



# ATHLETE GUIDE

October 31<sup>st</sup>, 2026

Genesis Place

800 East Lake Blvd NE, Airdrie, AB

[WILDROSEWOMENSEVENTS.COM](http://WILDROSEWOMENSEVENTS.COM)

[INFO@WILDROSEWOMENSEVENTS.COM](mailto:INFO@WILDROSEWOMENSEVENTS.COM)

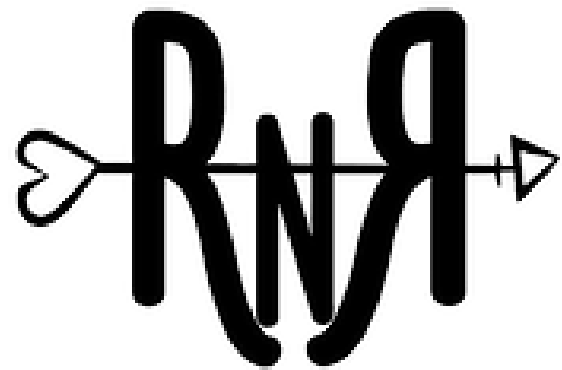




At the Airdrie Wild Rose Women's Indoor Triathlon, you will have 15 minutes to swim as many laps as you can (any stroke) in the pool, 15 minutes to bike on a stationary bike with an instructor/coach leading you, and then 15 minutes to walk or run as many laps as you can on the track.

Divided into heats of 16 women/girls, you will stay with your group throughout the event with a leader to guide you and take care of you along the way.

Wild Rose Women's Events puts on a number of events in and around Alberta each year and we are proud to bring you a professional event, put on local gals who have supported this community for the past 18 years. We certainly cannot do it without the people within the community and we thank you for your continued support.



The City of Airdrie recognizes the importance of acknowledging the traditional and ancestral lands on which our community is located as a step toward reconciliation with Indigenous peoples. Land acknowledgements are living commitments. As relationships grow and new understandings emerge, the wording may evolve to reflect deeper respect and shared priorities with Indigenous partners.

With gratitude and respect, we acknowledge that we are situated on Treaty 7 territory, the traditional and ancestral lands of the Blackfoot Confederacy, including the Siksika, Piikani, and Kainai Nations, as well as the Tsuut'ina Nation and the Stoney Nakoda Nations, comprising the Bearspaw, Chiniki, and Goodstoney Nations. We also recognize the Otipemisiwak Métis Government District 4 (Rocky View) as part of this land's history and present.

