

Calgary Wild Rose Women's Triathlon and Walk/Run

June 21st, 2026

ATHLETE GUIDE

WILDROSEWOMENSEVENTS.COM





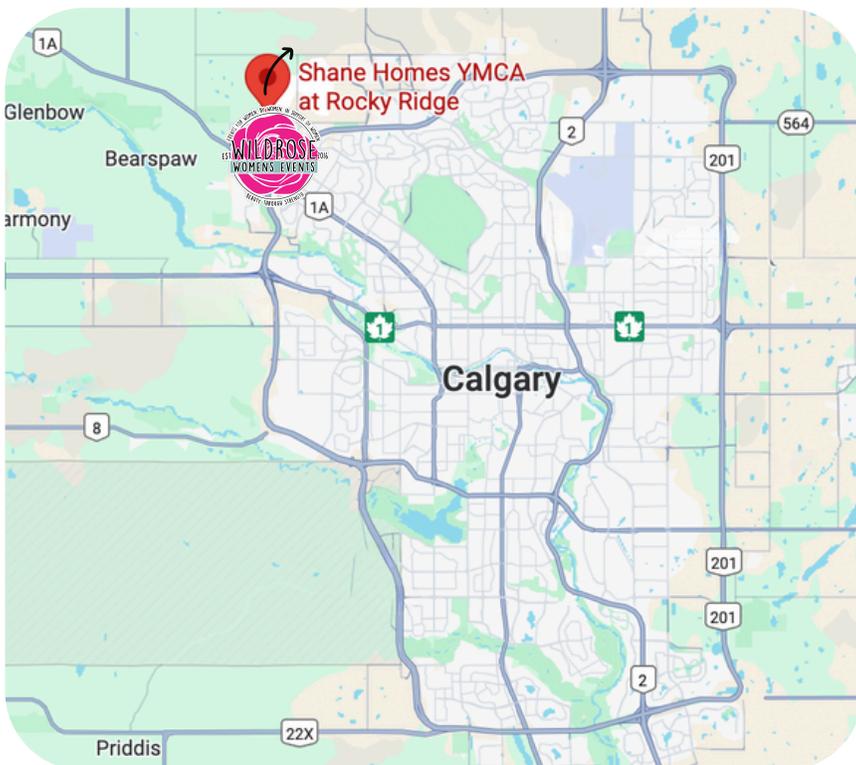
This triathlon is a perfect triathlon whether it is your first or you are a seasoned triathlete. This welcoming, supportive environment makes for the best triathlon experience around. In addition to swimming, biking and running on Sunday, we have added a 5km walk/run event on the Saturday, along with 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 and beyond 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.

LOCATION

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 Iyarde 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.



Rocky Ridge YMCA

11300 Rocky Ridge Rd NW
Calgary, AB



SATURDAY SCHEDULE

June 20th (Saturday)

3:30 – 4:15pm Yoga with Rose Serpico (by donation on site)

Location TBD

4:30pm – 5:45pm OPTIONAL: FREE Transition Walk Through and Pre-Race Q & A
Rocky Ridge YMCA (11300 Rocky Ridge Road NW) – parking lot

*we highly recommend you attend this to ask all of your triathlon specific questions. We will also be walking through the flow of the day for Sunday so you are more familiar with what you are doing and where you are going. The TRANSITION WALK THROUGH AND PRE-RACE Q&A will help answer all of your questions and be an opportunity to see where you park, the pool, the transition area and more. We will also be answering all of your questions about triathlon such as how to do a transition! If you have questions, you need to be there! It will be led by Richelle Love (race director).

Please note: we will not be riding or running the course but we recommend you do so so you are familiar with the course. Although we will have signage and volunteers, it is your responsibility to know the course.

