



2017 Athlete Guide

Early Version

Note: A revised version of the athlete guide will be released closer to race week with swim waves, Transition Area Bike Rack Numbers, awards times and other details.

#BarrelmanTri

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Transition Locations

1. Transition 1 (T1) Welland, Ontario @ Welland International Flat Water Centre (WIFC) 16 Townline Tunnel Road, Welland, ON. – [See Map](#)
2. Transition 2 (T2): Niagara Falls, Ontario @ Kingbridge Park - 7870 Niagara Pkwy, Niagara Falls, ON. – [See Map](#)

Schedule At A Glance

Saturday 16 Sept.	Event	Location
11:00am – 4:00pm	Registration / Bike Check-in / Gear Bags Drop-off	Welland – T1
TBD	Mandatory – Athlete Briefing (30 minutes)	Welland – T1
TBD	Mandatory – Athlete Briefing (30 minutes)	Welland – T1
5:00pm	Transition Area 1 Closes	Welland – T1
12:00pm - 6:00pm	Pre-Race Expo	Welland - T1

Sunday 17 Sept.	Event	Location
5:45am – 7:15am	Race Day Registrations (& kits)	Welland – T1
6:00am – 7:40am	Shuttle Bus Service – Athletes Only	Niagara Falls – Bus Area
6:00am – 8:30am	Transition Area 1 Open	Welland – T1
7:45am	Optional – Athlete Briefing	Welland – T1
8:40am	Transition Area 1 Closes	Welland – T1
9:00am	Race Start Waves	Welland – T1
9:45am	Bike / Run Start – TT format	Welland – T1
1:00pm – 5:30pm	Race Day Expo	Niagara Falls – T2
3:30pm	Awards Ceremony	Niagara Falls – T2
5:20pm	Race Course Closes	All

Cut-Off Times

10:35am	Swim must be completed	Welland – T1
2:20pm	Bike must be finished	Niagara Falls – T2
3:50pm	Must start 2nd Run loop	Niagara Falls – T2
5:20pm	Must be finished – Course Closes	Niagara Falls – T2

Pre-Race Information

In Case Of An Emergency

If friends or family have any concerns and are unable to locate you after the race please let them know they should contact the Medical Tent at the Finish Area in Kingsbridge Park.

Athlete Check-In and Race Kit Pick-up – Two Options

We strongly recommend that all athletes chose Option #1 for Check-In.

Option #1 - Saturday September 16th (11:00am - 4:00pm)

Option #2 – Sunday September 17th (5:45am - 7:15am)

If you choose Option #2 please be aware, WE WILL BE VERY STRICT WITH THE RACE DAY CHECK-IN CUT-OFF TIME AND THE MANDATORY PRE-RACE BRIEFING. You will also be responsible for making your own way back to Welland after the race. THERE WILL BE NO SHUTTLE BACK FROM NIAGARA FALLS.

For all Individual athletes, Swim/Bike athletes, Bike/Run athletes and Relay Teams

When you arrive at the Welland International Flatwater Centre please do not bring your bike through registration. Please leave your bike at your car until you have been through registration and have your race kit.

Athlete check-in is located at the Welland International Flat Water Centre located at 16 Townline Tunell Road, Welland. Look for the “Registration” signs.

You will need to present the following to obtain your race kit:

- Photo ID
- A Signed Waiver (available on site)

Help Desk and Athlete Liaison

Athlete or relay team with questions, concerns or needing to make changes to their registration information should go to the Help Desk located at the WIFC.

Athlete Wristband

Athletes will be given an Athlete Wristband in their registration kit. Only athletes wearing a wristband will be allowed in either of the Transition Areas or the Post-Race Food Area. Remember you will not be allowed to remove any gear or equipment from a Transition Area without the wristband to identify you as an athlete.

Mandatory Bike Check-In

After going through Athlete Check-In you will rack your bike by BIB number at the spot designated on the bike rack. The Transition Area will be secure from Saturday afternoon until race time. T1 will be protected by a 6ft high security fence and will be monitored at all times by a police officer.

NB: Athletes will have access to Transition #1 on Sunday morning prior to the race start to put your nutrition on your bike and place any remaining gear i.e. race number, belt or sunglasses etc.

