



IN PURSUIT

MULTISPORT

IPM Adventure Triathlon @ Elk Island National Park
Saturday, June 15, 2019

Welcome to the In Pursuit Adventure Triathlon at Elk Island National Park!

This information is intended to make you aware of the rules and familiarize you with the race. Please visit our web page at <http://www.inpursuitmultisport.com/> or the Facebook page at <facebook/inpursuitmultisport>

If you should have any questions, please feel free to contact Kevin Vachon at 780-271-1279 or e-mail at inpursuitfitness@gmail.com

Upon arrival to the race site, please proceed to athlete registration located near the transition area in the grass before you rack your bike in transition. Here you will sign in as well as pick up your race number for the day. Once checked in you can proceed to the transition area to rack your bike and get set up for the day. Registration will be open at 8am and close at 9:15am. The pre-race meeting will take place at 9:30am and is highly recommended that you attend in order to understand the flow of the race. The race start time for the longer distance athletes is scheduled for 10am. The shorter distance race will follow at approx 10:10am.

If you are renting a boat from Haskin Canoe (the onsite provider), please arrive with enough time to pick up your boat from them and do all the paperwork for the rental. The rental building will open at 8am. You will be able to reserve a boat ahead of time by contacting them directly at info@haskincanoe.ca Let them know you will be taking part in this event.

There will NOT be a pre event race package pickup. Athletes will get their race numbers on the morning of the event.

**** In the case of severe inclement weather where we would not be able to use the lake, for athlete safety reasons, the triathlon event will become a run/bike/run duathlon. In this case, the short course will be a 2.5km run and the long course will be a 4.5km run to start the event. Triathlon Alberta will work with the race director to do what we can to allow the paddle, however Tri AB will have final say in this matter.****

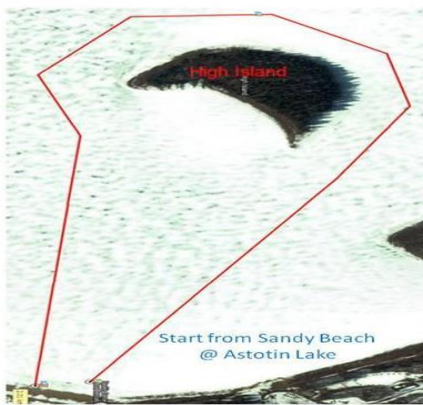
Event Distances

Paddle: Short Course is 2km

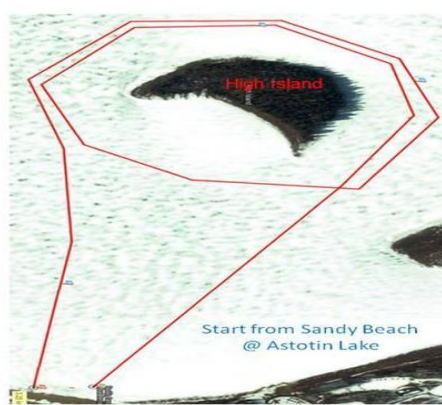
Long Course is 3km

The start of the race will take place in the water approx 10m from the shore of Sandy Beach. All boats will compete according to the distance category. All boats in a given heat will line up side by side behind the starting buoy. Once the race has begun, paddlers will proceed straight out to High Island always staying to the left of the shore line. The short course will travel around the backside of High Island in a clockwise manner and back to Sandy Beach for a total of 2km of paddling. The longer distance event will travel straight out to High Island, then complete a full navigation of the island, also in a clockwise manner, before returning to Sandy Beach for a total paddle distance of 3km. All paddlers must have a fully zipped lifejacket from the time the craft enters the lake to the release point upon exiting the water. An emergency whistle attached to the life jacket to use in case of emergencies on the water is also a **mandatory item**. It is the athletes' responsibility to have these items prior to the event as they will NOT be available for use or purchase on race morning.

Paddle Short Course...2km



Paddle Long Course...3km



Upon entry back to Sandy Beach, paddlers should aim to “beach” their craft before stepping out. Athletes will then drag their craft up onto the sand to a release point marked by a roped area. At this point, athletes will be able to unzip their lifejacket and remove it. The lifejacket and paddle can go in the water craft and the athlete may continue on to the transition area.