6:00pm – 7:00pm Package Pick Up

Rocky Ridge YMCA (11300 Rocky Ridge Road NW) – parking lot

SUNDAY SCHEDULE

June 21st (Sunday)

Rocky Ridge YMCA (11300 Rocky Ridge Road NW)

6:30 – 6:45am Triathlon Late Package Pick Up

*we must close package pick up at 6:45am 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 Triathlon Pre-Race Meeting

8:00am Race Start – Sprint Triathlon

9:00am Race Start – Super Sprint Triathlon

10:30am – 11:30am Walk/Run Late Package Pick Up

11:50am Walk/Run Pre-Race Meeting

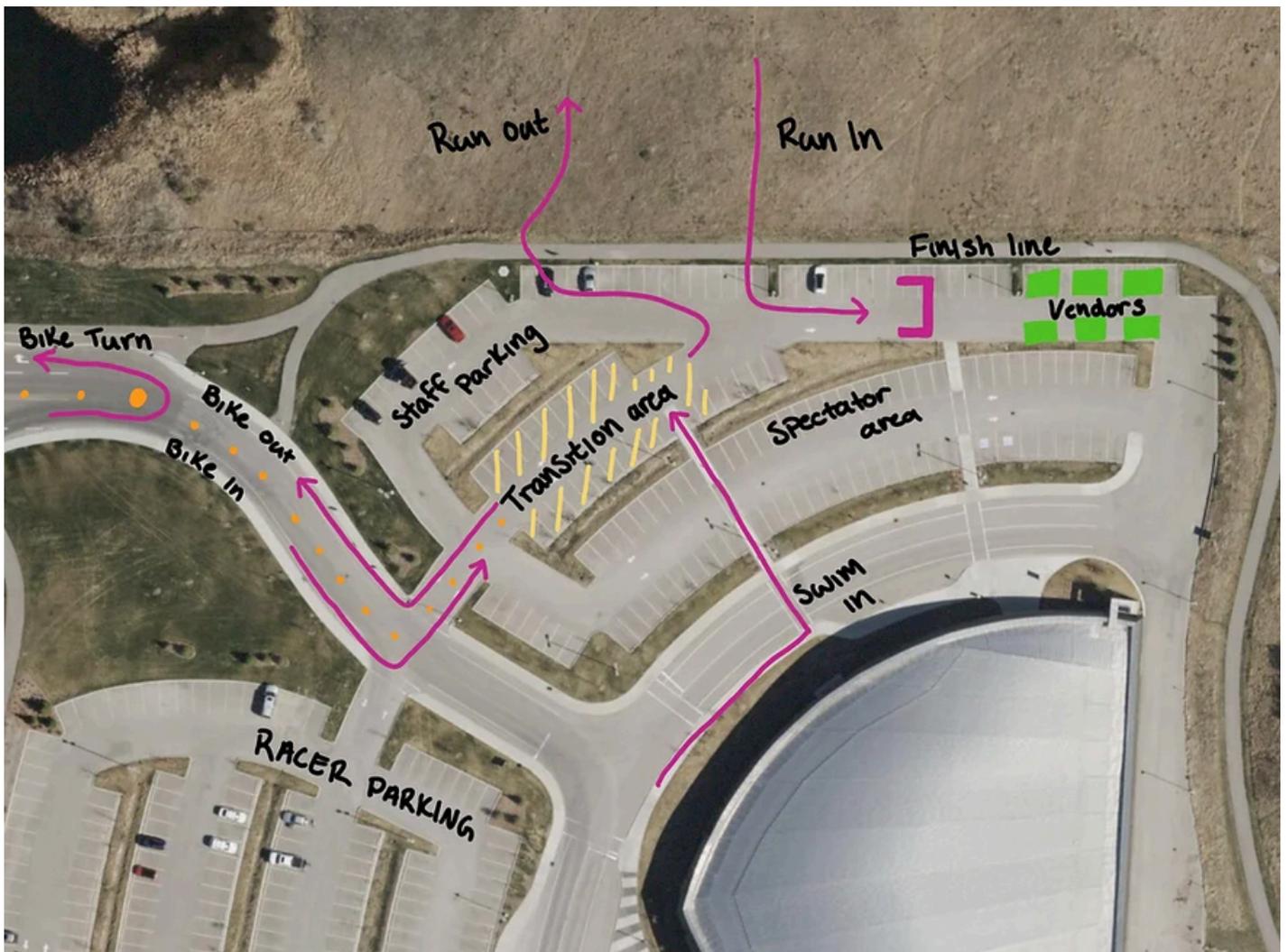
12:00pm Race Start – Walk/Run

2:00pm Race Site/Expo Closes

TRANSITION MAP

This is where package pick up will take place as well as the pre-race walk through.

On race morning you and spectators will not be able to park in the transition area (note: racer parking).



TRIATHLON SWIM

Super Sprint Distance – 300m
Sprint Distance– 750m

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 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 - 11.25km

Sprint Distance - 22.5km

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 them 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.

