



ATHLETE GUIDE

Calgary Wild Rose Women's Walk/Run and Triathlon

June 28th and 29th, 2025

This event is a Wild Rose Women's Event

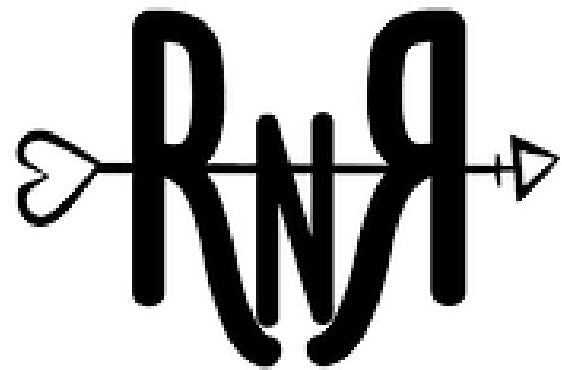
WILDROSEWOMENSEVENTS.COM





This triathlon is a perfect triathlon whether it is your first or you are a seasoned triathlete. This welcoming, supportive environment makes for the best triathlon experience around. In addition to swimming, biking and running on Sunday, we have added a 5km walk/run event on the Saturday, along with a beautiful yoga class. You will want to grab your girlfriends and make a fun weekend of it!

Wild Rose Women's Events puts on a number of events in and around Alberta each year. We are proud to bring you a professional event put on by women who have supported this community for the past 18 years. We certainly cannot do it without community and we thank you for your continued support.



In the spirit of respect, reciprocity and truth, we honour and acknowledge Moh'kinsstis, and the traditional Treaty 7 territory and oral practices of the Blackfoot confederacy: Siksika, Kainai, Piikani, as well as the Iyarhe Nakoda and Tsuut'ina nations. We acknowledge that this territory is home to the Otipemisiwak Métis Government of the Métis Nation within Alberta District 6. Finally, we acknowledge all Nations – Indigenous and non – who live, work and play on this land, and who honour and celebrate this territory.

This sacred gathering place provides us with an opportunity to engage in and demonstrate leadership on reconciliation. Thank you for your enthusiasm and commitment to join our team on the lands of Treaty 7 territory.

SATURDAY SCHEDULE

June 28 th (Saturday)

- 10:00am - 11:30am Race Package Pick Up (run and triathlon)
Bowness Park, 8900 48 Ave NW (Picnic Site 3)
- 12pm Wild Rose Women's 5km Run/Walk (must register)
Bowness Park, 8900 48 Ave NW(Picnic Site 3)
- 1:30pm - 2:30pm Yoga with Rose (this is “By Donation” on site)
Bowness Park, 8900 48 Ave NW (Picnic Site 3)
- 3:30 - 4:30pm Transition Walk Through and Pre-Race Q & A
YMCA Calgary at Rocky Ridge YMCA, 11300 Rocky Ridge Rd NW (transition area)
- 4:30pm - 5:30pm Race Package Pick Up (triathlon)
YMCA Calgary at Rocky Ridge YMCA, 11300 Rocky Ridge Rd NW (transition area)

SUNDAY SCHEDULE

June 29th (Sunday)

YMCA at Rocky Ridge, 11300 Rocky Ridge Rd NW

6:30am - 6:50am Race Package Pick Up

*we must close package pick up at 6:50am to get all data to the timing company. Please arrive closer to 6:30am to get your package.

7:00am - 7:45am Transition Check In

*all bikes must be checked into transition by 7:45am

7:45am Athlete Pre-Race Meeting

8:00am Race Start - Sprint Triathlon

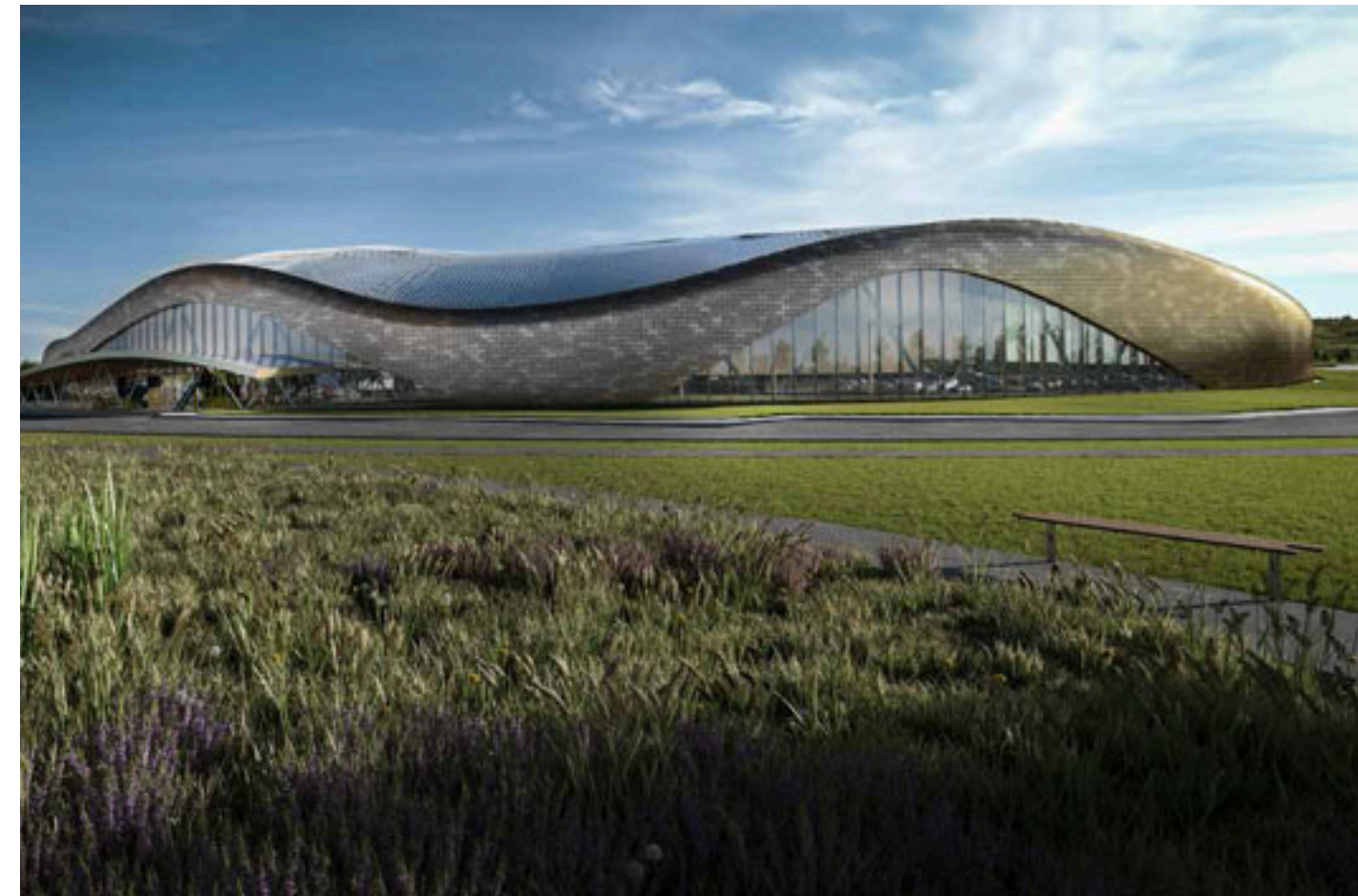
9:30am Race Start - Super Sprint Triathlon