Mandatory Pre-Race Briefing and Expo

The Pre-Race Briefing is **MANDATORY** and should last approximately 30 minutes. You will have a choice of two briefing times on Saturday. The briefings will be held in T1. This will be an excellent opportunity to view the swim site, drive the Welland section of the Bike Course, and visit the pre-race Expo. **If you are checking-in on Sunday you will need to have your bike racked and attend the meeting, which will start at 7:45 sharp near the swim start area.**

The post-race expo will be at Kingsbridge Park in Niagara Falls. It will be from 1pm until 5:30pm on Sunday.

Swim/Bike/Run Gear Bags and Morning Clothes Bag

You will receive instructions on the use of your gear bags at athlete check-in. You will receive a **Dry Clothes Bag** which is clear, a **Wetsuit bag** which is black and a **Bike/Run bag** which is red.

Bike check-in and gear bags drop-off will be done in Welland in T1.

You will have access to your bike on race morning and will set-up in transition as you normally do.

Dry Clothes Bags (clear) *** - Prior to the start of the race place the clothes you will need after race into this bag. You will drop this bag off in the designated area near Transition #1. This bag will be brought to the Finish by our crew.

Wetsuit Bag (Black) Athletes will place this empty bag by their bike in Transition #1 prior to the start of the race. After the swim place your wetsuit in this bag and leave it by your bike. This bag will be collected and brought to the Finish by our crew. *We cannot be responsible for your wetsuit if it is not placed in the Wetsuit Bag.*

Bike to Run Bag (Red) *** - After finishing the bike, athletes will rack their bikes in Niagara Falls by their assigned rack space where they will also find their bike to run bag. They will change into their run gear and then place their bike equipment into the same bag and leave it by their race space.

*****If you are taking the shuttle bus from Niagara Falls on race morning, you may leave your Clear Bag and Red Bag with staff at the shuttle OR you may drop these bags off at T1 in Welland.**

*** If you are arriving directly in Welland on race morning, please leave your Clear Bag and Red Bag with staff outside of T1 in the designated area.**

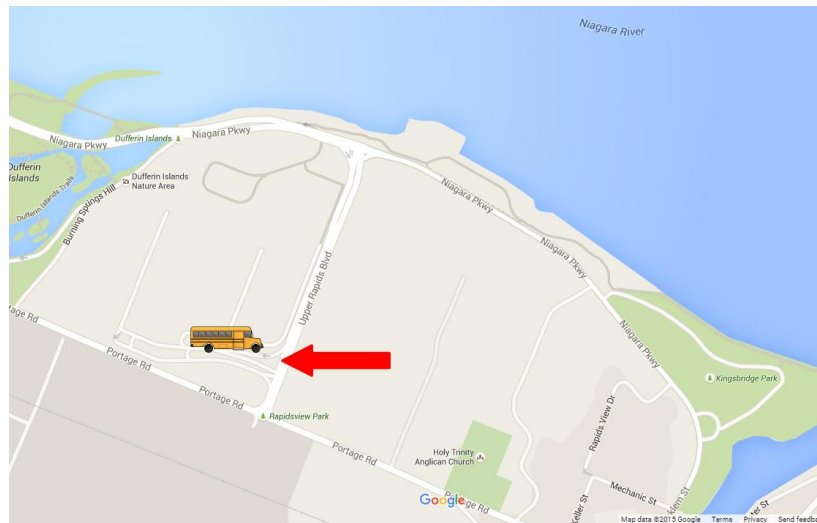
Your **Bike to Run** and **Dry Clothes** bags will be transported to Niagara Falls and will be waiting for you after you complete the bike portion of the race.

Personal Safety

The course is available for training throughout the year but be aware that you train at your own risk.

Race Day Shuttle Bus Schedule Information

Race day shuttle buses will run every 15 minutes, starting at **6:00AM** until 7:40AM, from the Upper Rapids Boulevard/Niagara Parkway parking area (see map) in Niagara Falls to the swim start in Welland. The drive from Niagara Falls to Welland will take approximately 20 minutes. Please arrive early!



On Sunday morning make your way from your hotel, if you have purchased a parking pass online, park in the Upper Rapids parking area (see map above) and board the shuttle bus to the swim start in Welland. If you did not pre-purchase a pass, there will be a parking attendant on-site to manage parking availability.

***** If you are taking the shuttle bus from Niagara Falls on race morning, you may leave your Clear Bag and Red Bag with staff at the shuttle OR you may drop these bags off at T1 in Welland.**

After arriving in Welland you will have access to Transition Area #1 to make a last minute check on your bike, and then head down to the swim.