- Both Canoes & Kayaks of a reasonable size will be allowed.
- Kayaks may have rudders.
- Skirts will **NOT** be allowed on kayaks.
- A single ended canoe style paddle or two ended kayak style paddle may be used to paddle either style of boat.
- Only one team member will paddle this portion of the team event.
- **Life jackets are mandatory and must have an emergency whistle.**
- Life jackets must be fully zipped / buckled for the entire paddle and may only be removed once the athlete has crossed the release point back on the beach.
- Athletes may paddle in bare feet or with shoes. Be prepared for shoes to get wet, so a second pair is recommended for the running portion of the event. A towel to wipe off sandy feet is a good idea as well.

*****Teams** will tag in the next racer from the entry to the transition zone. Once tagged, the team member can now proceed to the bike to put on the helmet, gloves, etc and head out onto the course.***

Mountain Bike: Short Course 9km

Long Course: 17km

- You must have your helmet on and chin strap buckled before removing your bike from the rack
- Helmets are Mandatory. Headphones are **NOT** permitted on any part of the course—use them and risk a disqualification.
- Riding your bike in the transition area is prohibited. Please follow mount/dismount signs in the transition area
- Passing is done on the left. Please be courteous and give a verbal warning to the person you are passing.
- Watch for course flagging and signs. You will also have volunteers pointing you in the right direction. The race committee will do its best to ensure you do not miss any turns, however it is your responsibility to know the course and where you should be riding.
- Upon completion of the bike section, you will return to the transition area and dismount at the dismount line, then proceed to racking your bike.
- Mountain bikes, Fat Tire bikes and cyclocross bikes will be permitted. All bikes must have offroad style tires and two functional brakes
- Pedal Cage style straps must have straps removed. Normal running shoes or clip in cleats are recommended
- Any bar ends must be completely capped
- Plywood will be placed over the cattle gate on the course. Use this area to cross the bars in both directions of the course.
- **The long Boardwalk area of the bike course is a NO PASSING ZONE. ANY PASSING in this area will result in AUTOMATIC DISQUALIFICATION.**
- The **short** bike course will head out of transition, and follow the signs to the paved roadway. Here you will turn right and ride down the road for about 0.25km, then turn left into the Amisk Wuche trailhead. You will ride **3 laps** of this trail in a clockwise manner, exiting back to the parking lot area after each lap to the turn around point marked with pylons. Once all three laps are completed, you will head back to the transition area following the same route back as you took to start the bike segment.
- The **long** bike course will head out of transition, and follow the signs to the paved roadway. Here you will turn left and ride down the road for 2km, then turn right into the Beaver Pond trailhead. You will ride **2 laps** of this trail in a clockwise manner, exiting back to the parking lot area after each lap to the turn around point marked with pylons. Once both laps are completed, you will head back down the paved roadway and enter the short bike course on the Amisk Wuche trail for **3 more clockwise laps** here. Once these three laps are complete, you will head back out to the paved road and retrace your ride back into the transition area back at the lake.

*** *Teams...* When the biker returns, they must fully enter the transition zone, rack the bike, then proceed to tag the runner who may station themselves at the exit to the run course.***

Bike Cut-off times—In order to keep the timeline for the day moving smoothly, there will be a cutoff time of 12:30pm (approx 2 hours) whereby all riders must have completed the course distance and be off of the bike course and in transition in order to officially continue the race.