12:00pm Race Site/Expo Closes

LOCATIONS



Bowness Park
8900 48 Ave NW
Calgary, AB



Rocky Ridge YMCA
11300 Rocky Ridge Rd NW
Calgary, AB

Saturday Walk/Run

Distance– 5km

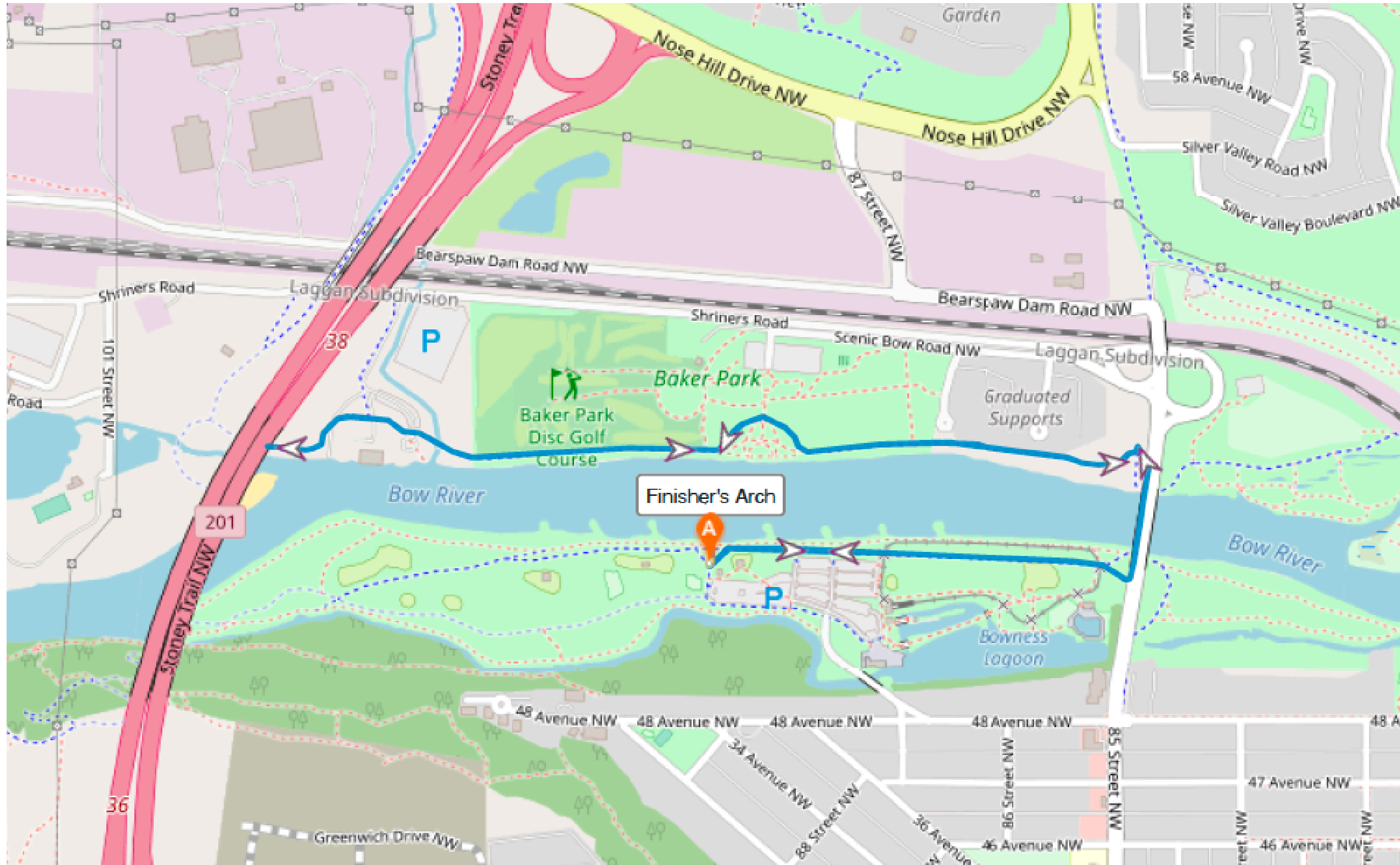
The Calgary Wild Rose Women's Walk/Run is an out-and-back walk/run on the beautiful pathways of Bowness Park. You will run along the Bowness River and the beautiful valley of Calgary.

