



DO NORTH EVENTS \* AUGUST 26 \* QUEEN ELIZABETH PARK

# AMERICAS CUP DUATHLON



Americas  
Triathlon  
Cup

Edmonton  
2023

ELITE ATHLETE GUIDE

# WELCOME MESSAGE

Welcome Elite Athletes!

On behalf of Do North Events, it is with great pleasure and excitement that we extend our warmest greetings to all the athletes who will be competing in this year's event.

As you gear up for the challenge ahead, we want to express our gratitude for your dedication and commitment to the sport. The America's Cup event brings together athletes from diverse backgrounds and cultures, creating an atmosphere of unity and camaraderie that exemplifies the true spirit of triathlon.

To all our elite athletes, you are the heartbeat of this competition. Your passion and enthusiasm inspire those around you, and your determination is a shining example of what it means to be a true athlete. Whether this is your first America's Cup event or you are a seasoned veteran, we encourage you to embrace every moment of this exhilarating journey.

As you prepare for the race, we wish you fair winds, fast transitions, and a finish that fills you with immense pride. May you all experience the joy of crossing the finish line and know that you have achieved something extraordinary.

Best of luck!

Do North Events

Best of luck!

# USEFUL CONTACT INFORMATION

## LOC CONTACT INFORMATION

Do North Events

2nd Floor  
8008 104 Street  
Edmonton, Alberta, Canada  
T6E 4E2

[athletes@donorthevents.ca](mailto:athletes@donorthevents.ca)  
(587) 759-0415

Instagram: [donorthevents](https://www.instagram.com/donorthevents)

