



KIDS OF STEEL FREQUENTLY ASK QUESTIONS

PRE RACE

Q: What is the race participant limit for the Kids of Steel (KOS) triathlon?

A: 85 Kids Total

Q: What are the distances for each event?

A1: KOS 6-7 – Swim 50 meters (2 lengths), 1 km bike (out and back), 500 m run.

A2: KOS 8-9 – Swim 100 meters (4 lengths), 5 km bike (out and back), 1 Km run.

A3: KOS 10-11 – Swim 150 meters (6 lengths), 5 km bike (out and back), 2 Km run.

A4: KOS 12-13 – Swim 300 meters (12 lengths), 10 km bike (out and back), 2.5 Km run.

A5: KOS 14-15 – Swim 300 meters (12 lengths), 10 km bike (out and back), 2.5 Km run.

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 Director 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.

Q: What is included in my 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: Where do the 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 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 5:00pm. Sunday Race Morning 6:30 am to 9:15am. Pick up desk is inside the [Stettler Rec. Center – 6202-44 Ave., Stettler, Alberta, T0C 2L0](#)

Q: When can I find the race information package with maps.

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

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

A: June 1



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Q: Can I change from one event to another?

A: Yes, Kids may choose to race down a distance but will not be eligible for placement in the Triathlon Alberta Point Series. Example: Your child is 12 but want to race 150m swim, 5km bike and 2 km run. Please email the race director after registration to inform them of the request at joel.norman@stettlertri.com.

Q: What are the Kids of Steel age categories?

A: Categories are: KOS 6-7, KOS 8-9, KOS 10-11, KOS 12-13 & KOS 14-15

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 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 Camp Ground](#). You can easily walk or bike over to the rec. center is less than 5 minutes. Another good option is [Prairie Junction RV Resort](#)

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.

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 for the Kids Race?

A: Open at 6:30am and closes at 9:30am

Q: What time do the races start?

A: Approximately 10:30am – Race day schedule can be found on our web page at <http://www.stettlertri.com/race-day-schedule/>
. Races work down from oldest to youngest.



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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 for your race 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.

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 and the top 3 females in each KOS age category. These will be given out after all of the races are complete – Usually around 12:30pm but will be updated on race day.

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

A: Yes.

Q: Are there water stations?

A: 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 room. 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 members?

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 overall is very flat.



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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 it 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, 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.