This event is not timed and we encourage you to go at YOUR pace - whatever that may be. Walk. Run. Walk/Run. You chose. All participants will receive a race bib to wear (please wear this on the front of your shirt), a headband, and a finisher's medal.

After you cross the finish line you will be treated to a gourmet bowl of Stoked Oats!



SATURDAY WALK/RUN MAP



The Saturday Walk/Run is an out-and-back along a pathway.

It is a flat course with only 11m of elevation gain.

We will have water available at the turnaround.

TRIATHLON SWIM

Super Sprint Distance – 300m

Sprint Distance – 750m

Sprint Swim Cut-Off: 30 minutes from your start

Super Sprint Cut-Off: 15 minutes from your start

We will start four athletes per lane and you will complete either 12 lengths (Super Sprint) or 30 lengths (Sprint) of the pool. As each athlete exits the water, we will start the next athlete waiting on deck. Each athlete will cross the timing mat and walk to the lane that they are directed to by the volunteers. Athletes will slip (NO DIVING!) into the water to start their swim. Swim caps given at package pick up are not mandatory, nor is wearing one while you swim.

If you experience any trouble or difficulty during the swim, simply stop, raise your hand and a lifeguard will assist you.

Please note:

- You will line up by time (slowest to fastest) on deck before the swim. You DO NOT need email your swim time to race director.
- Always swim on the RIGHT side of the lane. If you are going to pass or be passed, wait until the end of the lap and stay to the right...faster swimmers will pass on your left.
- All athletes must wear the timing chip/band provided on race morning before the swim. You will not get a time without it.
- Ensure you start at the appropriate time frame/pace (volunteers will be on deck to assist you). We will line up slowest to fastest pace. Please DO NOT line up where you will be swimming faster than the other athletes.
- You may use any stroke that makes you comfortable, however no floatation devices can be used.
- Volunteers will count your lengths and will put a flutter-board in the water when you have 2 lengths remaining.
- Volunteers will have the final say on the number of lengths you have completed. Please do not argue with volunteers. They will notify you when you have 2 laps to go by placing a flutter-board in the water where you can see it.