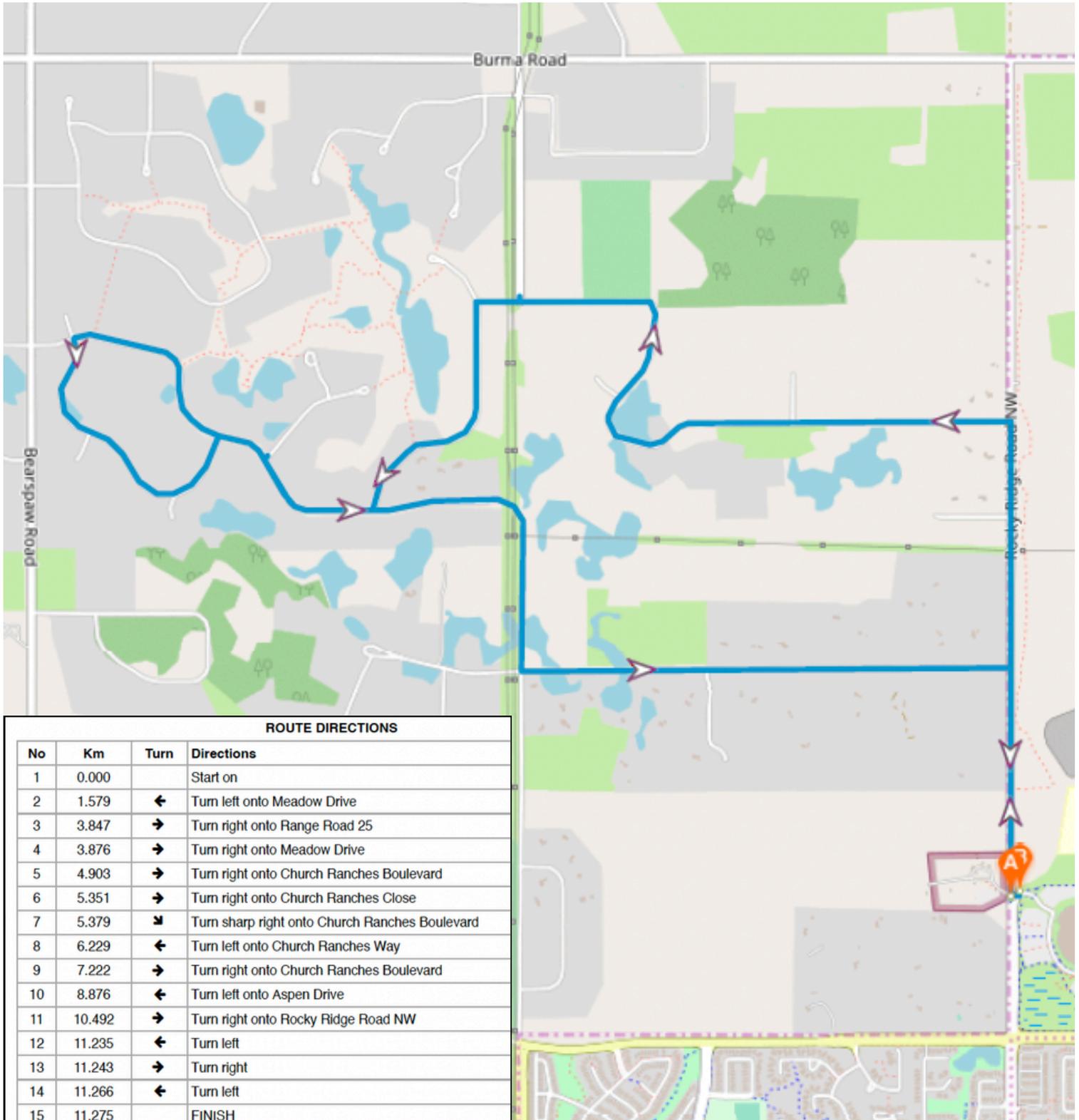


TRIATHLON BIKE MAP

Super Sprint athletes will do 1 lap of the 11.25km bike course, while Sprint distance athletes will do 2 laps (for a total of 22.5km).

