

Living Fierce Athlete Guide

2020



Living Fierce Women's Only Indoor Triathlon

Welcome to our second season of 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 March 8, 2020

Time: Registration opens at 4:30 pm in the Butterdome also called Universiade Pavillion.

First wave goes at 5:05 pm.

Tours are available for those that are interested in checking out the 'course'. Using the wave start list below, please arrive 10-15 minutes before your "Tour" start time if you would like to participate in the tour (this is optional).

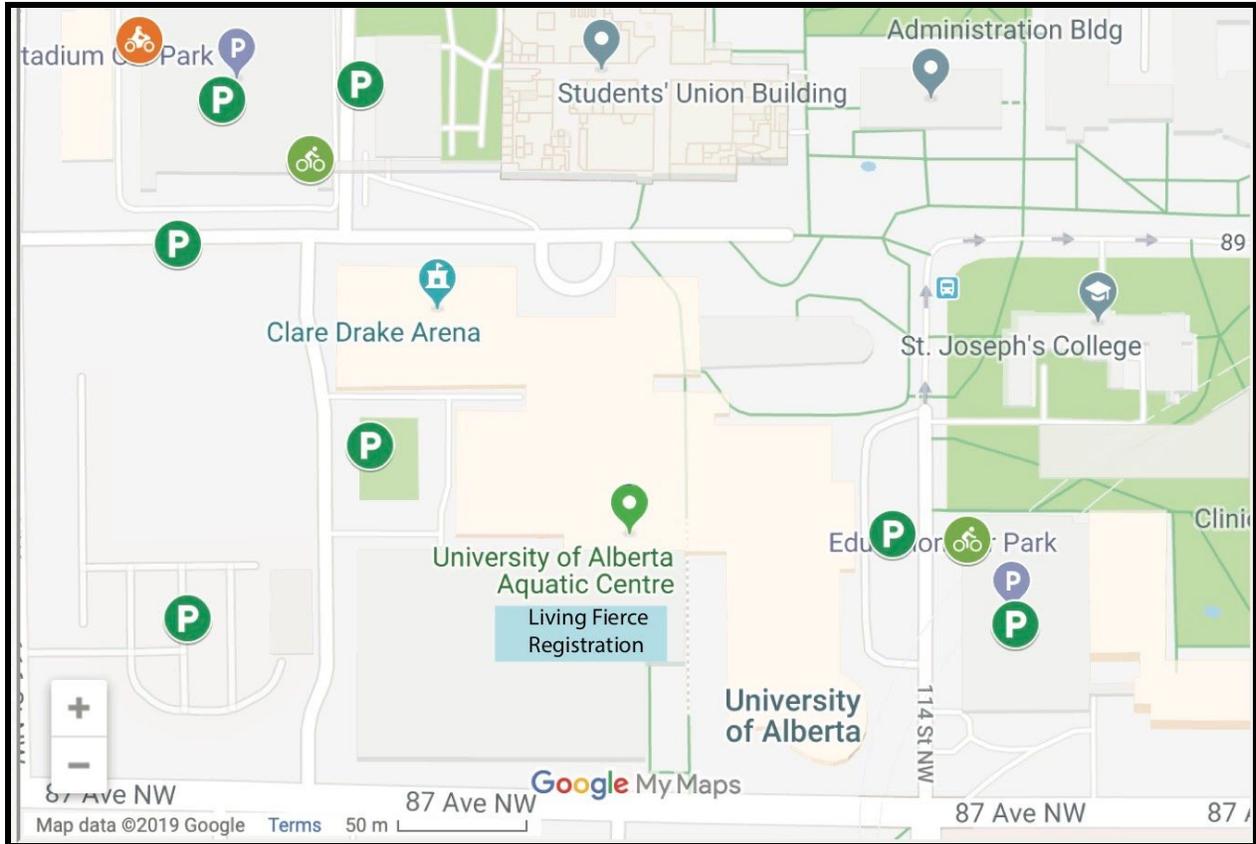
If you choose not to participate in the tour, please arrive 15 - 20 min before your wave start.

Location: University of Alberta Sports Centre. 114 St and 87 Ave.

Registration is hosted in the Butterdome (Universiade Pavillion) next to the track. We'll have balloons to highlight our set up.

Parking: Paid parking available at Education and Stadium car park. \$5.50 per stay weekend rate. East Van Vliet street parking available at \$5.50/hr

[U of A parking details](#)



2. WHAT TO EXPECT

Registration and pre-race: When you arrive at the U of A, head into the Butterdome (Universiade Pavillion) to register for your wave. If this is your **first** event with us, arrive 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 to show you where it is. Once the tour is complete, you will have time to change into your swim gear and get ready for your wave start.

Swim: Please be on the pool deck 5 minutes before your swim start time! With two 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: 5:05 pm	Swim Start: 5:20 pm	Swim Start: 5:35 pm	Swim Start: 5:50 pm
Maureen Madsen	Rhiannon Stromberg	Odion Welch	Erin Gobolos
Emma Berkhold	Danae Korttman-Watt	Leanne Labranche	Sheila Walter
Nancy Robbins	Loree Mastel-Marr	Cassandria Smith	Carolyn Osadczuk
Erika McGowan	Renata Alook	Destiny Reay	Kelly Newnham
Gabrielle Engli	Paula Cornell	Dorothy Pinto	Shannan McAuley
Michelle Sigvaldson	Caitlin Beaton	Michelle Brassard	Kylie Reinhardt
Lorriane Pierce	Jackie McCoy	Sarah Moore	Lisa Shkrobot
BobbiJo Goodwin	Kim Loeffler	Louise Bahry	Sarah Hanney
Kathryn Joel	Curtis McCoy	Mari Chartier	Kimberley Webb
Elyse Chatterson	Hannah Loeffler	Amy Peterson	Gwendolyn Shone
Krystal Harvey	Ingrid Howard	Julie Pouliot	Bethany Hughes
Nicole Askin	Lindsey Simpson	Justine Pouliot	Wanda Derland

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.

World Triathlon Series Edmonton has graciously donated their photo booth for your post race victory photo!

Merchandise

We had many requests for Living Fierce branded merchandise last year and we are excited to share that we'll have presale sweatshirts tryon. In addition, branded swim caps and socks will be available for purchase. We're only able to accept cash at this time but there is an ATM on site.

We're excited to have several vendors attend our expo again to celebrate your achievements with us!

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 female non-competitive indoor triathlons a huge success!