Relay teams there will be ONE special shuttle bus from Welland to Niagara Falls for the swimmer and/or runner in a relay team. This bus will take the swimmer back to Niagara Falls 90 minutes after the race start. The runner may also wish to watch the start of the

race, cheer on the swimmer and biker as they start and then take the shuttle bus back to Niagara Falls in time for the run. Of course, the swimmer and runner can also drive their own vehicle back to the Falls.

If you do not want to use the shuttle bus on race morning we suggest you drive to the race start with someone who can then make their own way back to Niagara Falls. Spectators will not be able to access the shuttle bus service. Spectators can drive from Niagara Falls to Welland in approximately 20 minutes.

PLEASE NOTE: If you choose to park in Welland on race day you will need to arrange for a ride back. We suggest you either park in Niagara Falls and take the shuttle to Welland OR drive to Welland with a friend and have them drive your car back to the Falls. THERE WILL BE NO SHUTTLE SERVICE BACK TO WELLAND FROM NIAGARA FALLS.

Spectator Race Day Parking and Information

Please ask your friends and family to avoid driving on the bike course. We recommend them using the major highways in the area to get to Niagara Falls. If you have friends and family coming to cheer you on they can drive you to Welland, cheer you on the swim and then drive to Niagara Falls. Access to Upper Rapids Parking should be from Portage Road (see map above).

Pre-Race Morning Procedure

Transition #1 will open at 6:00am and close at 8:40am. Once you arrive in Welland we suggest the following:

If you have not already dropped your Dry Clothes and Bike To Run Gear bags at the shuttle in Niagara Falls, bring all of your gear bags and have them ready to be given to the Gear Bag volunteers outside of Transition.

Make sure you have all of your nutrition, fluids on the bike and check tires. Don't forget to put the bike into a gear that will give you a good start to your race. There will be no bike warm-up allowed.

Proceed to the swim start. There will be a swim warm-up area. Please be mindful of others warming up and listen for instructions from the Start Official.

Race Specific Information

Aid Stations Bike Course



Bottle Exchanges will be located at 30KM and 58KM and will have:

- Water in Large Bike Bottles
- F2C Glyco-Durance in Bike Bottles
- Assorted Gels
- Banana Halves

Aid Stations Run Course



There will be aid stations on the run course approximately every 2km with:

- Water & ICE
- F2C Hydra-Durance
- Flat Coca-Cola
- Assorted Gels
- Cut Bananas
- Pretzels

Race Timing and Cut-offs

We have revised our cut-off times to be longer and will therefore be enforcing the times with due diligence.

10:35am	Swim must be completed	Welland – T1
2:20pm	Bike must be finished	Niagara Falls – T2
3:50pm	Must start 2nd Run loop	Niagara Falls – T2
5:20pm	Must be finished – Course Closes	Niagara Falls – T2

Bicycle and Gear Check-Out

Athletes will be able to remove their bike and gear bags from Transition #2 once the final runner is out on the course OR by 2:20PM. You must be wearing the Athlete Wristband, which matches your bike and BIB number. There will be a designated exit on the north side of Transition. This will allow you to get to the parking area on Upper Rapids without crossing the bike or run courses.

Medical Area

The Medical Tent will be located immediately past the Finish Line. Only athletes are allowed into the medical area. Please ask family and friends to check for updates with Athlete Liaison outside of the medical tent.

Post-Race Food Tent

Athletes will have access to the food tents starting at 12:30PM. Food in this area is for athletes only. There will be food available for sale in Kingsbridge Park for spectators, friends and family.

There will be a selection of Hero Burgers available – Hero (beef) or Soul (vegan) along with oranges, bananas, chips, water, and Coca-Cola.

Burgers will also be on sale to spectators for \$5.

Awards Ceremony

Takes place on race day in T2.

Awards Ceremony (3:30pm)

- swim / bike race
- bike / run race (if award winners have finished the race)
- pros category
- age group categories with completed podiums at the time of awards

Awards are in Kingsbridge Park adjacent to the Finish. Depending on the number of athletes still on the course and how that will affect awards we may start earlier, announcements will be made in advance should that be the case.