Elevation Gain: 30m (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

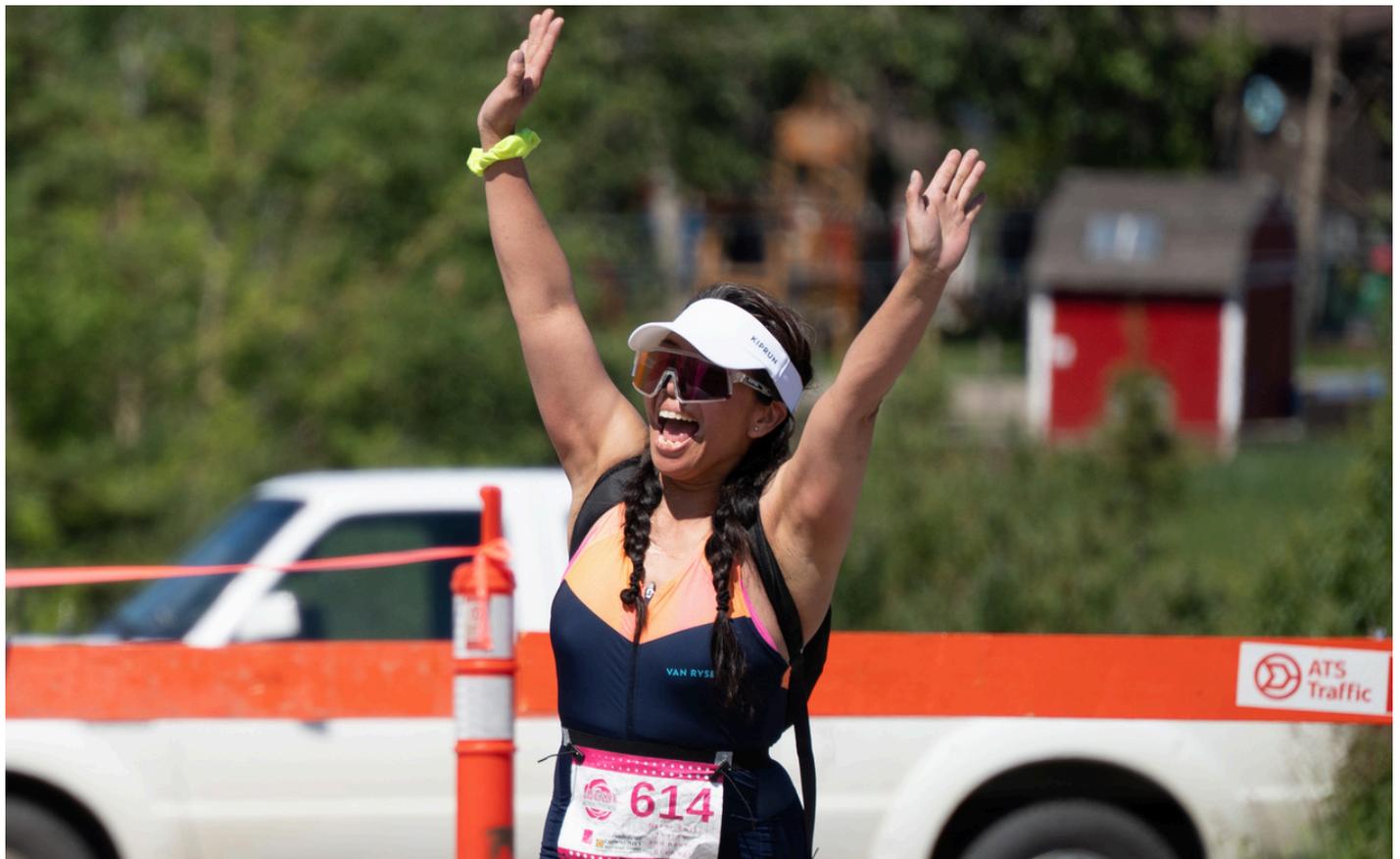
Super Sprint Distance – 2.5 km
Sprint Distance – 5 km

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!



