



ATHLETE GUIDE

Drumheller Wild Rose Women's Triathlon and Walk/Run

May 31st, 2025

This event is a Wild Rose Women's Event

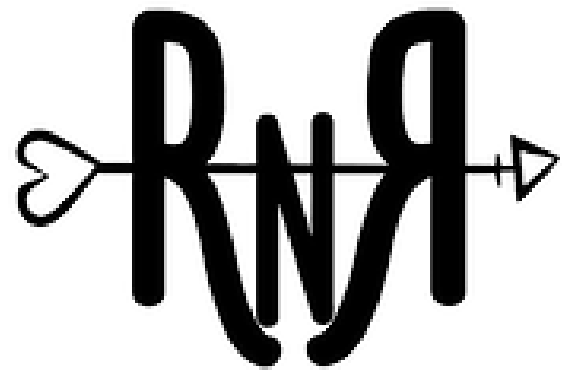
WILDROSEWOMENSEVENTS.COM





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, Drumheller Wild Rose Women's Events honours and acknowledges the traditional territories of the many First Nations, Métis and Inuit in Alberta. Alberta is situated within historical and present-day lands that Indigenous Peoples have cared for and lived on for generations. We honour the territories of Treaty 4, 6, 7, 8, 10 and their signatories. We also acknowledge the homelands of the Otipemisiwak Métis Government, including the eight Métis Settlements and the 22 Métis Districts. We acknowledge the many Indigenous Peoples living in urban areas throughout the province. We appreciate that modern borders do not align with traditional land use, and we honour the neighbouring Indigenous communities outside of Alberta who have travelled and inhabited this land throughout history.



Why is Drumheller called the badlands?

The badlands were named by early French explorers who termed their steep-sloped mesas (flat-topped mountains) and deep, winding gullies as “bad lands to cross. Don't miss a chance to explore this otherworldly landscape.



Why are they called hoodoos?

Hoodoo rocks are often fantastically shaped, naturally carved, rocks or earth pedestals, pillars or columns. The word hoodoo probably derives from voodoo, a West African-based religion in which magical powers can be associated with natural features. Hoodoos conjure up images of strange events.

SATURDAY SCHEDULE

May 30th (Saturday)

3:30 – 4:15pm *Yoga with Rose Serpico (by donation on site)*
Drumheller Aquaplex, 100 Riverside Dr W

4:30pm – 5:45pm *OPTIONAL: FREE Transition Walk Through and Pre-Race Q & A*
Drumheller Aquaplex, 100 Riverside Dr W

**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*
Badlands Community Facility, 80 Veterans Way

SUNDAY SCHEDULE

May 31st (Sunday)

Drumheller Aquaplex, 100 Riverside Dr W

6:30 – 6:50am Triathlon Late 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 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

LOCATIONS



Badlands Community
Facility
80 Veterans Way
Drumheller, AB



Drumheller Aquaplex
100 Riverside Dr W
Drumheller, AB

On Sunday, there is
NO PARKING at the
Drumheller Aquaplex
as we will have the
area set up as race
site!

*please park at
Badlands Community
Facility and walk over
(approx a 2 min walk)

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 Aquaplex 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 1 x 19.5km loop, while Super Sprint athletes will complete 1 x 10km 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



- Straight onto 1 Street West
- Turn right onto 3rd Avenue West
- Slight left to continue onto 2 Avenue West / Newcastle Trail
- Continue straight on Newcastle Trail until it dead-ends
- Turn left to access the pathway
- Slight right onto Hunter Drive (turn around for Super Sprint)
- Continue on Hunter Drive till it ends
- Turn left onto Red Deer Lane
- Turn right onto South Dinosaur Trail / 575
- Turn around for the Sprint (near the grain elevator)
- Turn left onto Red Deer Lane
- Turn right onto Hunter Drive
- Slight right to access the pathway (returning for the Super Sprint and Sprint)
- Turn right onto Newcastle Trail
- Slight right to continue onto 3 Avenue West
- Turn left on 1 Street West to return to the Aquaplex

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)

Sprint athletes will complete 5km, while Super Sprint athletes will complete 2.5km. Each distance is an out-and-back and will have a designated turn point (with a sign!)

Please stay to the right of the road/path/sidewalk the entire route and cheer other athletes on!