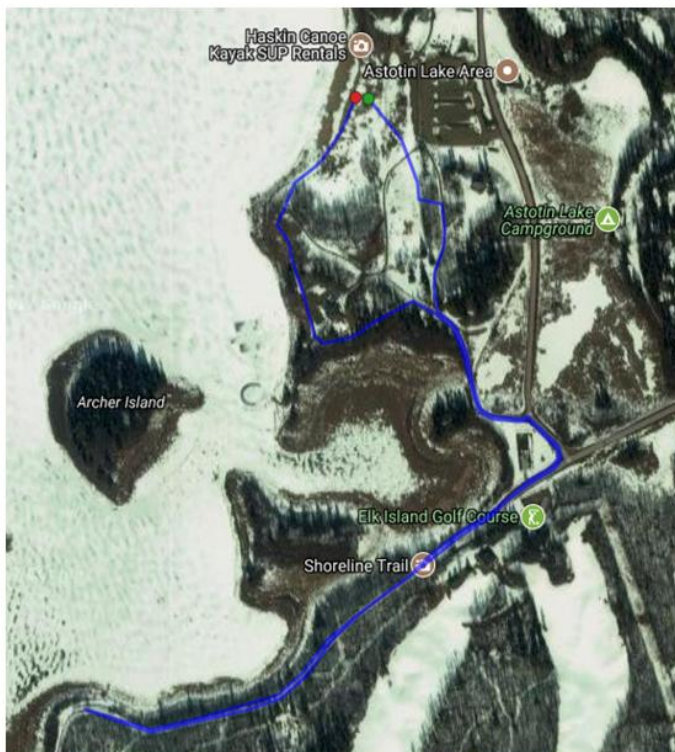
Trail Run: Short Course 5km

Long Course 10km

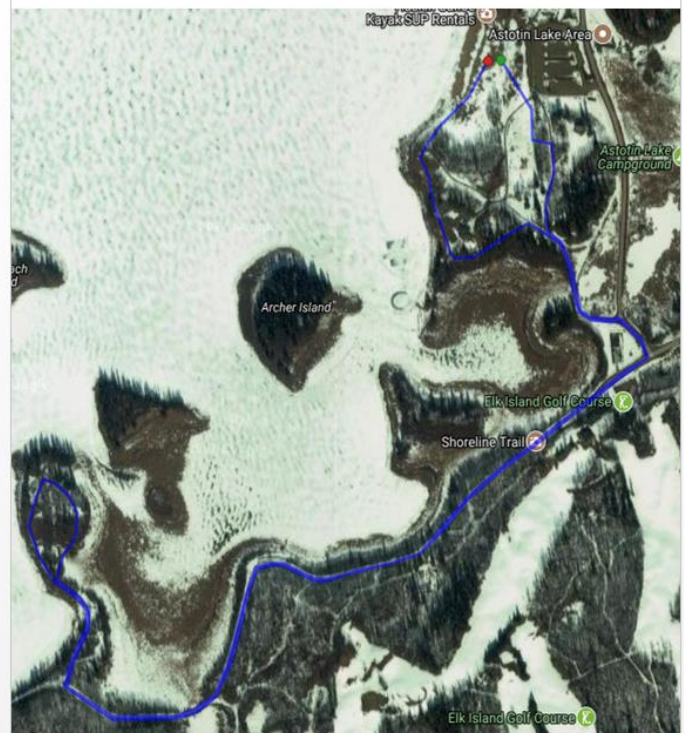
- There will be a water station at about the 2.5 km part of the trail. You will be able to access this aid station in 2 directions
- Headphones are **NOT** permitted on any part of the course—use them and risk a disqualification.
- Passing is done on the left. Please be courteous and give a verbal warning to the person you are passing.
- Watch for course flagging and signs. You will also have a few volunteers pointing you in the right direction. The race committee will do its best to ensure you do not miss any turns, however it is your responsibility to know the course and where you should be running.
- The short run course will be **one full lap**, while the long run course will be **2 full laps**. The run will start from the transition area and head south following some grass trails toward the backside of the theatre building. From here the route will bring you back near the transition area where you will continue on heading north to the Lakeview trail. After completing one full loop of this trail you will then return to the finish near transition or continue running straight through to complete a second lap.

**** All bike & run trails will still be open to the public during the race. Signs will be put up to indicate that there is a Race In Progress, however please use courtesy when encountering other users of the trails.****

Duathlon First Run...In case of really bad weather where the paddle portion is unsafe due to high winds or extreme cold, the first runs will be on the following course...