Open Prize Purse

We offer a prize purse of \$5,000. The prize money will be awarded to the top 5 male and female finishers, whether Pro or Age Group. The money will be allocated as follows

1st - \$1,000

2nd - \$ 750

3rd - \$ 500

4th - \$ 150

5th - \$ 100

Lost and Found

If you do lose something please check at the Awards Area adjacent to the Finish. Since most lost items are not located until after the race, chances are they will be sent back to our office in Barrie. If you do lose something please contact us at info@multisportcanada.com and provide a detailed description of the lost item and your contact information. Any items will be shipped to the athlete at their expense.

Athlete Responsibilities

- You must be wearing your Sportstats timing chip at all times while racing. If you lose your timing chip you will be able to obtain a replacement at the swim, bike or run exits. If you lose your timing chip on the run please notify a Sportstats timer immediately after you cross the Finish line. Athletes are responsible for a lost timing chip and will incur a fee payable to Sportstats.
- Athletes must familiarize themselves with and know the rules.
- Please be respectful of other athletes and follow some common courtesies when racing.
- Please call out "On your left" when starting to pass on the bike.
- Do not pass when cornering.
- Do not litter!! There are bottle drop areas on the bike course and we ask you to carry all empty gel packs and drop them at an aid station or at the Finish.

These communities are opening up their parks and roads to us and in some cases are giving their time to improve the athletes' experience. Please remember the fact that they live here and respect private property.

Rules and Courtesies

Swim Course Rules

Course Length 2 kilometers

Cut off time **10:35 AM**

1. Each swimmer must wear the swim cap provided.
2. No fins, aqua socks, gloves, paddles, or flotation devices of any kind are allowed.
3. Swim goggles may be worn.
4. Wetsuits are allowed for all athletes.
5. Athletes are permitted to use kayaks and boats as aid, as long as no forward progress is made. Special provisions are made for wheelchair athletes. Course officials and medical personnel reserve the right to remove athletes from the course if determined medically necessary.
6. The swim course will close at 10:35AM. Athletes in the water after this time will be disqualified and will not be permitted to continue in the event. All athletes must cross the timing mats at the entrance to the swim start.
7. Any athlete who decides they cannot continue during or after the swim **MUST** notify the race official. There will be lifeguards, canoes, kayaks, swim buoys and motorboats throughout the course to ensure maximum swimmer safety. We will also conduct a full sweep of the course after the last swimmer exits the water.

Bike Course Rules

Course Length 89 kilometers

Cut off time 2:20pm

1. Please understand that based on permits for the roads on the course and the safety of athletes involved, cut-off times must be respected.
2. No tandems, recumbent, fairings, or any add-on device designed exclusively to reduce resistance are allowed. Any new, unusual, or prototype equipment will be subject to determination of legality by the event organizer/or Head Referee.

Position Rules:

3. Absolutely NO DRAFTING of another bike or any other vehicle is allowed.
4. Athletes must ride single file on the far right side of the road except when passing another rider. Side-by-side riding is not allowed.
5. Overtaking riders may pass on the left for up to 30 seconds, but must move back to the right side of the road after passing.
6. Riders must keep 5 meters distance between bikes except when passing.
7. An overtaken rider must fall back 5 meters before attempting to regain the lead from a front running bike.
8. Athletes committing rule violations will be penalized with a three (3) minute time penalty that will be added to their overall Finish time.
9. Each athlete must wear the issued race number at all times while on the run course. The bike number may be placed low on your back where it is clearly visible. Folding or cutting race number or intentional alteration of any kind is strictly prohibited.
10. A CPSC- Approved helmet is required during the entire bike portion including in and out of the transition zone. Any athlete riding without an approved helmet or chinstrap not fastened may be disqualified. Alterations to hard-shell helmets, which affect its integrity, are not allowed
11. No individual support is allowed. Ample aid and food stations will be provided along the course. Friends, family members, coaches, or supports of any type may not bike, drive, or run alongside an athlete; may not pass food or other items to athletes and should be warned to stay completely clear of all participants to avoid the disqualification of a participant. It is incumbent upon each athlete to immediately reject any attempt to be assisted, followed, or escorted.
12. **NOTE: BIKE AID STATIONS ARE LOCATED AT 30K AND 58K ON THE COURSE. IT IS YOUR RESPONSIBILITY TO SLOW FOR SAFE NUTRIENT PICK-UP. CALL OUT YOUR REQUIREMENTS CLEARLY AND IN ADVANCE. CREWS ARE INSTRUCTED NOT TO STEP ACROSS THE WHITE LINE FOR HANDOFFS. THERE WILL BE AT THE BIKE AID STATIONS. IT IS IMPERATIVE THAT YOU DON'T TOSS BIKE BOTTLES, CUPS, OR*