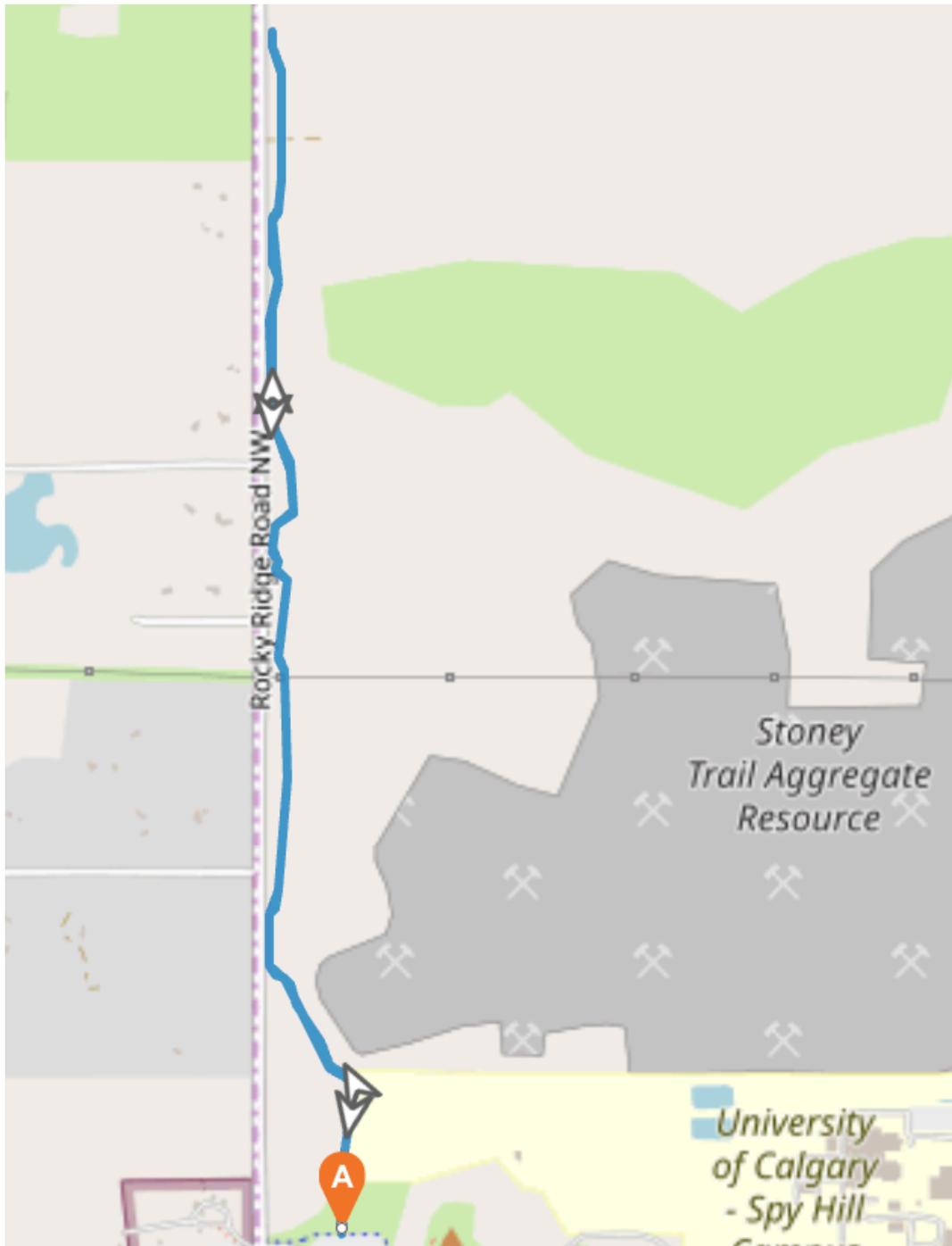
TRIATHLON RUN/WALK MAP

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

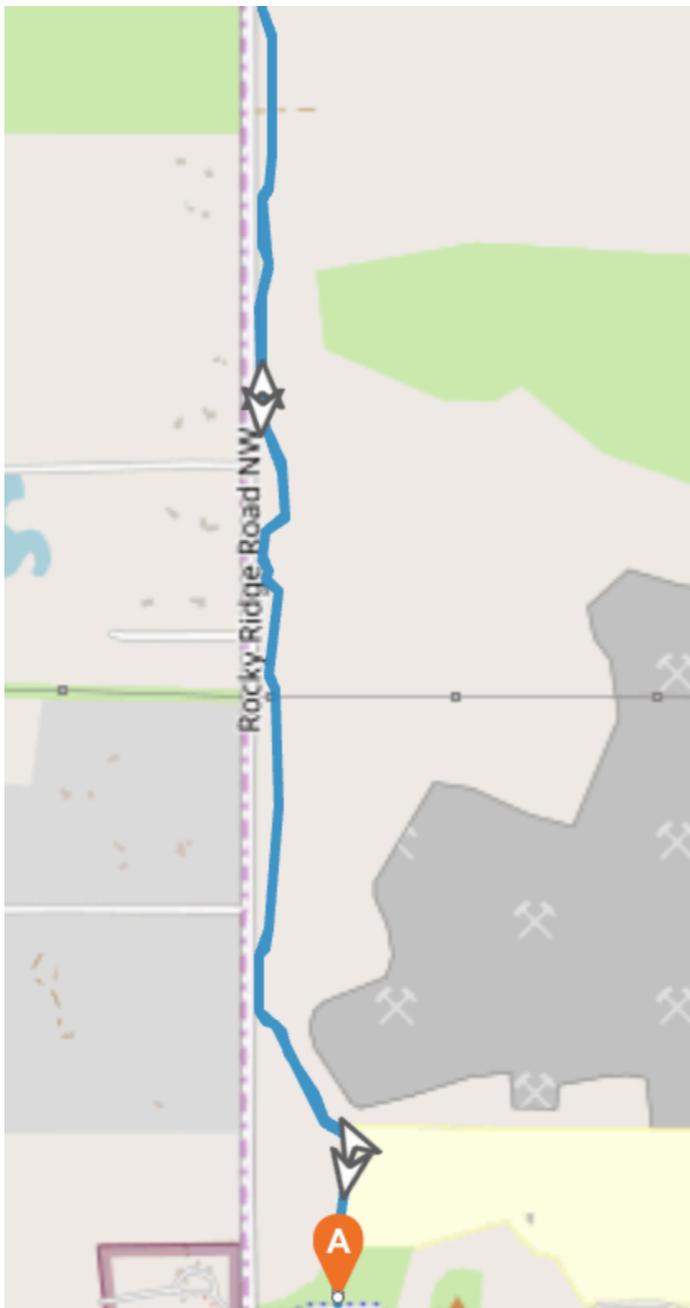


Walk/Run

Distance— 5km

The Calgary Wild Rose Women's Walk/Run is an out-and-back walk/run on the beautiful pathways on the same course as the Calgary Wild Rose Women's Triathlon.

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.



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

TRANSITION FAQ

What time does transition open in the morning?

Transition opens at 7:00am.

What can I bring into transition?

1. yourself (NO ONE ELSE!)
2. your bike
3. a small bag with all of your things – Tupperware containers, buckets, bins, chairs, stools and yoga mats are not permitted in transition

Can I reserve a spot in transition?

No, you may not reserve or hold spots for friends in transition. Spots are first come, first serve. We must fit 6 bikes per rack and we will have volunteers ensuring this is the case. Things can get a little tight.

Can I mark my spot?

You may not mark your spot in any way. A great way to find your spot is to count what number of bike rack you are on so when you run into transition it can help you locate your spot.

Are bike pumps allowed in transition?

You may use your own pump only if it is removed from transition prior to the race start.

Can I get changed in transition?

You can put clothes over top of your bathing suit but you MAY NOT undress in transition (nudity is an actual rule violation). Even if you wrap a towel around yourself, we cannot allow it. Part of triathlon is riding your bike a little bit wet. Embrace it!

SWIM FAQ

What if I can't swim. Can I still do the race?

The swim portion is mandatory. We encourage you to register for the distance you know you will be able to complete the swim.

What strokes are allowed?

Any stroke is allowed! Even if it is not technically a real stroke! You just cant walk.

Can I stop at the end of the pool and rest during the race?

Absolutely! Stop, take rest and catch your breath. Just tuck into the corner so you do not impede the other swimmers in your lane.

Can I swim in the pool prior to the race?

You may, however you will have to go on your own time and pay the drop in fee to use the Drumheller Aquaplex.

What material are the swim caps?

The swim caps will silicone caps.

Will there be extra swim caps at the start if one tears?

Yes, there will be extra swim caps in case of emergency.

BIKE FAQ

Can I wear headphones?

No, you cannot (and no, not even bone conduction ones). You may also not have any music playing on your phone or mini speaker. Athletes that are spotted with headphones on will be disqualified.

What type of bike can I use?

The bicycle must have two wheels. The front wheel shall be steerable; the rear wheel shall be driven through a system comprising of pedals and a chain. Any typical road bike, triathlon bike, or mountain bike shall be acceptable however, if you are unsure, please see your local bike shop prior to race day.