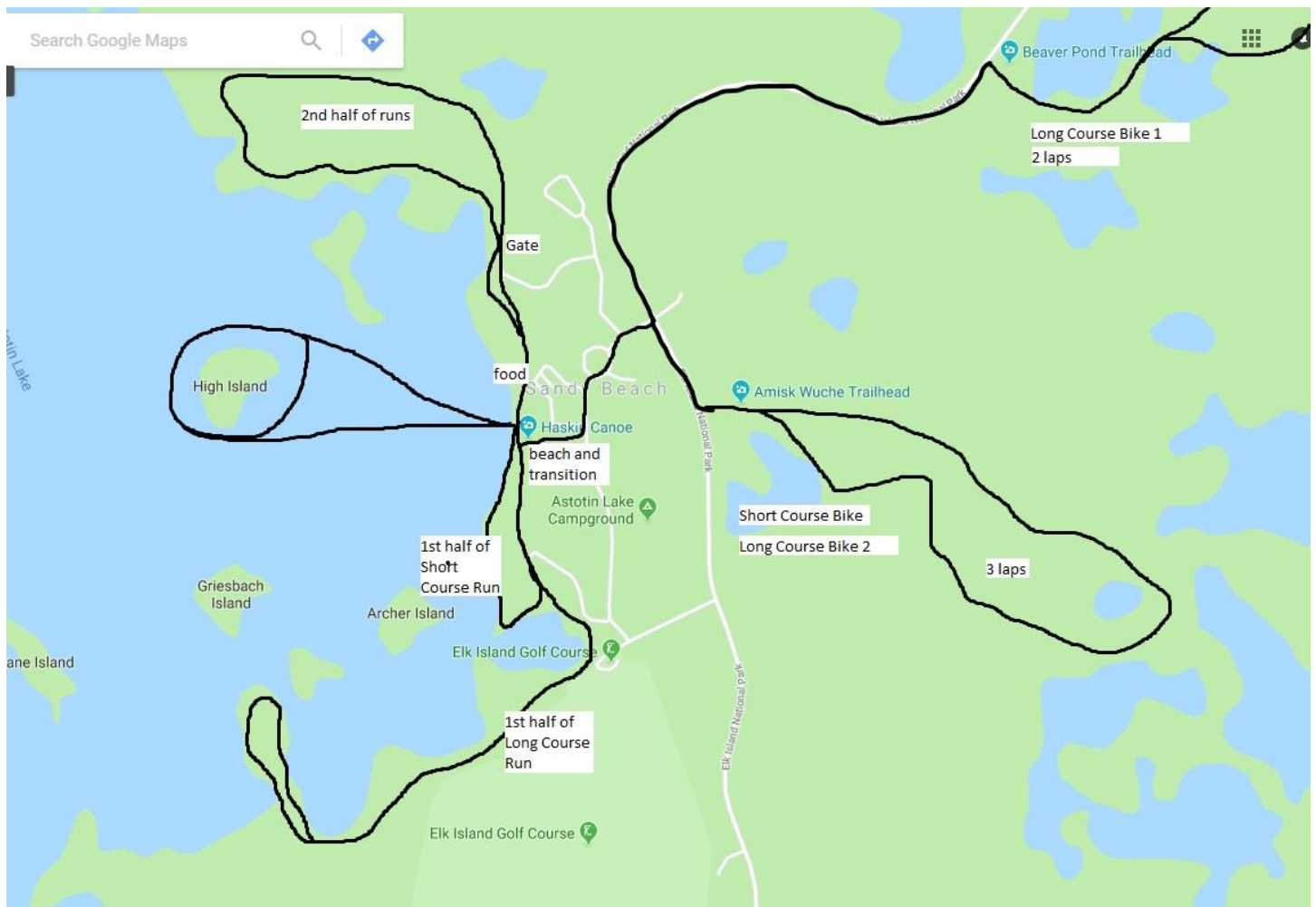


Short Course Duathlon
Run # 1...2.5km



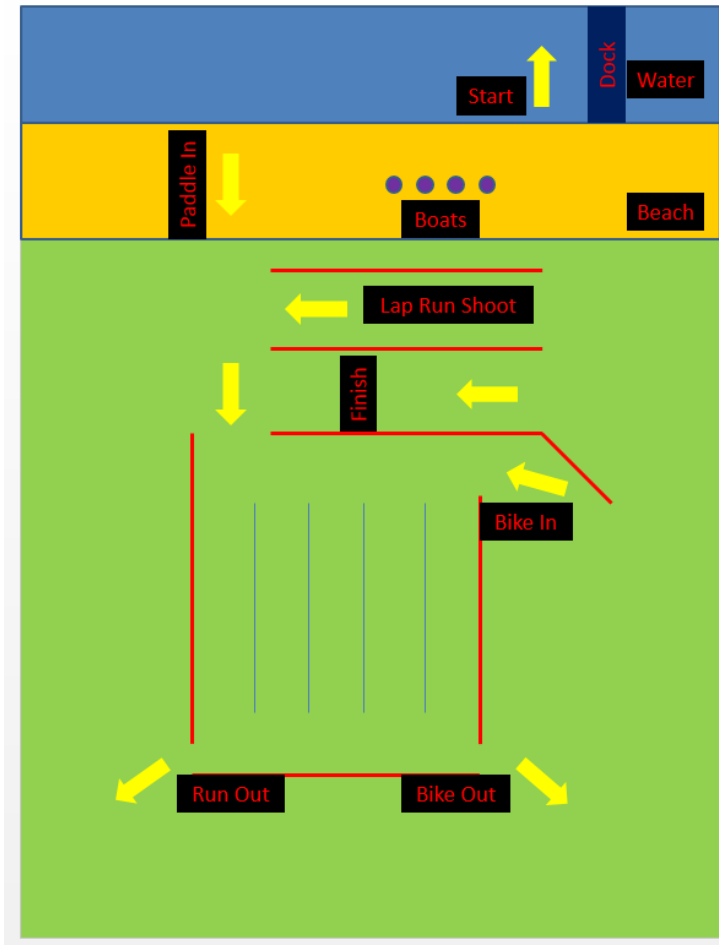
Long Course Duathlon
Run # 1...4.5km

Overview of all course areas:



Transition Zone

The transition area will be located in the central area of the Sandy Beach day use grass area. The transition area will open at 8:00am. Bikes will be racked on a first arrived, first racked process after you have gone through the registration process. A maximum of 8 bikes (4 per side) will be allowed per rack. This will give everyone plenty of space. As the weather may be variable, you will be able to bring a reasonable sized gear box to store a change of clothes and shoes if you feel it necessary. This box must not interfere with the ability of any other athlete to go through the transition area smoothly. Once you have laid out your equipment, please move any excess equipment or bins off to the side of the transition area. The transition area is for athletes only and will be attended to by a volunteer for security purposes.



Boat Zone

An area on the beach will be set aside for you to put your canoe or kayak before the start of the event. Once notified you can move your boat from this area to the water and await your race start.

After completing the paddling portion of the triathlon, you will drag your boat up the sand to a pylon on the beach, before moving on to the transition area. Your boat will remain here until the completion of the event.

Post Event

Post event meal and beverages will be provided in the shelter at the top of the hill after the event. An awards ceremony will take place after the completion of the entire event. Dress for the weather and ensure you have a change of clothes for after the race. Stay a while and socialize.

Thanks for supporting this unique offroad triathlon. See you on race day.

Kevin Vachon & Suzanne Lewis



Being Bison Wise



Please view bison safely and follow these simple tips:

- Stay in your vehicle and do not approach bison on foot along the roadside.
- Keep at least 100 metres (330 feet) away from Bison at all times, even when you are in your vehicle.