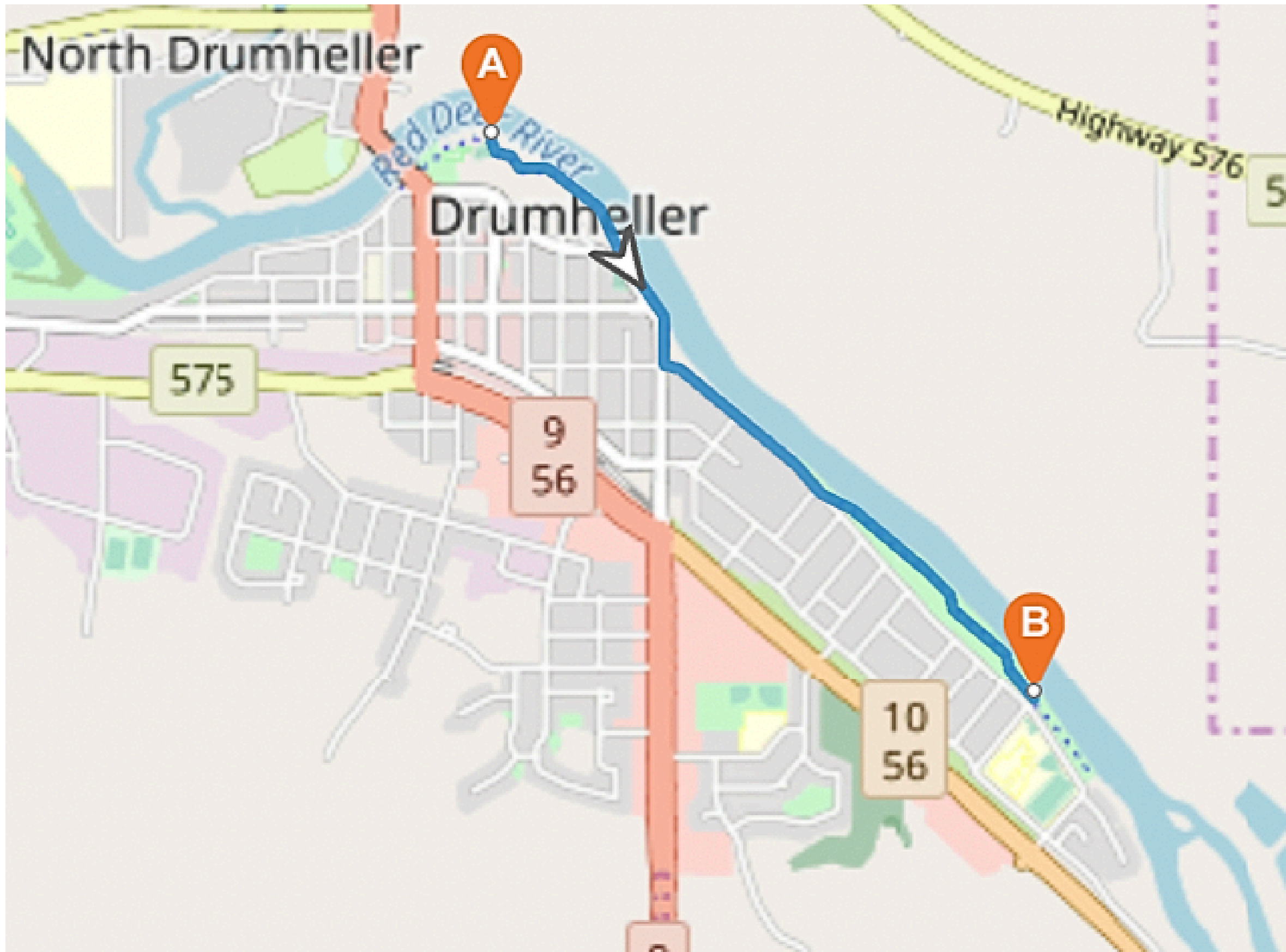
Please note, spectators are not permitted to run with you or be on course. We know some of your little ones are excited to see you and want to run with you however, for insurance purposes they cannot – but they can make cool signs and stand along the route!

There will be an aid station (with water) at the turnaround for the Sprint Distance.

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 turn around at designated point (1.25km for a total of 2.5km. Sprint distance will turn around at 2.5km for a distance of 5km. There will be an aid station at 2.5km (Sprint turnaround).

Elevation Gain: 11m (flat course)

Terrain: pathway, road, sidewalk, dirt path

Walk/Run

Distance— 5km

The Drumheller Wild Rose Women's Walk/Run is an out-and-back walk/run on the beautiful pathways of Drumheller. You will run along the Red Deer River and see the incredible sights of Drumheller such as the Hoodoos.

