

Women's Duathlon 2022 Factsheet

Thank you for participating in this event and making this event possible. Please review this factsheet prior to registering, volunteering, or racing.

Where is the race?

Sport MB Fitness Centre, at 145 Pacific Avenue, Winnipeg
<https://goo.gl/maps/DviYJXQ9JMMr3hF1A>

Parking is available underground or adjacent to the building.

When should I arrive?

Please check-in on L4 floor where the track is located. You will be required to show your proof of full vaccination status and government-issued identification.

When is my race?

There are 2 races: short and long course. The short course will begin at 4:30 pm. The long race will begin after the last runner finishes their race in the short course, likely a little after 5:00 pm.

- The short-distance race starts with 6 laps of the track for a 1 km run. Total distance includes 1 km run/8km bike/1 km run.
- The long-distance race starts with 12 laps of the track for a 2 km run. Total distance includes 2 km run/12 km bike/2 km run.

There is a maximum of 15 athletes per race. Participants can do a warm-up prior to 4:30 pm but once the race begins, they must remain off the track when not racing. Masks must be worn always except during their race.

What should I bring?

A comfortable pair of indoor shoes and a refillable water bottle. You will be able to drop off your outdoor gear in the washroom. Bring your own lock for the lockers. There will be some snacks to keep you fueled for the afternoon. Bring proof of full vaccination status and government-issued identification.

Who else will be at the event?

There will be lap counters to assist with lap counting and a photographer. There will be a medical director in the event anyone has any special medical conditions you want us to know about. Please report to the race director following registration if you need to discuss something with the medical director.

Will there be an awards ceremony?

To keep the athletes and volunteers safe we will not be doing an awards ceremony like previous years. The top three athletes will receive an award for their placements with a podium finish. There will be no gathering or mixing of cohorts.

How will we keep the participants and volunteers safe?

If you are not feeling well, stay home.

There are spots for only 15 participants in the short and 15 participants in the long course.

Cohorts (short vs. long course) will remain together and there will be no mixing of groups during the race.

There are two designated washrooms / changerooms to allow for a 2 meters distance between people using the washroom or changing after the event. Please come dressed so minimal changing is needed to race.

All visitors must wear a mask. Participants have the option of taking it off during their race.

Lanes 1 and 2 will be designated for running and lane 3 for passing. Look at the other lanes for traffic before passing.

There is a bike designated to each athlete. These bikes will be disinfected between the races.

Participants may bring one person for support but note that the person must show full vaccination status and government-issued identification.

There will be no gathering during the awards ceremony.