Women's Duathlon Factsheet

Thank you for participating in this event and/or making this event possible as a volunteer. Please review this factsheet below to help ensure your day goes smoothly.

Where is the race?

The Sport MB Fitness Centre is on the fourth floor (L4) at 145 Pacific Avenue, Winnipeg
https://goo.gl/maps/DviYJXQ9JMMr3hF1A

Parking is available underground, with access of Alexander, or street side parking near the building.

When should I arrive?

Please arrive between 5:30 pm and 5:45 pm and check-in on L4 floor, where the fitness centre is located.

When is my race?

There are 2 race distances available: short and long course. The short course will begin at 6:00 pm and will consist of two separate heats. The long race will begin after the last runner finishes their race in the short course. Estimated start time is 7:30 pm for the long course.

- 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 6:00 pm but once the race begins, they must remain off the track when not racing.

What should I bring?

A comfortable pair of indoor running 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.

Who else will be at the event?

There will be lap counters to assist with lap counting, a photographer and a medical coordinator. Please advise us at registration if you wish to discuss something with the medical coordinator.

Will there be an awards ceremony?

The top three athletes will receive an award for their placements with a podium finish and we will have draws for all participants, with great prizes donated from the community.

What role <u>we all</u> play in keeping this a supportive environment for everyone?

May of our volunteers are athletes in our triathlon community who love this sport. As a community, we want to remove barriers to participating – this event will offer a safe, supportive environment and stationary bikes so runners and water bottle are the only equipment you need to bring. And while we're keen to encourage everyone to take on a new challenge, if you don't feel you can safely complete one portion of the event, we can also provide participants the option to do a relay.

Participants may bring friends and family for support, but we ask that everyone attending be conscious of respectful communications and language between volunteers, participants and spectators.

Though these events are named the Women's Duathlon Series, we invite people of various gender identities and expressions who want to experience our sport in a safe and supportive environment.

There are designated changing rooms, with plenty of space. For those who require more privacy, there are also private changing areas.

During the events - Lanes 1 and 2 will be designated for running and lane 3 and 4 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.

What is the relay option?

If you'd like to join us, but don't feel you can safely complete one of the legs of the duathlon, please register as a solo athlete in either the long or the short course and let us know prior to the event whether you want to bring a friend or family member to assist with the run or bike part of the race. Alternatively, we can assist and pair you with one of our athletes in our community.

Do I purchase the one-day membership or annual membership?

If you are entering multiple races this year, consider purchasing a full Triathlon Manitoba membership. Membership will reduce the cost of future racing events. This year will offer a variety of indoor triathlon options as well as outdoor events for both beginners and experienced athletes. Check out the events link on the website.