**DO NORTH**   

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**EVENTS**

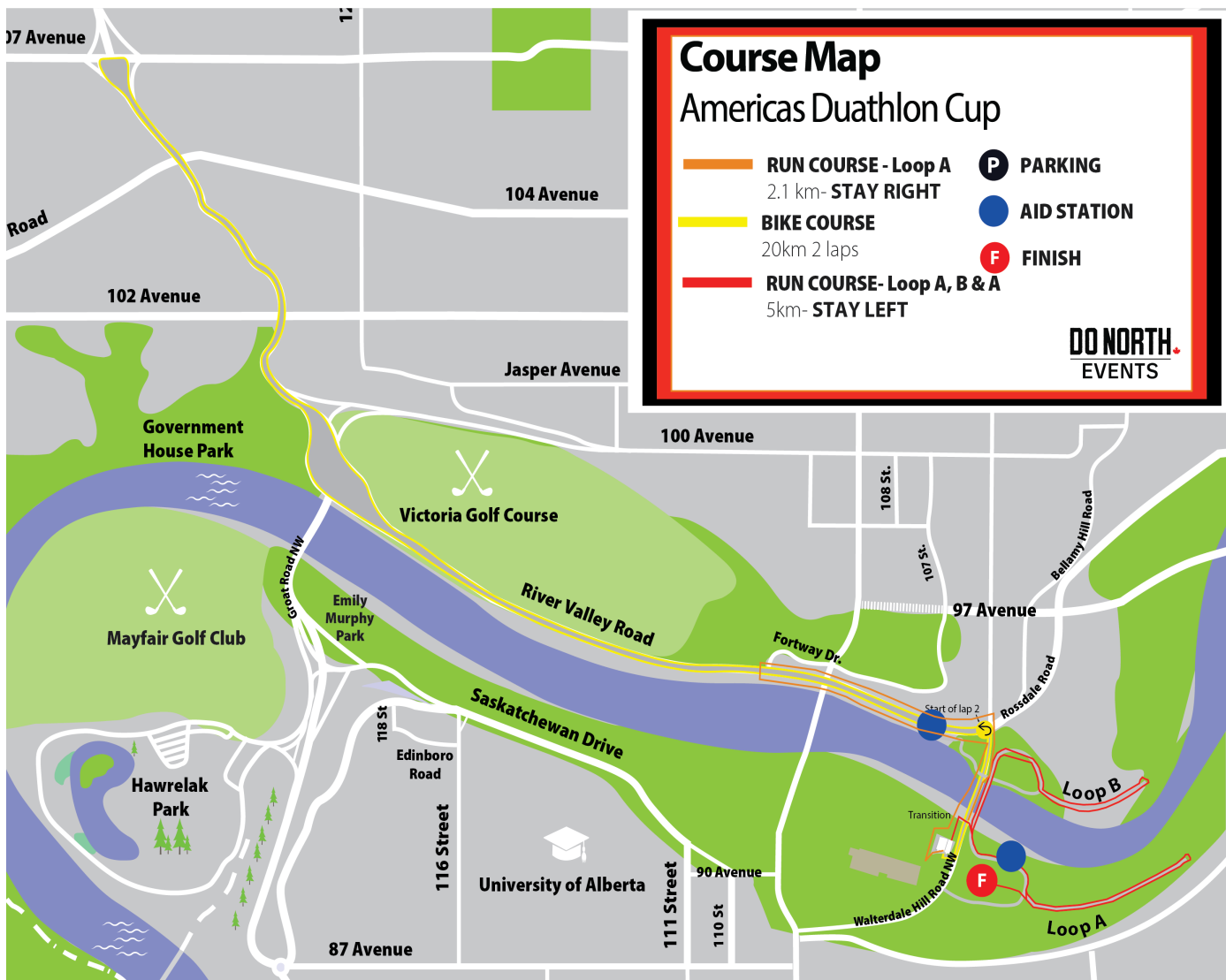
# USEFUL CONTACT INFORMATION

## KEY CONTACTS

<b>WORLD TRIATHLON TEAM</b>	
Craig Hanken	Technical Delegate
Michael Chui	Assistant Delegate
Shaun Richer	Technical Official
Heather Caldwell	Technical Official
Shelly Wiens	Technical Official
Kelly Mahoney	Technical Official
Bonnie Mckissock Christensen	Technical Official
Dina Drabek	Technical Official
Gayle Chapiel	Technical Official
Natacha Lord	Technical Official
Terry Hooper	Technical Official
Marlene Hooper	Technical Official
<b>LOCAL ORGANIZING TEAM-DO NORTH EVENTS</b>	
Stephen Bourdeau	Chief Executive Officer
Carol Medynski	Chief Financial Officer
Lindsay Harison	Chief Development Officer
Kendra Boles	Marketing Lead
Sheila Findlay	Race Operation Manager
Cassandra Mastel-Marr	Athlete Services Manager
Julia Peters	Volunteer Services Manager
Lexi Webb	Event Coordinator
Aleks Milanovic	Event Coordinator

# EVENT MAPS

## RACE COURSE MAP



# EVENT SCHEDULE

<b>FRIDAY AUGUST 25, 2023</b>		<b>NOTES:</b>
18:00	Elite Briefing and package pick up	Kinette Room at the Kinsmen Sports Centre
<b>SATURDAY AUGUST 26, 2023</b>		<b>NOTES:</b>
5:30	Road Closures Begin	
10:10	Elite Women-Lounge Open	
10:15	Elite Women-Transition Open	
11:15	Elite Men-Lounge Open	
11:25	Elite Men- Transition Open	
11:45	Elite Women-START	
12:50	Elite Men-START	
13:30	Road Opening Begins	
14:00	Elite Women-Awards	
14:05	Elite Men-Awards	

# GENERAL INFORMATION

## WEATHER

Average weather temperature for Edmonton in the month of August is a high of 22 degrees and a low of 11 degrees.

## PUBLIC TRANSPORTATION

Light Rail Transit (LRT)- Edmonton Light Rail Transit, commonly referred to as the LRT, is a light rail system in Edmonton, Alberta. Part of the Edmonton Transit Service, the system has 18 stations on two lines and 24.3 km (about 15.1 mi) of track. For those who want to use the LRT we recommend getting off at either University Station or Government Station and then walking to the venue.

## PARKING

### Kinsmen Sports Centre

Please note that Kinsmen Sports Centre parking lot will be crowded. Allow yourself ample amount of time parking as it can become a crowded area.

### Royal Glenora Club Overflow Parking Lot

There is an overflow parking lot across from the Royal Glenora Club. Please note that if you choose to park there you will have to walk across the blue pedestrian bridge and then walk over to the venue.

## HOTEL AND ACCOMMODATIONS

Our suggested hotel is The Westin Edmonton

10135 100 St NW, Edmonton, AB T5J 0N7  
\$179/night + taxes

The Westin is a 7-minute drive to the venue.

Please use the following link to book your accommodations: <https://www.marriott.com/event-reservations/reservation-link.mi?app=resvlink&id=1684338380102&key=GRP>

# ATHLETE INFORMATION

## TRAINING FACILITY

For those who want to do some training before the event please familiarize yourself with the following drop in gyms.

Kinsmen Sports Centre-9100 Walterdale Hill T6E 2V3  
\$9.00 CAD for drop in

MacEwan University-10700 104 Ave T5J4S2  
\$10.50 CAD for drop in

University of Alberta-8834 114 St NW  
\$15.00 for drop in

## PACKAGE PICK-UP / INFORMATION

Location: 18:00 Friday August 25th at the Kinsmen Kinette Room

## BAG DROP

We want to inform you that there won't be any changing rooms available at the event venue.