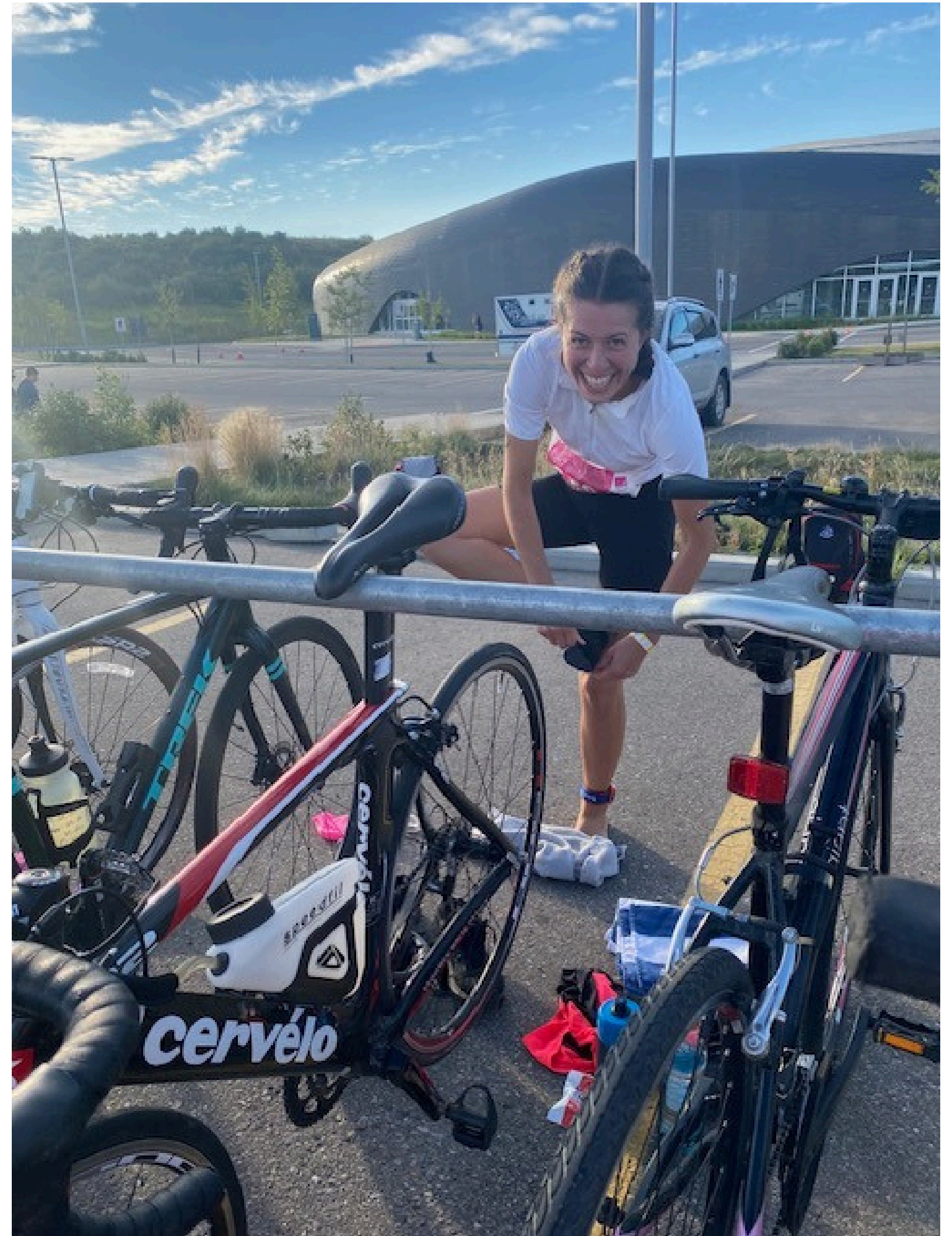


Transition 1

Swim to Bike

Upon completing the swim athletes will exit the Rocky Ridge YMCA from the designed door and run to the parking lot, to transition, where your bike will be located. The run will be barefoot as you will have just finished the swim. We will sweep the pathway so there are no rocks to step on (about 50m). You will put on your biking gear and head out onto the bike portion of the triathlon. You may not touch your bike until your bike helmet is on properly and the chin strap is done up.

As you leave transition you will be directed to WALK your bike until you reach the friendly volunteers at the MOUNT LINE. This is where you can get on your bike. For the safety of yourself and the volunteers you must wait until the mount line to get on your bike.



TRIATHLON BIKE

Super Sprint Distance - 10km

Sprint Distance - 19.5km

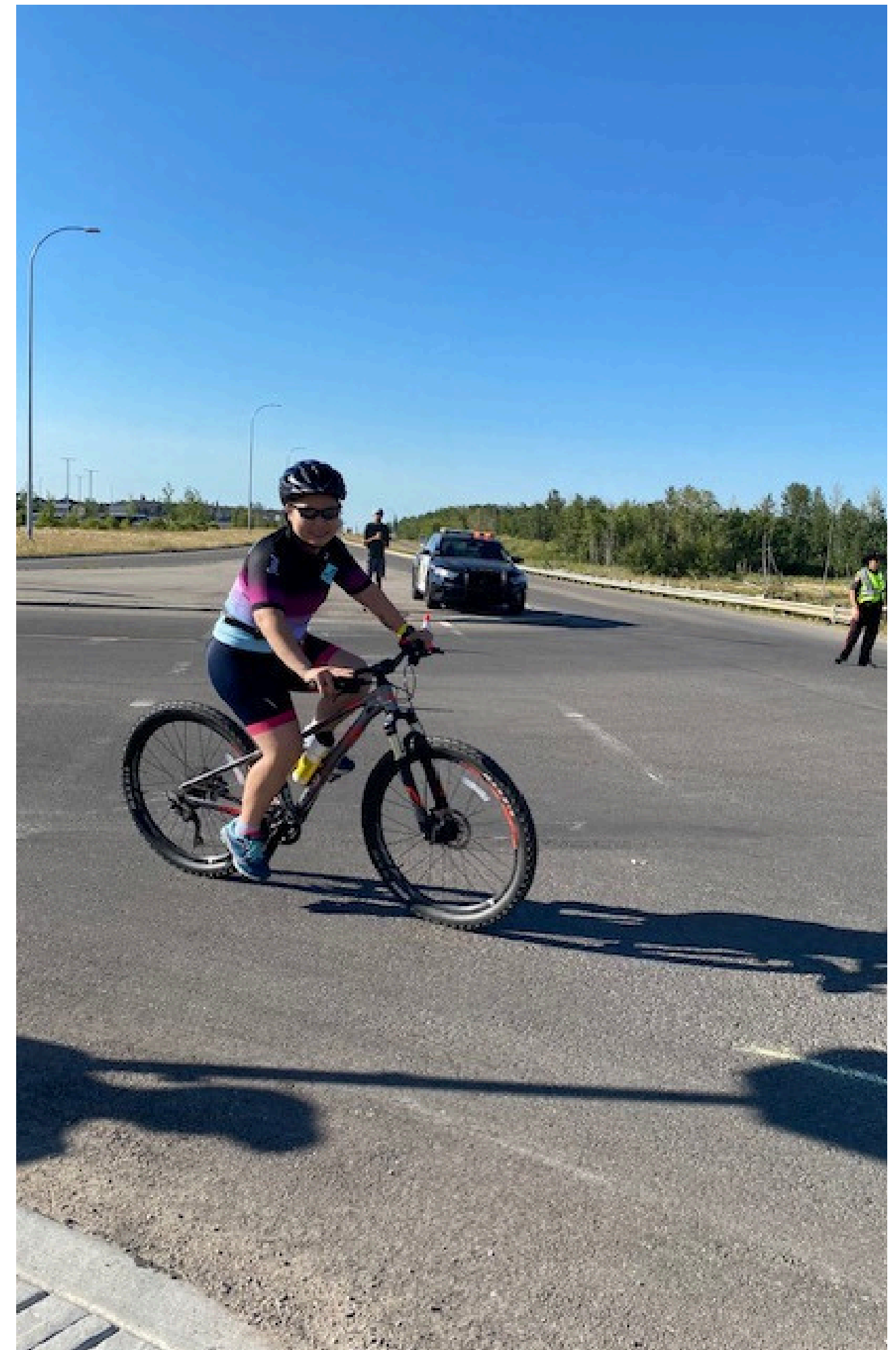
Bike Cut-Off: 30 minutes from the last person that starts the bike

Once you are on your bike you will follow the bike course route. Sprint athletes will complete 2 x 9.25km loops (for a total of 19.5km, while Super Sprint athletes will complete 1 x 9.25km loop. The bike course will be open to traffic so please be mindful and safe out there!

