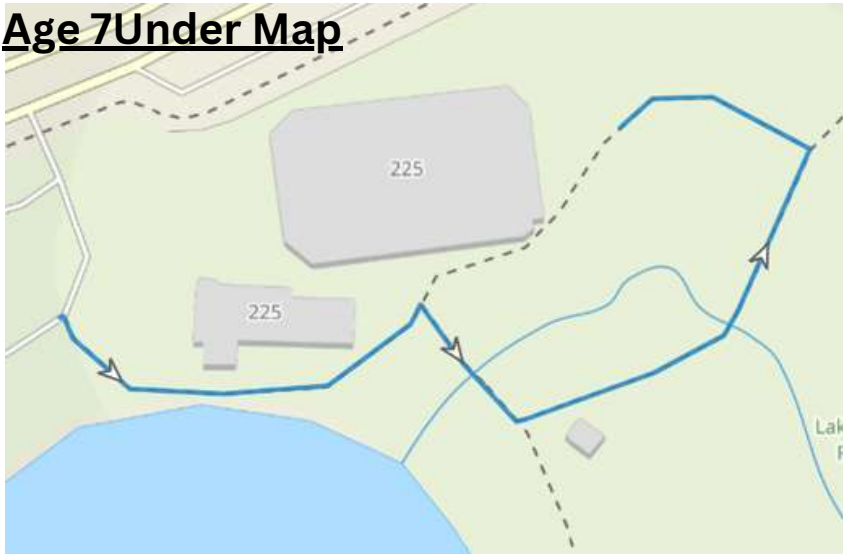
THE BIKE	BIKE DISTANCE	COURSE DETAILS
7&Under (KOS)	800m	The bike heads East on Chaparral Dr SE. The turnaround is at the intersection of Chaparral Way. Volunteers and police will be at this intersection to stop traffic and let you turn back towards transition.
8-9(KOS)	1.7km	The bike course will consist of 1 FULL LOOP of the 1.7k course. Cyclists head East on Chaparral Dr SE and follow the road to the turnaround point at Chapman Green. Police will be at this intersection to stop traffic and let you turnaround.
10-11(KOS)	5.1km	3 laps of the above
12-13(KOS)	5.1km	3 laps of the above



THE RUN

THE RUN	DISTANCE	COURSE DETAILS
7&Under (KOS)	280m	The 250m run heads out of transition to the finishline!
8-9(KOS)	750m	The run will consist of 1 lap of the park.
10-11(KOS)	1.4km	2 FULL LAPS
12-13(KOS)	1.4km	2 FULL LAPS

Age 7Under Map



Age 8+ Map



THE FINISH

Medical

Mahikan Medical Services will have a base medical unit available next to transition and a roaming unit near the base of Wolf Willow.

FINISH LINE PROCEDURES

Upon finishing, please continue past the finish area to the finisher foods. Please notify anyone on staff if you are in need of medical attention at this point. For the convenience and safety of all participants, please continue moving; no stopping or loitering is allowed. Once you exit the Finish area, there is no re-entry.

BIKE & EQUIPMENT REMOVAL

Post-race bike pickup is allowed from 10:00 am or after the last athlete completes the bike course.

MERCHANDISE SALES

We will have a limited selection of extras available for sale as well as some great cycling gear from our Jasper Gran Fondo. First-come, first serve.

RUNNER REFRESHMENTS

Refreshments will be available beyond the finish line, within the finishline area. Hydration including water, sport drink and a wide variety of snacks will be available.

RACE RESULTS

Race Results will be available on the Multisportscanada Trailer and will update regularly throughout the morning. Results will be posted on the Multisportscanada.com website within 24 hours. You will also receive an email with your results!

AGE DIVISIONS AND AWARDS

Please note that we do not have age group awards. All participants will receive a finisher's medal upon completion.

MERCH SALE

FIND GREAT DEALS ON PAST EVENT RACE GEAR!

