



# ADULT / JUNIOR TRI AND 5KM FUN RUN

## FREQUENTLY ASK QUESTIONS

### PRERACE

**Q: At what number are the participant capped?**

**A:** 165 - Junior / Adult Sprint & Adult Tri-It combined.

**Q: What are the distances for each event?**

**A:** Sprint – Swim 750 meters (30 lengths), 20 km bike (out and back), 5 km run (2 loops).

**A:** Tri-It – Swim 300 meters (12 lengths), 10 km bike (out and back), 2.5 km run (1 loop).

**A:** 5km Fun Run – 5 km run (2 loops).

**Q: How do I register?**

**A:** Through the Race Roster registration system at <https://raceroster.com/events/2022/57445/stettler-triathlon-and-5km-fun-run-2022>. Additional info at <http://www.stettlertri.com/registration/>.

**Q: I don't want to use a credit card to register, can I use Interac?**

**A:** If you wish to use E-mail Interac Debit payment contact the Race Organizer at [joel.norman@stettlertri.com](mailto:joel.norman@stettlertri.com) to arrange it.

**Q: Upon the completion of registration will athletes receive an e-mail confirmation?**

**A:** Yes, upon registering for our Triathlon you'll receive an email that confirms your place in the race from Race Roster.

**Q: What is included in my triathlon race entry?**

**A:** Finishers custom towel, finishers medal, silicon swim cap, post-race snacks/food, race bib, chip timing and access to the rec. center, entry to lots of great draw prizes and an overall great race experience.

**Q: What is included in my 5km Fun Run race entry?**

**A:** Finishers custom towel, finishers medal, post-race snacks/food, race bib, chip timing and access to the rec. center, entry to lots of great draw prizes and an overall great race experience.

**Q: Where do any race proceeds go?**

**A:** Back into the race to improve it for future years. The race is volunteer based, and time and effort is donated by our outstanding volunteer group.

**Q: Is the triathlon race sanctioned by Triathlon Alberta?**

**A:** Yes, they will provide race officials on race day.

**Q: Do I require a Triathlon Alberta membership?**

**A:** Yes, All Junior and Adult athletes participating must be either a [2022 Annual Member](#) of the Alberta Triathlon Association (ATA) or purchase a [Day Membership \(Click for link\)](#) for the Stettler Triathlon. Memberships must be purchased prior to race day.

**Q: When can we pick up our race packages? Where do we pick them up?**

**A:** The Saturday before the race 12:00pm to 7:00pm. Sunday Race Morning 6:30 am to 7:15am. We recommend picking up the package the night before if it is possible. Pick up desk is inside the [Stettler Rec. Center – 6202-44 Ave., Stettler, Alberta, T0C 2L0](#)

**Q: Where can I find the race information package with maps?**

**A:** <http://www.stettlertri.com/race-info/>



## ADULT / JUNIOR TRI AND 5KM FUN RUN FREQUENTLY ASK QUESTIONS

**Q: What date do I have to register by to guarantee my event towel?**

**A:** June 1

**Q: Can I change from one event to another?**

**A:** Yes, provided there is space available in the race you're looking to switch into. E-mail the Race Organizer at [joel.norman@stettlertri.com](mailto:joel.norman@stettlertri.com).

**Q: What are the age categories?**

**A:** Categories in 5 year age groups: Junior 16 to 19, Adult 20-24, 25-29, 30-34, 35-39, 40-44.....65-69, 70 and over.

**Q: I'm injured or can't make it - Can I get a refund?**

**A:** If you are unable to attend or get injured prior to the race you can get a 50% refund of your entry fee if notified by June 25 or roll your entry over to the next year's race.

**Q: I'm coming from out of town, where should I book a room?**

**A: Hotels**

The Canalta Hotel in Stettler is offering a discounted hotel rates and the Ramada Hotel is offering a discounted hotel rates. Both locations are close to our event. **Discounts are not available through the online booking system. Call the numbers below** and use the Group Name "Stettler Triathlon" when booking. Pricing is only in effect while room availability lasts.

Canalta Bookings – Call 1-403-742-3371 [Canalta Stettler](#)

Ramada Bookings – Call 1-403-742-6555 [Ramada Stettler](#)

**A: Camping**

The closest camp site to the event is the [Town of Stettler Lions Campground](#). You can easily walk or bike over to the rec. center is less than 5 minutes. Another good option is [Prairie Junction RV Resort](#) – it has lots of amenities.

**Q: What if I don't want to keep my swim cap?**

**A:** You can return it so we can clean them and recycle them for future use. When you return it you will get a ticket for a draw for a \$50 gift card.