NUTRIENT BAGS ON THE ROADSIDE ALONG THE COURSE. BIKE BOTTLES MUST BE TOSSED TOWARD THE BOTTLE DROP AT THE BEGINNING OR END OF EACH AID STATION. A PENALTY WILL BE ASSESSED FOR DISCARDING LITTER OUTSIDE THE DESIGNATED DROP ZONE.

13. Each athlete must be individually responsible for repair and maintenance of their bike. Assistance by anyone other than race personnel will be grounds for immediate disqualification. Each cyclist should be prepared to handle any possible mechanical malfunction.
14. Athletes are expected to heed directions and instructions of all race officials and public authorities. Failure to do so may result in disqualification.
15. Athletes may walk their bike if necessary, but may not make progress on the bike course unaccompanied by their bicycle.
16. Bike inspection is not mandatory and will not be provided at bike check-in. Athletes are ultimately responsible for their own bikes. However, race officials may at their discretion make final judgment as to the soundness of bikes.
17. HEADSETS OR HEADPHONES ARE NOT ALLOWED DURING ANY PORTION OF THE EVENT.
18. MEDICAL SUPPORT: If you need minor medical assistance, Sag cars will pick you up and take you to the medical tent. Alternatively, depending upon the medical emergency, ambulances will take you to the nearest hospital to receive treatment.

Run Course Rules

Course Length 21.1 kilometers

Cut off time 3:50pm first lap / 5:20pm course closes.

1. Bare foot running is allowed. If you run bare foot please be careful and take all precautions to protect your feet.
2. Runners must wear their race number in front of them clearly visible at all times on the course. Race numbers issued identify the official athletes in the race.
3. NO INDIVIDUAL SUPPORT VEHICLES OR NON-PARTICIPANT ESCORT RUNNERS ARE ALLOWED. This is an individual endurance event. Teamwork as a result of outside assistance, which provides an advantage over single competitors, is not allowed. Individual support vehicles or non-participant escort runners will result in disqualification. A non-participant escort runner includes participants who have withdrawn from the race, have been disqualified or have finished the race. Friends, family members, coaches, or supporters of any type may not bike, drive, or run alongside an athlete; may not pass them food or any other items and are warned to stay completely clear of all participants to avoid disqualification of an athlete. It is incumbent upon each athlete to immediately reject any attempt to

assist, follow, or escort. It IS permissible for an athlete who is still competing to run with other athletes who are also still competing.

4. Runners are expected to follow directions and instructions of all race officials and public authorities.
5. The run course will officially close at 5:20 PM. Runners still on the course after that time will be given the opportunity to unofficially finish the race but must adhere to regular traffic rules at crossings.

Bike Support



Velofix will be on site to provide whatever adjustments and fixes your bike may need. They will also be found on course at the 2nd bottle drop at approx 58km mark during the race.

Founded with a passion for cycling, we believe that bicycles can help change the world. Our goal is to offer a convenient Premium Mobile Bike Shop experience that gives you more time to do what you love...**RIDE!**