However, we've got you covered with a convenient bag drop location:

**Athlete Lounge:** This area is perfect for any post-race belongings you'd like to stow away.

Please be aware that any unclaimed items will find a new home at the local goodwill center. We encourage you to make your way back to the package pick up tent to ensure everything finds its way back to you.



# ATHLETE INFORMATION

## MEDICAL ASSISTANCE

All athletes and officials are advised to bring a supply of any regular medication they may require during competition. Beware of medications containing banned substances. If an athlete is unsure about any medication they are taking, they should check with their team medical officer.

Please follow the link to check any prescriptions meet the safe sport standards: <https://www.globaldro.com/Home>

## MEDICAL ON COMPETITION DAY

Medical will be located on site. If a competitor needs medical assistance at any time during the competition, medical support will be available.

## MEDICAL COSTS

No fees will be charged for the treatment provided by the event medical team during competition. However, athletes will be responsible for any ambulance charges. Any severe or life-threatening conditions that require hospitalization will be billed to the injured/ sick individual by the hospital. All individuals/teams are advised to have their own medical insurance.

Emergency phone number - 911

The primary public hospitals provide 24-hour emergency departments and are equipped to deal with all emergencies.

# ATHLETE INFORMATION

## RACE RULES & PENALTIES

Please familiarize yourself with the rules and penalties associated with the race.

[https://www.triathlon.org/uploads/docs/World\\_Triathlon\\_Competition\\_Rules\\_2022\\_20220128.pdf](https://www.triathlon.org/uploads/docs/World_Triathlon_Competition_Rules_2022_20220128.pdf)

## ANTI-DOPING

There will be a site at the finish line for all anti-doping testing.

## BIKE FAMILIARIZATION

There is no bike familiarization so please familiarize yourself with the course.

## RUN FAMILIARIZATION

There is no run familiarization, but athletes can follow the trails marked on the map at their own pleasure.

# RACE PACKAGES

## RACE PACKAGE

Please bring your photo ID to confirm your package. Elite race packages will be given out at the race briefing on Friday August 25th in the Kinsmen Kinette room at 18:00.

In your package:

### Swim Cap

As our event is now a duathlon please feel free to use this cap in your training for future events.

### Body decals

You will receive 2 body decals (tattoos). On the left arm, the 1 body markings should be applied as close to the shoulder as possible. On the left leg, the other 1 body markings should be applied on the outside of your calves. Tattoos should be applied on race morning before entering transition. To apply the tattoo, peel off the plastic protection layer, apply the tattoo to the skin, run water over the tattoo and press for 60 seconds. Be sure you apply your sunscreen after having applied your tattoos. To remove race number tattoos, clean off with baby oil or use removal wipes.

### Bike sticker and helmet sticker

**Bike seat post sticker:** the bike seat post sticker must be attached to your bike prior to bike check in. Peel the sticker off the label sheet, attach around your seat post and stick the sides together.

**Helmet stickers:** you will receive 2 helmet stickers. Place the stickers on the right & left side of your helmet.

### Two bag drop off stickers

Peel the sticker off the label sheet, attach it around the bottom of the handle of your gear bag and stick the sides together.

**PLEASE NOTE:** there are TWO bag drop stickers. One is for your post-bag needs, and the other is for your pre-swim competition drop-off. Anything you need pre-swim (water bottles, flip flops, snacks) must go into a small bag and then attached with a sticker.

There will be a drop off area before the swim start.

# RACE PACKAGES

## Timing Chip

Please wear it on your left ankle

There is a \$75 fee to replace your lost or misplaced timing chip.

Do North Water bottle

## ELITE RACE BREIFING

Race briefing will be held online on Friday August 25th at 18:00 at the Kinsmen Kinette room.

## TIMING

For finding your results, please head to World Triathlon's website. <https://www.triathlon.org/results>

## RACE DAY ACCESS

Race Morning: Road closures begin at 5:30 am, please check our maps to find the most efficient way to get to the course.

Toilets: Located at the race finish, and transition.

# RUN #1 (COURSE A)

## RUN #1

Athletes commence the race on the Walterdale Bridge, facing in the northbound direction.

From there, athletes cross the Walterdale Bridge and make a left turn onto River Valley Road.

Upon reaching Fortway Drive (Royal Glenora Club), athletes execute a U-turn at this point.

Continuing, athletes take a right turn onto Walterdale Hill, followed by a subsequent turn onto the Kinsmen Egress Road. They then make a right onto a walking path that leads directly into the Transition area.