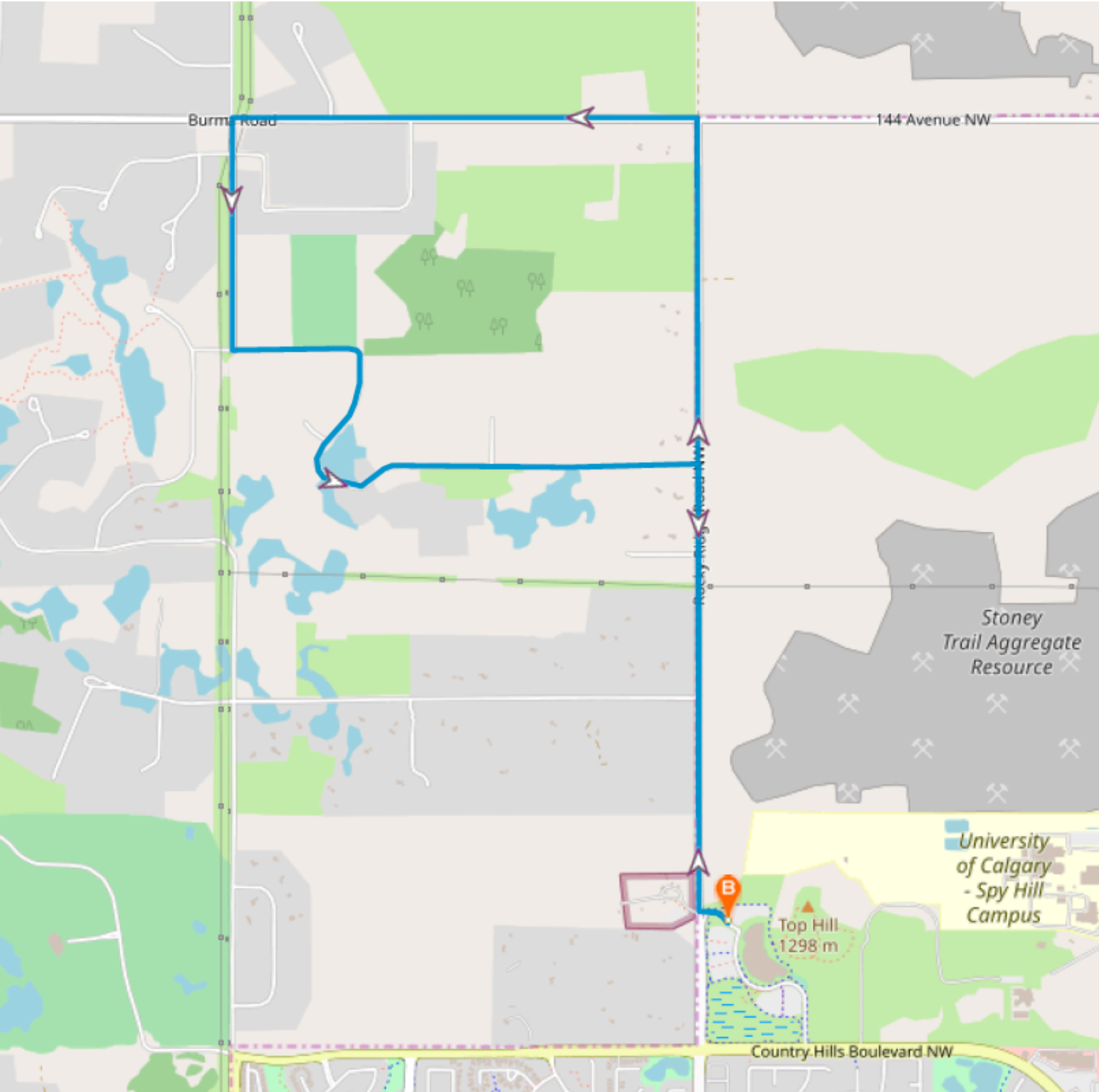
Here are a few safety rules/guidelines:

- always stay to the far right of the road
- NEVER cross the yellow centre line of the road
- listen to the volunteers or flag person when making turns. WAIT until they say it is safe to turn. If at any point a volunteer or flag person tells you to STOP, please do so immediately! Volunteers and flag persons are there for your safety. They must balance doing what is right for traffic and racers. THEY MAKE THE CALLS. Failure to listen to then will result in IMMEDIATE disqualification.
- stay 10m behind the riders ahead of you (if you come closer you are drafting which is not allowed). If you need to pass simply say, "on your left" and ride past them. Please give them enough space when you pull back in (ie. don't cut them off).

There will NOT be an aid station on the bike course; all participants MUST have a means to carry water with them.



TRIATHLON BIKE MAP



Km	Turn	Directions
0.000		Start on
0.118	➔	Turn right onto Rocky Ridge Road NW
2.878	➤	Turn left onto Burma Road
4.501	➤	Turn left onto Range Road 25
5.305	➤	Turn left onto Meadow Drive
7.572	➔	Turn right onto Rocky Ridge Road NW
9.127	➤	Turn left
9.243		FINISH

Super Sprint athletes will do 1 lap of the 9.25km bike course, while Sprint distance athletes will do 2 laps (for a total of 19.5km).