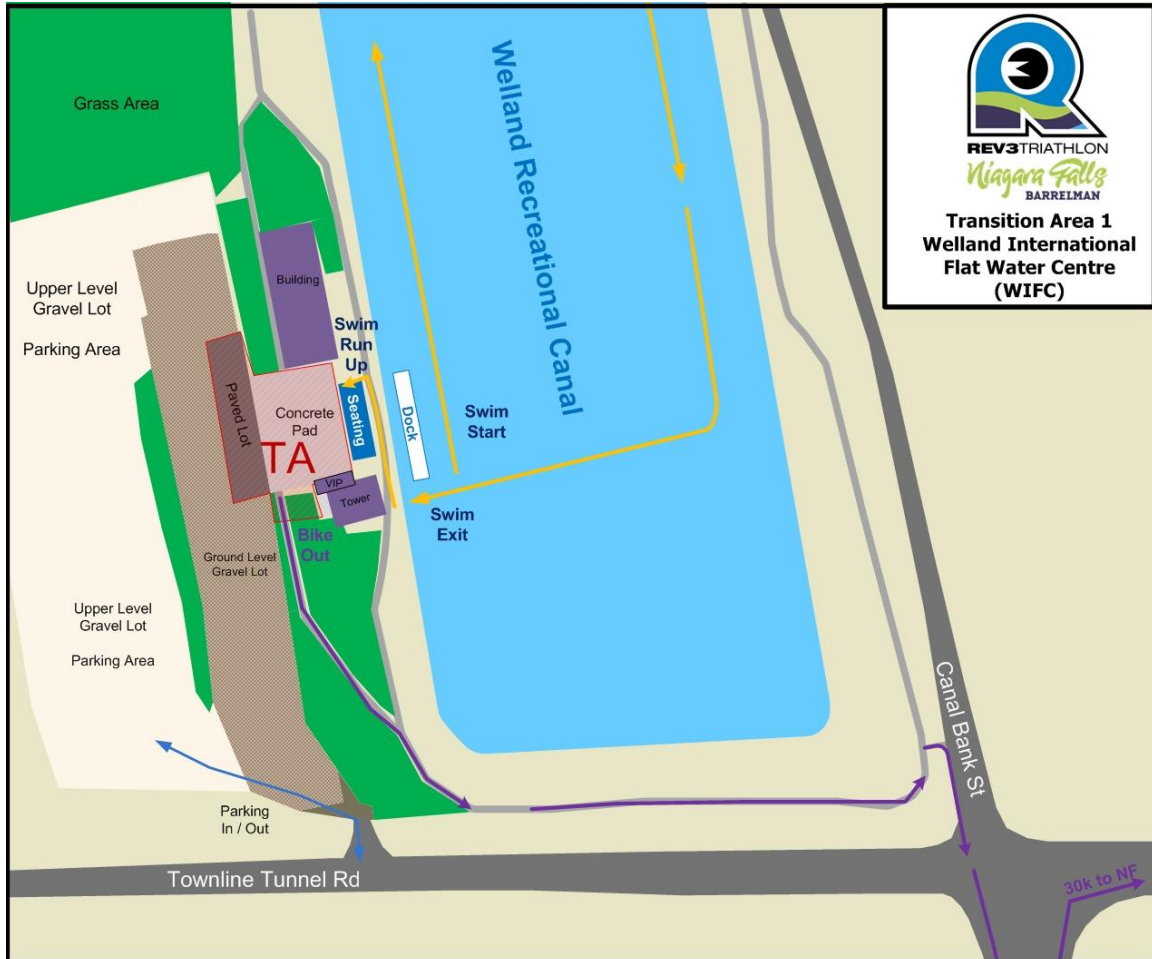
There will also be two vehicles that will be available only to transport athletes from the course to T2 that will NOT be equipped to fix any serious bike related mechanical issues. Athletes should carry their own spare tubes and pump or CO2 cartridges.

While there will be a limited number of pumps available in the transition area on race morning, we recommend you can bring your own. **You must give your pump to a family member or friend before the race start, since pumps will not be accepted with your pre-swim bags.**

The Race Course

Transition Area #1

T1 is located at 16 Townline Tunnel Road, Welland at the Welland International Flatwater Centre (WIFC).



Bikes MUST be dropped at T1 on Saturday afternoon. T1 will be protected by a 6ft high security fence and will be monitored at all times by a police officer.