# TRANSITION

To provide clarity on our transition graphic, the path depicted by the blue line illustrates the route that athletes will take from the first run leg to enter the transition area. Once athletes have collected their bikes, they will proceed along the yellow line, leading them out of the transition zone and onto the bike course. Remember to be aware of the mount and dismount areas. Upon completing their two laps, they will then trace the green line back to the transition area. After properly racking their bikes, athletes will follow the red line to commence their running segment.



# BIKE COURSE

## COURSE DESCRIPTION- BIKE COURSE (2 LAPS)

Athletes will exit from the north-east corner of the transition area, making a left turn to mount their bikes on Walterdale Bridge.

Following this, they will progress along 105th Street before making a left turn onto River Valley Road. While cycling along River Valley Road, it's important to remain mindful that there might be other athletes on the course who are on their second lap.

As you approach Victoria Golf Course, rest assured that our dedicated volunteers will be actively managing all traffic and ensuring a safe environment.

Continuing along River Valley Road, participants will reach the point where the route transitions into Groat Road. Athletes will carry on along Groat Road, ascending towards 107th Avenue, where they will make a right turn. From here, they will descend on Groat Road, rejoin River Valley Road, and complete a U-turn on their first lap of the two-lap circuit at 105th Street.

For those who have completed their second lap, a right turn onto 105th Street will be taken. Crossing Walterdale Bridge, they will dismount and head back into the transition area.

# RUN COURSE

## COURSE DESCRIPTION- RUN COURSE (A COURSE, B COURSE BACK TO A COURSE)

The run course starts with athletes exiting the transition area from the northwestern side. They will commence their run by passing under the iconic Walterdale Bridge, following a scenic path that leads them past the Walterdale Pump Station. After progressing further, they will encounter a designated U-turn point. Executing the U-turn, athletes will retrace their steps along the trail, ultimately connecting back to the Walterdale Bridge. This marks the successful completion of section A of the course.

Moving on to section B, which starts when athletes are on the Walterdale Bridge, traversing its length. Upon reaching the end of the bridge, they will execute a right turn, embarking on a continuous route that stretches ahead. This leg of the course guides them until they reach another U-turn. As athletes turn around and retrace their steps to the Walterdale Bridge, athletes will conclude section B of the course.

To wrap up a full lap, participants will then need to conquer another round of section A, before bringing them back to the finish. (A-B-A)

A crucial reminder for all athletes is to adhere to the guideline of running on the left side of the course at all times. This practice ensures a smooth flow of movement and a safer experience for all involved.

## AID STATIONS

Located 400m from transition and across the bridge on the north side of the river on the path, there will be an aid station.

Water will be provided.

If you do not require any product from the run aid station, please stay to the right of the course.

There will be signs within the Aid station listing what is available. Volunteers will also be calling out what they are holding. Please help the volunteers help you by communicating politely as per your needs.

Please discard any unwanted items between the litter zone start sign and end signs. If you discard anything outside this area you will be subject to a littering penalty.



# RUN COURSE

## RUN PENALTY BOX

Run penalty box is located just before the finish line.

## AID STATIONS

Located 400m from transition and across the bridge on the north side of the river on the path, there will be an aid station.

Bottled water will be provided.

There will be signs within the Aid station listing what is available. Volunteers will also be calling out what they are holding. Please help the volunteers help you by communicating politely as per your needs.

Please discard any unwanted items between the litter zone start sign and end signs. If you discard anything outside this area you will be subject to a littering penalty.

# RACE DAY SERVICES

## RECOVERY AREA- ARC BY PIVOTAL

ARC by Pivotal Physiotherapy is Do North Events' official recovery services partner. The center is home to a diverse team of award-winning professionals, including Physiotherapists, Strength & Conditioning Coaches, Massage Therapists, and Kinesiologists. They work collaboratively to offer an integrated service model of injury management, return to sport planning, and performance programming designed to help athletes perform and feel their best.



# MEDAL CEREMONY

The awards ceremony for Elite Women will take place at 14:00 PM, followed by the Elite Men's awards at 14:05 PM. We eagerly anticipate honoring the exceptional athletes and acknowledging their remarkable achievements.

# CONTINGENCY PLAN

If/when the contingency plan needs to be implemented athletes will be notified. A short briefing will be held at the AG Manager briefing in this case. In addition to this, it will be communicated by the announcers on site, on social media and will be posted in the athlete lounge.

Be aware of:

**Smoky Conditions:** While we are optimistic that the event will proceed successfully, we understand that extreme smoke conditions may necessitate cancellation or delay.

We want to emphasize that these contingency plans are in place not to create alarm, but rather to ensure your safety and deliver a positive experience even in the face of unexpected challenges. We will continue to monitor weather conditions, air quality, and water quality leading up to the event and will provide updates as needed.