Elevation Gain: 46m (flat course)

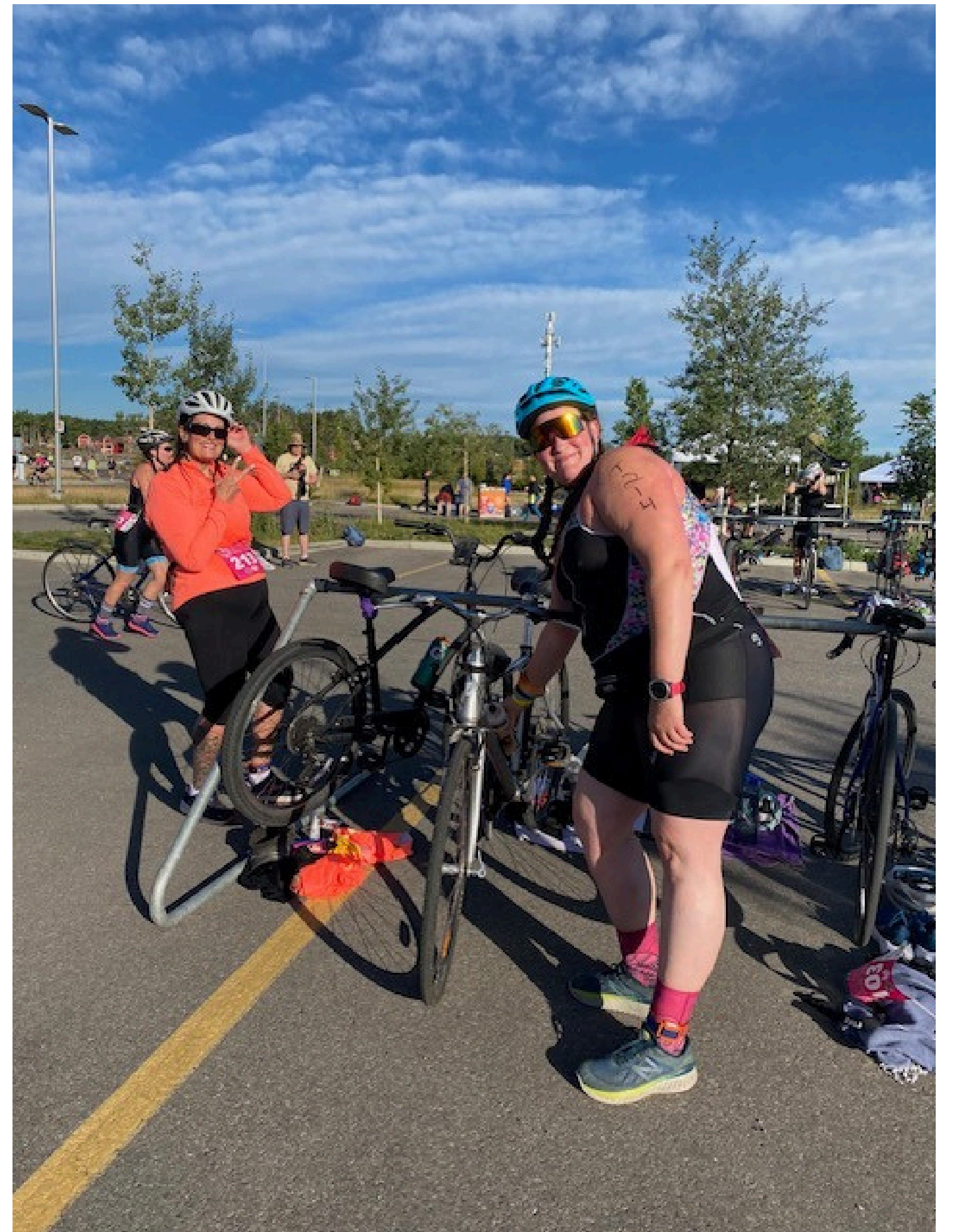
Terrain: road

Transition 2

Bike to Run

Upon completing the bike athletes will come upon the friendly volunteers at the DISMOUNT LINE. You will get off your bike just before the designated line and walk your bike back to spot on the bike rack you originally had. Once your bike is racked, you can then remove your helmet and change any clothes or shoes you need to before you head out onto the run.

Turn your race number belt around so your number is now on your FRONT.



TRIATHLON RUN/WALK

Super Sprint Distance – 2.5 km

Sprint Distance– 5 km

Run Cut-Off: 30 minutes from the last person that starts the run

Relax! You are on the run route. You can run or walk, run/walk but please no crawling (that is an actual rule! hahaha)

Super Sprint athletes will turn around on the pathway at 1.25km for a total distance of 2.5km, while Sprint athletes will turn around on the pathway at 2,5km for a total distance of 5km.