*E-Bikes are ALLOWED

Will the roads be closed to traffic?

The roads will not be closed to traffic. Athletes will ride to the far RIGHT along the roadways. Flag persons will be in place to assist you when turning left - PLEASE LISTEN TO THEIR INSTRUCTIONS. Please stop if they tell you to do so and only turn when they signal you to do so (that it is safe). Athletes DO NOT have the right of way. Please be mindful and safe at all times when riding on the road as you would if you were out for a ride by yourself.

What if something on my bike is not working race morning?

We will have mechanics on site race morning for issues such as flat tires. Please have your bike serviced prior to race day to ensure it is in working order.

Will you have aid stations on the bike?

There will not be an aid station on the bike.

RUN FAQ

Can I wear headphones?

No, you cannot (and no, not even bone conduction ones). You may also not have any music playing on your phone or mini speaker. Athletes that are spotted with headphones on will be disqualified.

What are the surfaces for the run courses?

The surface is a mix of road, sidewalk and pathways. A regular running shoe is most suitable for this course.

Do bib numbers need to be worn during the run?

Yes, bib numbers need to be worn on the run. They need to be worn on your FRONT.

Will you have Aid Stations on the run?

There will be an aid station for the SPRINT DISTANCE athletes at the turn around.

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

info@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. Although we can absolutely help you we will end up being the go-between between you and Startline Timing.

PHOTOS:

We are one of the only races to offer free finish line 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 20th, 2026.

Step 1: Go to WILDROSEWOMENSEVENTS.COM

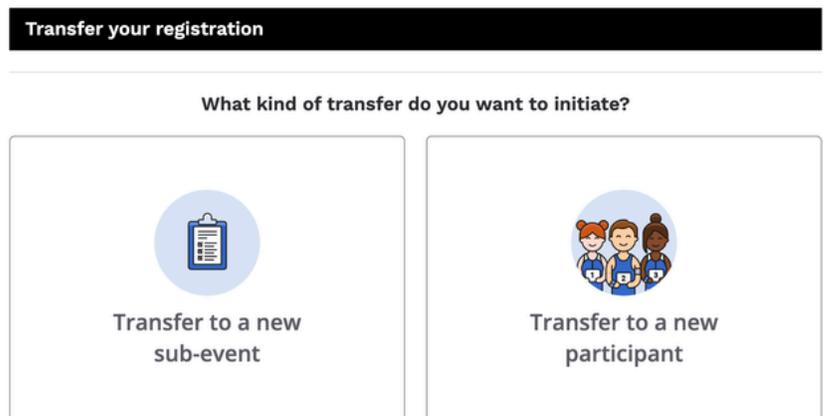
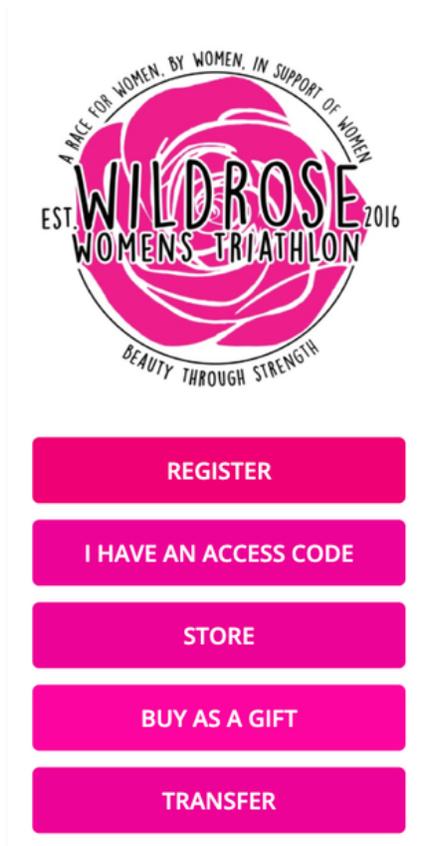
Step 2: Click Calgary Wild Rose Women's Triathlon and Walk/Run

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.



We look forward to seeing you!

If you cannot find the answer to your question, please email
info@wildrosewomensevents.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 and click the VOLUNTEER tab at the bottom of the page.

For other great events go to

WILDROSEWOMENSEVENTS.COM

or

RNRPREMIEREVENTS.COM