- Avoid approaching bison where their escape routes are limited; they may charge more readily.
- If you encounter bison while hiking, don't try to approach or scare them away. Make them aware of your presence, if they don't move off- walk well around them, always keeping an eye on them. If necessary, return to the trailhead.
- Never enter a herd of bison on foot or come between two animals, especially a cow and her calf.
- During the mating season (rut) bulls are more aggressive and may pose increased danger.
- Dogs must be kept on a leash at all times as they can agitate bison and provoke attacks.

Bison Warning Signs

- Snorting and tossing its head
- Raising of the tail
- Turning its back to you, raising its tail and defecating
- Pawing the ground
- False charge may occur, do not run
- Leaves and twigs on the head can indicate that the bison is aggressive

It's all about the tail



Be mindful that you may encounter wildlife (elk, deer, bison, etc.) on the trail. Be sure to give all animals space, avoid coming between herds of wildlife, and travel in groups or make noise to alert wildlife of your presence. If not respected, all wildlife can be a risk, however the biggest potential wildlife risk in Elk Island National Park comes from bison:

- Avoid approaching bison where their escape routes are limited; they may charge more readily.
- If you encounter bison on the trail while cycling, don't try to approach or scare them away.
- Maintain a distance of 100 metres, about 3 bus lengths, between you and the bison.
- Make bison aware of your presence, give a holler or a few claps.
- If bison don't move off the trail you have three options:
 - wait at a safe distance;
 - turn back the way you came;
 - or bush whack around them.
 - if you do bushwhack around the bison, walk well around them, always keeping an eye on them;
 - watch your step and be mindful of where the trail is that you need to return to.
- Watch for bison warning signs:
 - Snorting and tossing its head
 - Raising of the tail
 - Turning its back to you, raising its tail
 - Pawing the ground
 - False charge may occur, do not run