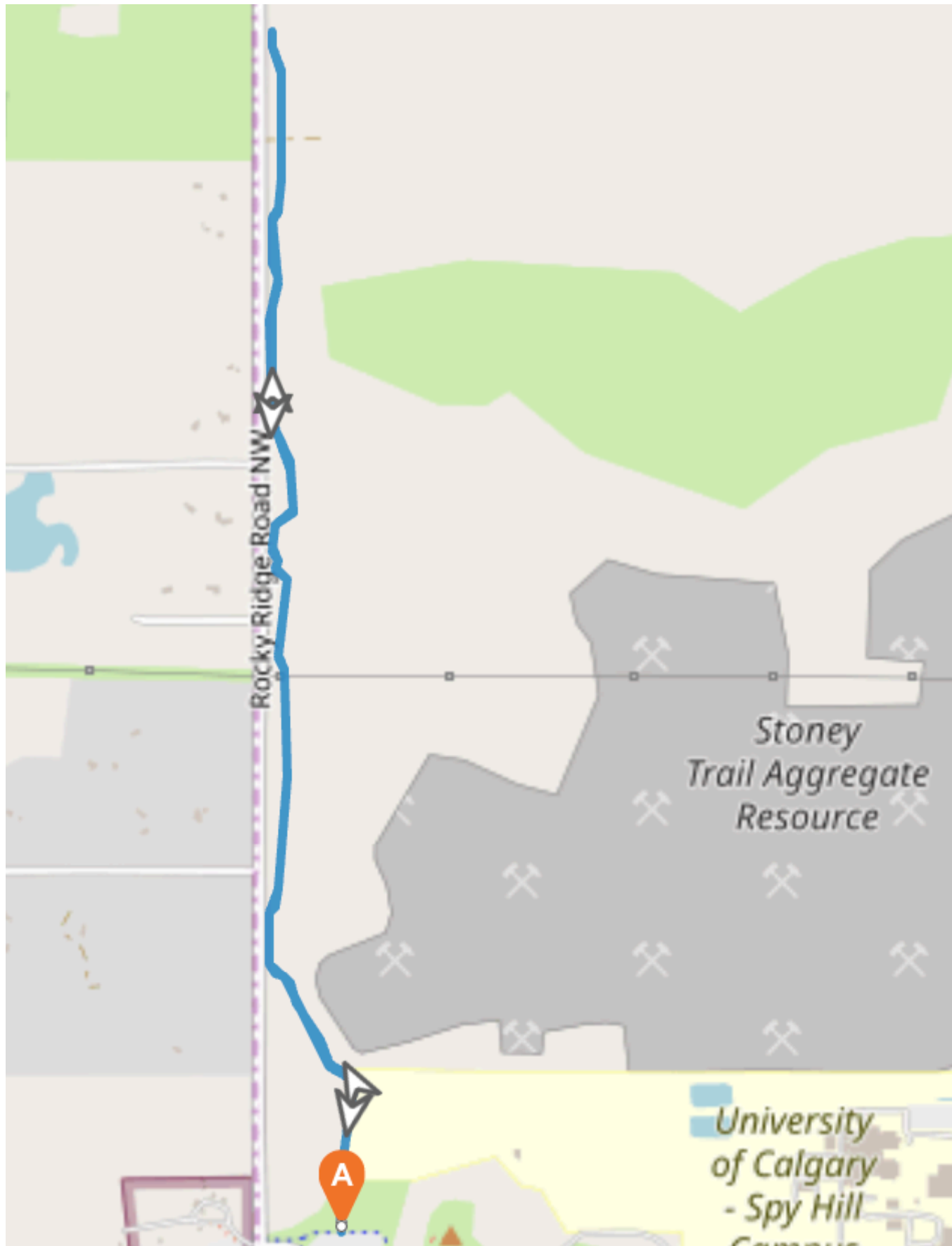
Please note, spectators are not permitted to run with you or be on course. We know some of your your little ones are excited to see you and want to run with you however, for insurance purposes they cannot.

There will be an aid station (with water and electrolytes) at the 1.25km turnaround for the Super Sprint Distance. Sprint Distance athletes will access this aid station twice!

As you near the finish line, finish strong and ensure your race number is on your front so the race announcer can call out your name. You are a triathlete!



TRIATHLON RUN/WALK MAP

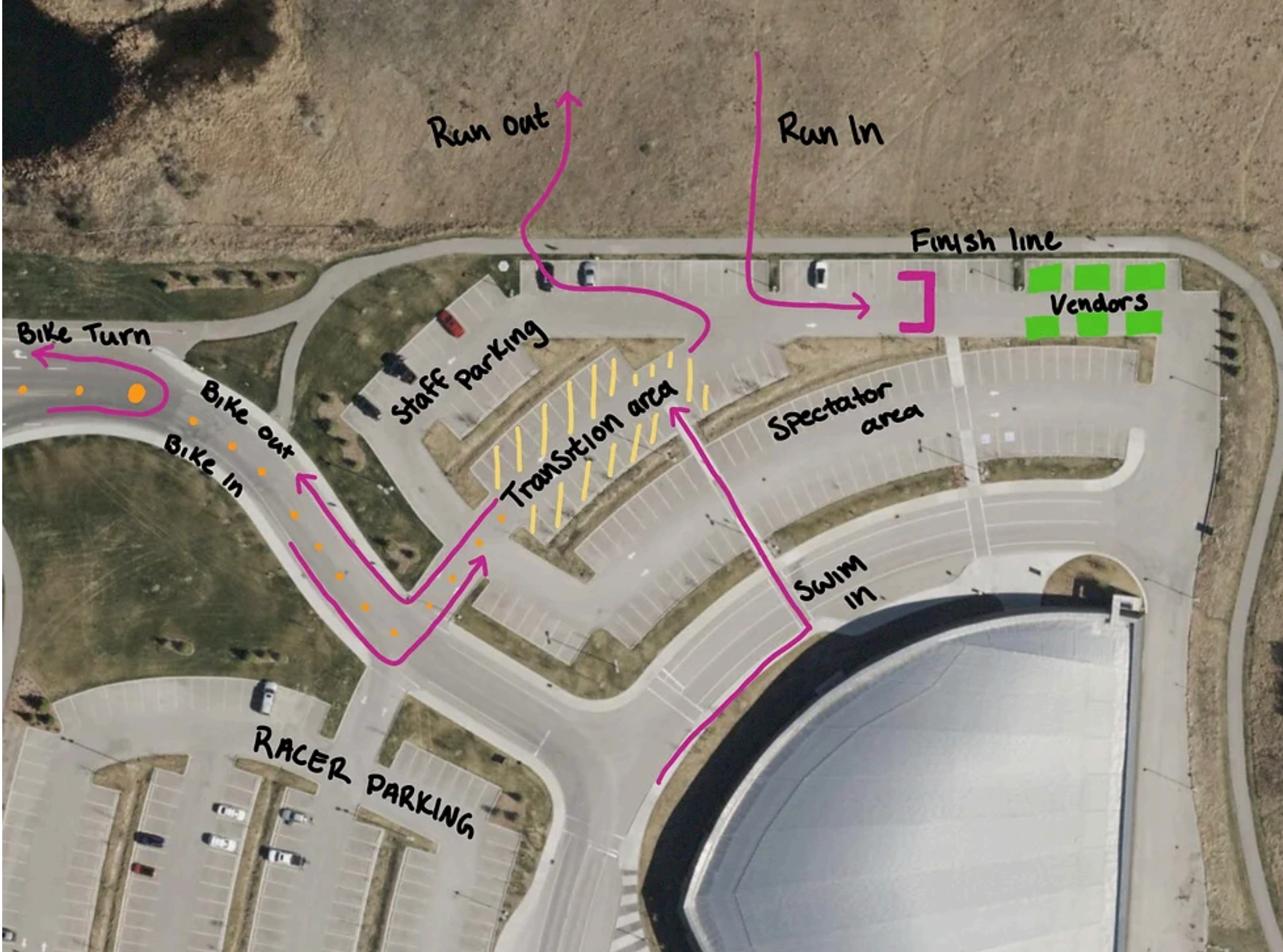


Super Sprint will do 1 lap for a total of 1.25km.
Sprint Distance will do a longer lap for a total distance of 5km.