Start and Swim Venue

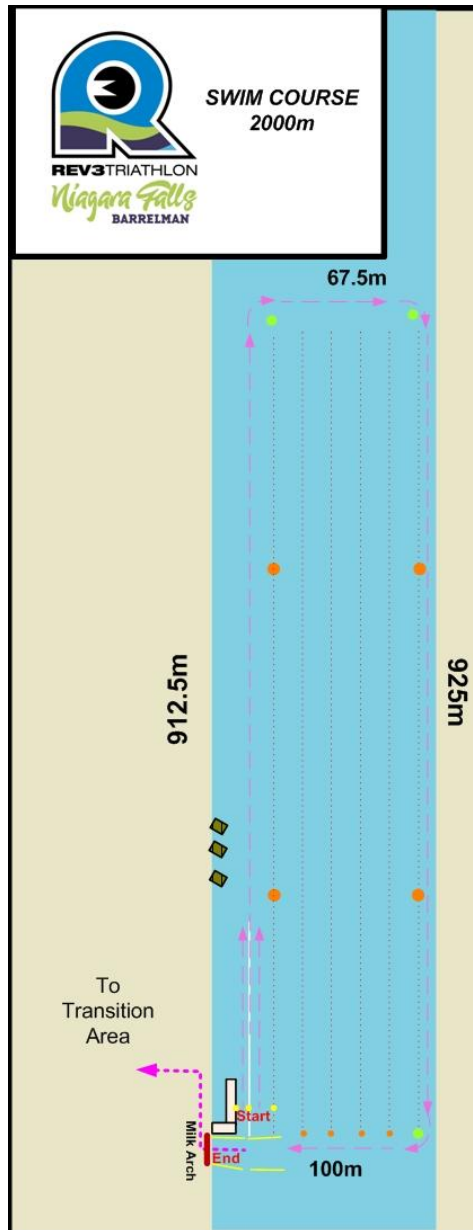
This state of the art facility will give athletes the same incredible sight lines during the swim and spectators will have stadium seating to view the start and swim course. The pristine waters of the Welland Recreational Waterway are not subject to adverse weather conditions and have hosted the World Long Course Swim Championships and the rowing competitions for the 2015 Pan Am Games. The water temperature in September should be in the 70F to 74F range.

A single loop swim, the Start will be in-water just North of the WIFC dock. A Wave Start Format will be used.

Swim Course

Distance : 2km

Cutoff Time: 10:35AM



The course is rectangular with the buoys kept on your RIGHT. The swim starts by heading north with the canal wall on your left and the swim buoys on your right. There are 3 right hand turns throughout the swim. Upon making the final turn, you will swim straight towards the Swim In Archway. The corners of the course will be marked by large (5.5ft) Lime Green Tetrahedrons (3-Dimensional Triangles) and there will be smaller orange markers between the turns. The course The Swim Exit is adjacent to the Swim Start.

Swim waves

TBD

Swim to Bike Transition

Once on land, there is a short run up to the T1 which includes a set of stairs. Please proceed with CAUTION. **No passing up the stairs will be permitted.**

Bike / Run Race Start

Bike / Run athletes will start in a time trial format, 1 rider per 10 seconds, starting at the bike mount area. These athletes will line up in the south west section of the Transition Area with the Red bike rack in the bike/run lane between the green and black fencing.

Cutoff Time: 2:20pm

The Loop – 21km to 39km

This section begins once the course reaches Hutchinson Rd. and turns Left down to the shores of Lake Erie. At Lakeshore Rd, the course turns Left again and follows along the shores of Lake Erie. The 1st Bottle Exchange is on Station Rd. just north of Lakeshore Rd.

The course then leaves the shores of Lake Erie and makes its way back to Feeder Rd. using quiet secondary roads. At 39km, the course turns Right back onto the Feeder Rd. to complete “The Loop”.

The Back – 39km to 57km

This part of the bike is the same 21km section as the start of the bike, except you are now heading “Back” towards Welland. The course retraces the same route “Back” towards Welland on Feeder Rd. and crosses-over the Welland Recreational Waterway on Forks Rd at 55km. After turning left on Canal Bank Rd. you will travel north to Townline Tunnel and turn Right (East). Shortly after having made the turn and prior to entering the tunnel you will reach the 2nd Bottle Exchange.

The Ride to Niagara Falls – 57km to 89km

The course now takes you under the Welland Canal via Townline Tunnel Rd. As you enter the tunnel you will see the start of a coned lane. While you are riding through the tunnel, under the canal, you will be required to stay in the coned lane.

Once clear of the tunnel, you will continue east on Townline Tunnel Rd. until the 65km point at Morris Rd. You will turn left onto Morris Rd. followed by a quick right onto Ridge Rd. Just after the 69k mark you will make a left onto Montrose Rd and then again a quick right onto Keabel Rd followed by another quick left onto Willodel Rd working your way up to a right turn onto Schisler Rd. You then turn left (North) on Beck Rd. at the 74km point.

Beck Rd. takes you over the QEW before turning Right (East) on Marshall Rd. The course follows Marshall Rd through a few bends to its end at the Niagara Parkway at 81km. The course then turns Left (North) on the Parkway and, for the final 7km, travels alongside the Niagara River. The course reaches the south end of the Niagara Falls where it bends left in Chippewa. The course then turns Right (North) and, using a dedicated coned lane, crosses over a bridge before turning Right onto the Niagara Parkway for the final stretch to the Bike Finish in Kingsbridge Park and T2.