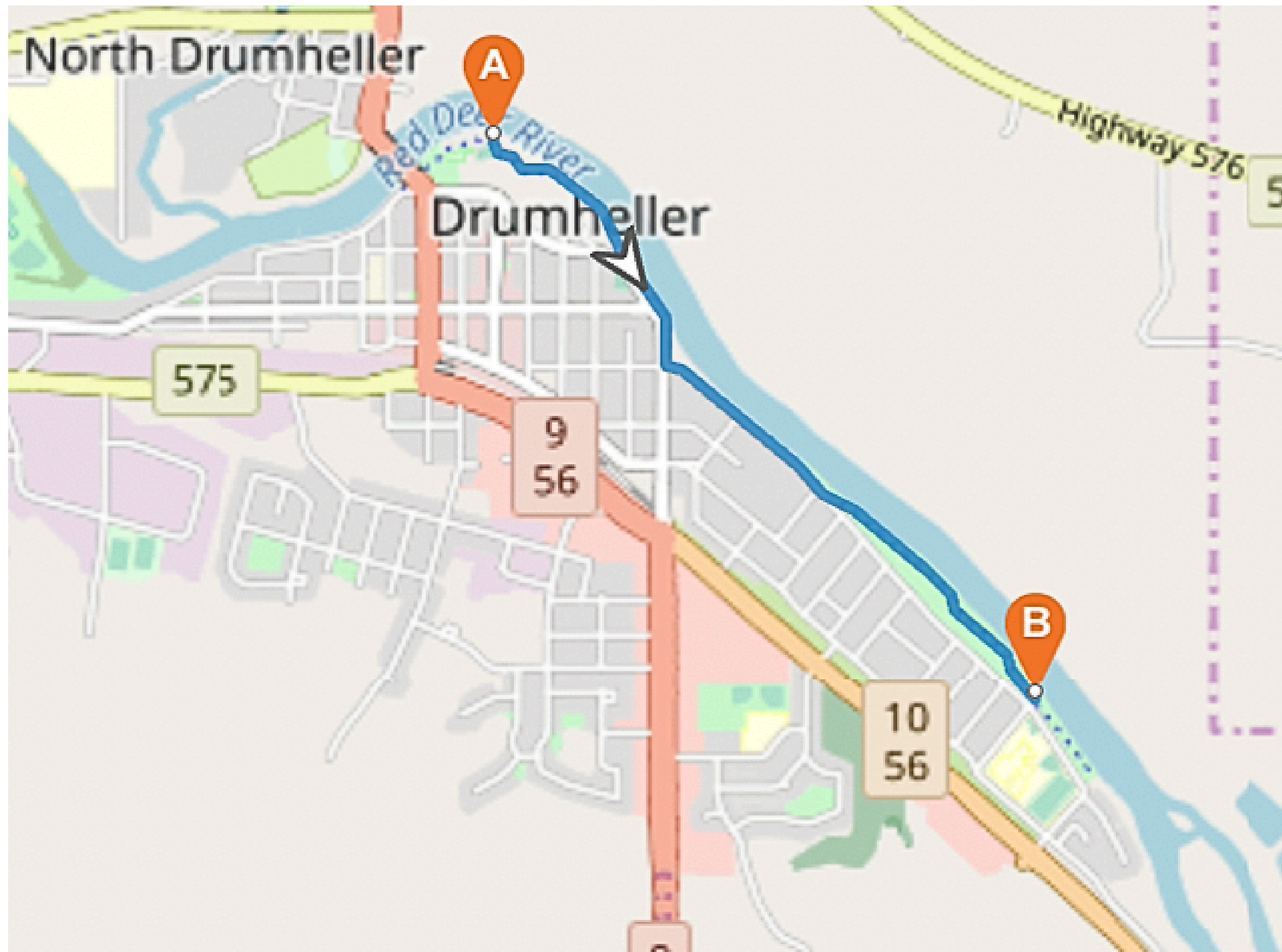
This event is not timed and we encourage you to go at YOUR pace – whatever that may be. Walk. Run. Walk/Run. You chose. All participants will receive a race bib to wear (please wear this on the front of your shirt), a headband, and a finisher's medal.

There will be water available at the turnaround point.

After you cross the finish line you will be treated to a chocolate fondue.



WALK/RUN MAP



This is the same course as the Triathlon Sprint Distance. All walk/run participants will turn around at 2.5km for a distance of 5km. There will be an aid station at 2.5km (turnaround) with water.

Elevation Gain: 11m (flat course)

Terrain: pathway, road, sidewalk, dirt path

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 allows 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 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 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 May 30th, 2025.*

Step 1: Go to

WILDROSEWOMENSEVENTS.COM

Step 2: Click Drumheller 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.



REGISTER

I HAVE AN ACCESS CODE

STORE

BUY AS A GIFT

TRANSFER

Transfer your registration

What kind of transfer do you want to initiate?



Transfer to a new sub-event

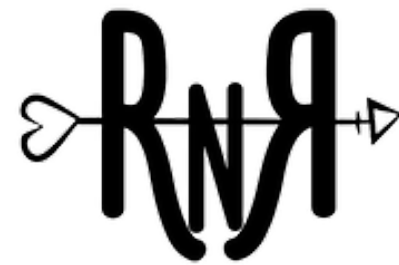


Transfer to a new participant

We look forward to seeing you!

If you cannot find the answer to your question, please email race director, Richelle Love at wildroserichelle@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



Wild Rose Women's Events would like to acknowledge Travel Drumheller for their contribution and support of the Drumheller Wild Rose Women's Triathlon and Walk/Run.