

Living Fierce Athlete Guide 2019



Living Fierce Women's Only Indoor Triathlon

Welcome to our first women's only non-competitive indoor triathlon. We are so excited that you have decided to give triathlon a 'tri.' Today is about you and we want to make sure that you feel prepared and ready for the experience. Below you will find details about the race, what to expect, what to bring and a couple tips and tricks to help you along. Feel free to reach out if any of your questions haven't been answered!

1. LOGISTICS

Date: Sunday February 3, 2019

Time: Registration opens at 4 pm in the Butterdome, first wave goes at 5 pm

Location: University of Alberta Sports Centre

Parking: Paid parking available at Stadium and Education car park

2. WHAT TO EXPECT

Registration and pre-race: When you arrive at the U of A, head into the Butterdome to register for your wave. 30 minutes before your wave start, your 'host' will walk you through the course and how you will transition from swim to bike to run, as well as answer any last minute questions that you might have. On the tour we'll stop by the spin room so you can check out the bikes and make sure yours is set up just right for you. Once the tour is complete, you will have time to change into your swim gear and get ready for your wave start.

Swim: With 2 people per lane, you can stop and go as you need during the 10-minute swim. There is no set distance to cover so do what feels right for you and we'll let you know when it is time to get out of the pool. Distance isn't the goal, but feel free to count the number of laps you complete.

Wave Starts:

WAVE ONE	WAVE TWO	WAVE THREE	WAVE FOUR
Tour: 4:30 pm	Tour: 4:45 pm	Tour: 5:00 pm	Tour: 5:15 pm
Swim Start: 5 pm	Swim Start: 5:15 pm	Swim Start: 5:30 pm	Swim Start: 5:45 pm
Sarah Smuts	Lori Zombor	Caralee Lilly	Casey Compton
Anna Smuts	Loree Mastel-Marr	Kate Davis	Jenny Clarke
Lara Apps	Cheryl Kern	Jackie McCoy	Janine Mills
Jackie McCoy	Kendra Kerr	Kristy McCoy	Laura Rasmussen
Allison McFadden Squire	Janine Mills	Krys Holmes	Camilla Zambrano-Narvaez
Karyn Nickerson	Megan Stoppler	Kerry Reiniger	Logan Peterson
Kathryn Joel	Elyse Chatterton	Michelle Hamilton	Lex Hewson
Sheila O'Kelly	Michelle Clarke	Julie Nally	Cynthia Strawson
Kate Bailey	Janet Therrien	Amy Vandermeer	
Shauna Finlay	Tara Holmwood	Tara Abma	

Transition 1: Jump out of the pool, towel off and make your way to the locker room to change and get ready to cycle. We'll give you 10 minutes to change and meet in the U of A spin room. Bring your fave workout clothes and a pair of runners and you will be ready to go!

Cycle: No bike needed! Meet in the spin room and settle in for a 20-minute ride. We'll provide the tunes.

Transition 2: Take 5 minutes to hop off the spin bike and head to the track in the Butterdome for the last leg of the triathlon!

Run or walk: Do whatever feels good to you. We'll time you for 10 minutes as you run around the track. Count your laps and get ready to cross the finish line with a huge smile on your face!

Post Race: Relax, cool down and celebrate! You are officially a triathlete! There will be nutrition available at the finish line, along with a few vendors with product to check out. Being a wave start, athletes will finish throughout the evening so all of our prizes will be pre-drawn. Check out the prize table to see if you've been drawn and claim your prize. There will be a small expo set up with a Lorna Jane pop up shop and Vox socks, so please stop by after your race.

3. WHAT TO BRING

- swimsuit/ goggles/swim cap
- towel
- water bottle
- lock for lockers
- spin shoes (optional)
- runners
- shorts/ t-shirt or whatever you like to work out in. Avoid wide-legged bottoms during the cycling portion
- change of clothes for after the event

4. TIPS & TRICKS

- Arrive early: give yourself time to find parking, pick up your registration package and get ready to meet with your host. There is nothing worse than feeling rushed right before your race.
- Check your gear: before you leave your house, make sure you have packed everything you need and that everything is in working order.

5. THANK YOU

A huge thank you to the volunteers, organizations and individuals who helped to make our first female non-competitive indoor triathlon a huge success!

Thanks to West Edmonton Family Chiropractic Studio and F2C Nutrition for sponsoring the event.