Elevation Gain: 19m (rolling hills course)

Terrain: trail and pathway

TRANSITION MAP



TRIATHLON SPECIFIC RULES

Here are a few rules you may not know:

- you are not allowed headphones at any point during your triathlon (this is to help keep you safe so you can hear volunteers and officials). Please note, this includes speakers as well.
- you must wear your number on your BACK while you bike, and your FRONT when you run. A race belt allows you to accomplish this without having to take the time to re-pin your jersey
- no friends, family, etc are allowed in transition with you. This avoids overcrowding in the small area.
- Wild Rose Women's Events allow all types of pedal bikes to be used during a triathlon (mountain bike, fat bike, e-bike, triathlon bike, road bike, cruiser, etc.)
- you may run in transition (but just be mindful of other participants), however, you may not ride your bike in transition. You must walk or run your bike to the mount like to start your bike. You will be asked to dismount your bike before entering transition as well.
- if you are touching your bike, you must be wearing your helmet

RESULTS AND PHOTOS

RESULTS:

Results are done by Startline Timing.

<https://startlinetiming.com/>

Results posted immediately after the event are preliminary results. Please allow 24 hours for for final results to be posted. If at that time you feel your time is incorrect, please email operations@startlinetiming.com and explain what the issue is.

Please note, Wild Rose Women's events, the race director, the staff, etc. do not have access to change or update the results in any way.

Photos:

We always have incredible photographers who capture the day! The photos can take up to a week to sort, edit and upload. We will email a link to all participants as soon as they are ready. We know you are excited to see them as are we!

Transferring Your Entry To Another Distance or Another Participant

If you would like to change distances or transfer your entry to another participant; the deadline to do this is June 28th, 2025.

Step 1: Go to

WILDROSEWOMENSEVENTS.COM

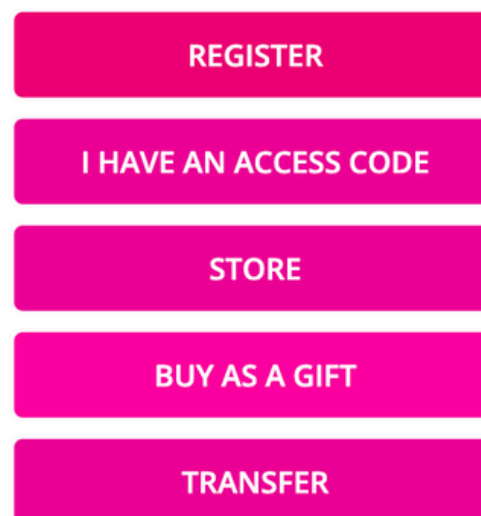
Step 2: Click Calgary Wild Rose Women's Triathlon

Step 3: Click any of the buttons that say REGISTER

Step 3: On the right hand side below the logo, click TRANSFER

Step 4: Choose TRANSFER TO A NEW SUB-EVENT or TRANSFER TO A NEW PARTICIPANT

Step 4: follow prompts to complete transfer.



Transfer your registration

What kind of transfer do you want to initiate?



Transfer to a new sub-event

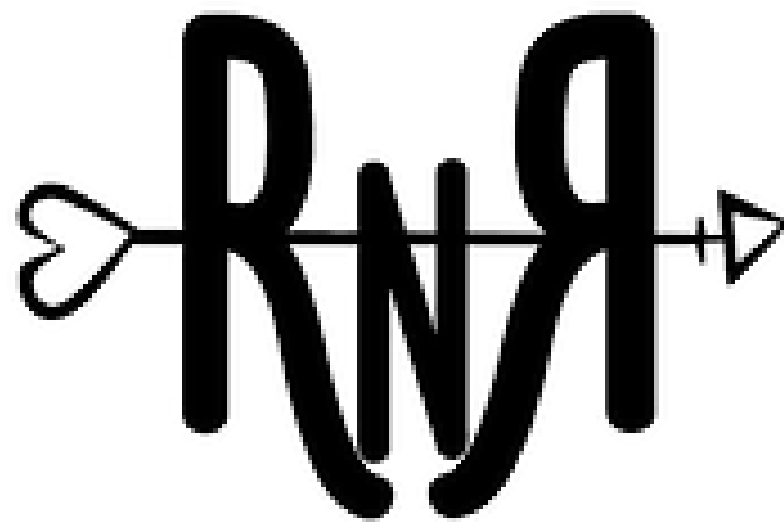


Transfer to a new participant

We look forward to seeing you!

If you cannot find the answer to your question, please email race director,
Richelle Love at tritrichelle@gmail.com

We are always looking for volunteers. If you know someone who would like to volunteer or you can volunteer at package pick up please head to WILDROSEWOMENSEVENTS.COM, go to your event and click the VOLUNTEER tab at the bottom of the page.



For other great events go to
WILDROSEWOMENSEVENTS.COM
or
RNRPREMIEREVENTS.COM