**Q: Will athletes receive confirmation they are entered?**

**A:** Yes, upon registering for our race you'll receive an email that confirms your place in the race.

**Q: I want to try to qualify for the 2023 worlds in Hamburg, Germany. What is the process?**

**A:** See our website for the latest information. <https://www.stettlertri.com/2023-sprint-world-qualifying/>



## ADULT / JUNIOR TRI AND 5KM FUN RUN FREQUENTLY ASK QUESTIONS

### RACE DAY

**Q: What is the location of the event?**

**A:** [Stettler Rec. Center – 6202-44 Ave., Stettler, Alberta, T0C 2L0](#)

**Q: Where is the best place to park?**

**A:** At the Stettler Rec. Center.

**Q: What time does transition open?**

**A:** Opens 6:30am and closes 7:50am

**Q: What time do the races start?**

**A:** The 5km fun run starts at 7:50am. The Adult Sprint starts at 8:00am, next is the Junior Sprint followed by the Tri-It. Swim start times will be e-mailed out the day before the race and posted on race day. Race day schedule can be found on our web page at <http://www.stettlertri.com/race-day-schedule/>

**Q: I have a bike issue race morning – is there any way to get help?**

**A:** Wipeout Ski and Bike will be setup near transition providing bike support.

**Q: Where does the swim take place?**

**A:** At the Stettler Rec. Center 25 meter pool with 3 to 4 athletes per lane.

**Q: How do the swim lanes get loaded?**

**A:** The first 5 lanes start and as a lane becomes free another lane is loaded with swimmers.

**Q: Can I warm up in the pool before the race?**

**A:** No, due to limited Sunday morning pool access, setup time, and lifeguard restrictions on race morning.

**Q: How will I know what time I start?**

**A:** It will be e-mail out before the race and will be posted in the rec. near the pool entrance door.

**Q: Where do I get my timing chip?**

**A:** As you enter the pool deck for your swim start a volunteer will put it on for you. This prevents going over the timing mats prior to your race start.

**Q: Do I have to return my timing chip?**

**A:** Yes, volunteers will take off the chip after you cross the finish line.

**Q: What is the quality of the pavement on the bike course?**

**A:** The overall quality of the pavement is good and the traffic is usually light on Sunday mornings. There is one train track crossing that is detailed in the race maps.

**Q: Is the bike course swept?**

**A:** The transition area and the bike course corners are swept.



## ADULT / JUNIOR TRI AND 5KM FUN RUN

### FREQUENTLY ASK QUESTIONS

**Q: What finishing awards are given out?**

**A:** Yes! The top 3 males overall and the top 3 females overall. These will be given out after all of the races are complete – Usually around 1:00pm but will be updated on race day.

**Q: Do all participants receive a finisher's medal?**

**A:** Yes.

**Q: Are there water stations?**

**A - Bike:** You can get water bottle if you stop at the bike 10km turnaround.

**A - Run:** When you exit transition on the run, and at the run loop crossing both directions. See the run maps for more details.

**Q: Is there lockers to store bags and items?**

**A:** Yes, in the rec. center pool change rooms. The cost is 50 cents to lock them.

**Q: Where are the washrooms?**

**A:** Inside the rec. centre in the pool change rooms, in the main hall and near the rink entrances.

**Q: Can I run across the finish line with a friend or family member?**

**A:** No, this is a Triathlon Alberta Rules due to previous safety concerns.

**Q: Can I wear headphones during the race?**

**A:** No, due to athlete safety concerns.

**Q: How difficult is the course?**

**A:** The course is relatively flat with only a few turns and a few small hills on the bike leg. The run is flat with no climbs.

## POST RACE

**Q: Where will the results be posted?**

**A:** Ongoing results will be posted on the exterior of the rec. center. Ongoing results will be uploaded to Racepro's web site at <http://racepro.ca/races/stettlertri/>.

**Q: Are snacks and food provided after the race?**

**A:** Yes, food and snacks are available for athletes and volunteers.

**Q: What time do the awards start?**

**A:** The awards start around 1:00pm. Top 3 males overall, top 3 females overall and few special awards.

**Q: Are there any post-race prize draws?**

**A:** Yes – there are lots, prize draws happen after the awards are completed. The grand prize is a Garmin Triathlon watch. You have to be present to claim your prize if your name is drawn.

**Q: What if I don't want to keep my swim cap?**

**A:** You can return it so we can clean them and recycle them for future use. When you return the cap you will get a ticket for a draw for a \$50 gift card.

**Q: I still have more questions – where can I get answers?**

**A:** If you can't find an answer to your questions in on our website [www.stettlertri.com](http://www.stettlertri.com), race package posted on the race info section of the website or the FAQ e-mail the race director Joel Norman at [joel.norman@stettlertri.com](mailto:joel.norman@stettlertri.com).