



ADULT / JUNIOR TRI AND 5KM FUN RUN

FREQUENTLY ASK QUESTIONS

PRERACE

Q: At what number are the participant capped?

A: 150 - Junior / Adult Sprint & Adult Tri-It combined. There a 10 spots for mixed relay teams.

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/2023/73063/stettler-triathlon-2023> .

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 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 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 5K Run race entry?

A: 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: Are finishing t-shirt included?

A: In an effort to reduce the cost of the race entry we have made the finishing shirts optional. They are not included in the race registration price above but can be added on for \$25 in the registration system. Shirts are available as an add on until Thursday June 23, 2023.

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 [2023 Annual Member](#) of the Triathlon Alberta 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 1:00pm 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](#)



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

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

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.

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: There are no refunds for the race entry. If you are unable to attend or get injured prior to the race you can get a 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

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: 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: Should I bring my own water bottle?

A: Yes, we have lost of water jugs and the rec. center has a water bottle fill station. We are trying to reduce our one time plastic waste.

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/>



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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 bumpy and is detailed in the race maps.

Q: Is the bike course swept?

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

Q: What finishing awards are given out?

A: Yes! The top 3 males overall and the top 3 females overall. There will also be Triathlon Provincial Medals for the top three in each age group. These will be given out after all 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.



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

A: No, this is a Triathlon Alberta Rule 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 after the completion of all races - around 1:00pm.

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 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: We do all we can to reduce waste. You can return it so we can clean them and recycle them for future use. We give \$2.00 back for each swim cap return.

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, 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.