Bottle Exchanges will be at approximately 30km and 58km and will have:

- Water in Large Bike Bottles
- F2C Glyco-Durance in Bike Bottles
- Assorted Gels
- Banana Halves

Transition Area #2



T2 is located in the parking lot of Kingsbridge Park on the shores the Niagara River at Chippewa Creek. T2 is on smooth pavement and will have a bank of portable toilets just outside for use both leaving T2 as well as finishing the 1st Loop of the Run Course. T2 will be protected by a 6ft high security fence and will be monitored at all times by contracted security services. You will be able to remove your bike from T2 once the Bike Course is officially closed at 2:20PM or once the last cyclist is done, whichever comes first.

Run Course

Distance: 21.1km

Cutoff Time: 3:50pm first lap / 5:20pm finish course



The Run Course is comprised of two loops through the City of Niagara Falls and two out-and-back sections which start and finish in Kingsbridge Park. The course takes the runners past Marineland, the Niagara Fallsview Casino and Table Rock Park before passing Niagara Falls itself! You will actually pass the Canadian and American Falls twice during the run.

Aid stations on the run course approximately every 2km with: Water & ICE, F2C Hydration, Flat Coca-Cola, Assorted Gels, Assorted Fruit & Pretzels

Out Section – 0 - 3km

You will exit T2 and turn onto the fitness path running parallel to the Niagara River for the first 500m until joining up with the road and turning right onto the Niagara Parkway. Running north, at approx 1.7km you will turn left onto Burning Springs Hill Rd. Once on Burning Spring Hill Rd, you will then veer right as the road splits onto Dufferin Isle Rd and run alongside the scenic Dufferin Islands. At 2.5kms you will hit the turnaround and run back towards Burning Hills Spring Rd where you will make a sharp right and tackle a short climb covered by a tree canopy before reaching Portage Rd.

Spectator Hot Spot #1 Note: The Dufferin Island section is a great spot for friends to cheer you on. They can access Dufferin Islands by a stairway at the north end of the Upper Rapids Parking Area.

Loop Section – 3km to 8.8km

The course then turns right on Portage Rd. and follows a coned lane north using the pedestrian pathway from Portage Rd to Murray Hill. This path runs along the Casino property at the top of the escarpment, making for a very scenic and completely traffic free experience. In order to access Murray hill, athletes will need to descend a set of stairs. There will be staff present to assist athletes where appropriate. At the bottom of Murray hill, the course then turns right onto the Niagara Parkway heading south back towards Kingsbridge park.

We will have a closed lane on the Parkway dedicated to the runners. You will pass scenic Table Rock and be able to hear the roar of Niagara Falls as you pass the American and Canadian Falls. The course continues in this coned lane passing the old Toronto Power Plant eventually passing Burning Springs Hill Rd. You will continue running on the Niagara Parkway towards Kingsbridge Park.

Back Section – 8.8km – 10.5km

The next 1.5km takes the runners along the Niagara Parkway, turning left into the parking right turn back into the Finish area where runners will enter the finishers/lap area.

Spectator Hot Spot #2 Note: This is really where all the action will be. Spectators will have an opportunity to see athletes leave T2 onto the run course, then see them again as they complete the first loop of the run and finally the FINISH!

2nd Lap – 10.6 – 21.1

At this point you will have the option of entering the finishers chute or heading out for lap 2 of the run course. You will repeat the above sections exactly as described above again.

FINISHING

After completing your 2nd lap of the run course you will this time take the Finisher's chute and run the final stretch towards the finish line!

Finishers Gear

The Finish Line is located in the heart of Kingsbridge Park adjacent to the splash pad and the large covered pavilion. There is plenty of space for friends and family in the park to cheer!

All finishers will receive a Finishers Medal and Headsweats Hat.

Awards

Awards are scheduled to take place at approximately 3:30pm.

1. For the Triathlon, medals will be awarded to the top 3 male and female athletes in each age group in 5 year increments.
2. In the Swim/Bike and Bike/Run awards are for 39 and Under and 40+ for both male and female athletes.
3. For Relays, the top 3 teams will be receive awards.

We hope this give you a through overview of what to expect on race weekend.

See you on race day!

Thank You To Our Event Sponsors