RUNNING GEAR:

TSHIRTS

\$5

HOODIES & JACKETS

\$20

LONG SLEEVE

\$10

CYCLE GEAR:

JERSEYS

\$30

JACKETS

\$60

SHORTS

\$40

BIB SHORTS

\$50

LIMITED
QUANTITIES
AVAILABLE AT
THE EVENT
ON
SATURDAY &
SUNDAY

RULES OF THE SPORT

In addition to the rules below, the ITU Competition Rules will be in effect at the race.

SWIM

- All athletes must wear the swim cap provided.
- The wetsuit ruling will be called on Sunday morning as to the temperature of the water, as to whether you will be allowed to wear a wetsuit in the Standard and Sprint distance event ONLY .
- IF THE WATER TEMPERATURE IS OVER 22 DEGREES, WETSUITS ARE NOT ALLOWED FOR AGES UNDER 60. AGE 60+ WETSUITS ARE NOT ALLOWED WHEN TEMPERATURES ARE ABOVE 24.6°C
- Lifeguards will patrol the water should you require assistance. Please wave your hand to receive assistance

BIKE

- Helmets which are CSA/ANSI/SNELL approved (essentially any helmet sold in sporting stores) must be worn during the cycle portion of the race.
- You must have your chin strap done up prior to taking your bike from the bike racks.
- Upon completion of the cycle portion of the race, do not release your chinstrap until you have returned your bike to your numbered rack.
- Riding your bike in the transition area is STRICTLY PROHIBITED.
- Police and volunteers will be monitoring all major intersections – please follow their instructions as you cross.
- Roaming vehicles will be staffed with first aid personnel in case of an emergency; a trail vehicle will be available for anyone who cannot complete the course due to mechanical problems.
- Drafting is NOT permitted (12 meters long by 1 meter wide) and will be monitored by officials. A maximum of 20 seconds will be allowed to pass through the zone of another competitor.
- When passing be sure to let other athlete know by stating clearly/loudly 'passing to your LEFT'!

RUN

- The run portion is directed along pathways and sidewalks. Remember that roads are not closed to pedestrian traffic.
- Volunteers will be on hand to marshal the course and signage will indicate turns etc. Watch for chalk/pylons on the roads to indicate corners that you need to turn at as well as directional arrows on the grass to notify you of a turn on the run course.
- Two aid stations will be set up along the course
- Please wear your race number on the front of your jersey.
- Volunteers will be patrolling the run course on mountain bikes, to assist you in the case of medical emergency or severe bonking.

GENERAL

- Competitors may not receive assistance at any time during the race. Please avail yourself of the medical personnel if necessary.
- Athletes must hand in all timing devices to race personnel at the finish line.
- It is each competitor's responsibility to know the course and rules prior to the race.
- Any disqualifications will be posted within sixty minutes of the race. Challenges must be made to Race Officials within 30 minutes of the posting.
- Most of all, remember to have fun. Any athletes caught not having fun, will be cheered and clapped enthusiastically!!!!

Race Bibs

This event does not require race bibs!

Your body number and timing chip are key.



**Sunday, September 20
Baker Park, Calgary**

Go Team!

SHARE THE
EXPERIENCE WITH
FAMILY, FRIENDS
OR CO-WORKERS.

DISTANCES FOR ALL

- 10k Run
- 5k Run/Walk
- 3k Heart Health Walk
- 1k Fun Run

supporting



www.heartbeatrun.ca

CALGARY FIRST RESPONDERS

Half Marathon
21k • 10k • 5k • 1k

SUPPORT
FIRST RESPONDERS

OCTOBER 18, 2026

www.firstrespondershalfmarathon.ca/calgary



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RUN FAST.

***RUN
SWAN CITY!***

IT'S TIME TO

RUN



**SEPTEMBER 27, 2026
MUSKOSSEPI PARK**

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THANKS TO



**Calgary
Canoe
Club**

Calgary Canoe Club is a non for profit sport organization. Triathlon volunteers are members of CCC's youth based sprint canoe kayak program. Our mandate is to provide high quality coaching for paddlers at all levels of development from introduction to high performance. Fundraising will be directed to supporting athletes with travel expenses to compete at the National Championships regatta as well as support our equipment fundraiser to purchase new sprint racing boats.