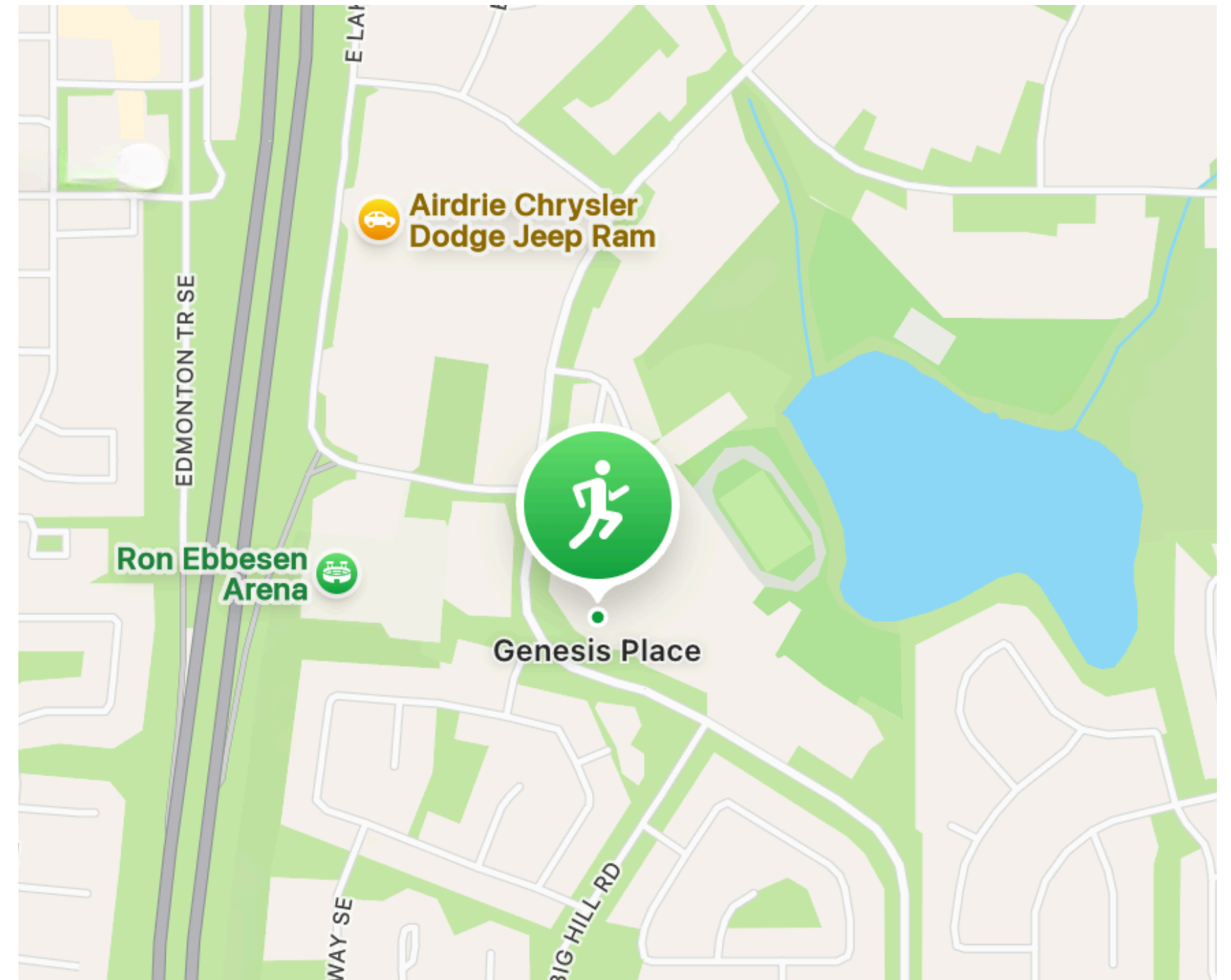
# DIRECTIONS TO THE EVENT

The Airdrie Wild Rose Women's Indoor Triathlon is located at Genesis Place in Airdrie.

- 800 East Lake Blvd NE, Airdrie, AB

There is a huge parking lot with free parking.

Enter through the Aquatic  
– West Entrance doors.



# Heats

Heat	SWIM	T1	BIKE	T2	RUN
1	1:00 - 1:15	1:15 - 1:25	1:25 - 1:40	1:40 - 1:50	1:50 - 2:05
2	1:15 - 1:30	1:30 - 1:40	1:40 - 1:55	1:55 - 2:05	2:05 - 2:20
3	1:30 - 1:45	1:45 - 1:55	1:55 - 2:10	2:10 - 2:20	2:20 - 2:35
4	1:45 - 2:00	2:00 - 2:10	2:10 - 2:25	2:25 - 2:35	2:35 - 2:50
5	2:00 - 2:15	2:15 - 2:25	2:25 - 2:40	2:40 - 2:50	2:50 - 3:05
6	2:15 - 2:30	2:30 - 2:40	2:40 - 2:55	2:55 - 3:05	3:05 - 3:20
7	2:30 - 2:45	2:45 - 2:55	2:55 - 3:10	3:10 - 3:20	3:20 - 3:35
8	2:45 - 3:00	3:00 - 3:10	3:10 - 3:25	3:25 - 3:35	3:35 - 3:50

We ask that you arrive 30 minutes before your heat. Please be changed and ready to start 15 minutes prior to your heat so they may lead you and your group into the pool so you can start on time.

# SWIM

TIME: 15 minutes

This can often be the most nerve racking component in a triathlon. We promise we are here to assist you, make you as comfortable as possible and ensure you are successful!

You will bring with your towel, swim cap and goggles along with whatever you will change into after the swim, onto the deck. Your heat leader and a swim marshal will help organize you into lanes (4 swimmers per lane) with swimmers of similar pace together. \*we will do our best to accommodate any requests to be in a lane with a friend.

With 2 athletes at either end of the pool, on the word go you will enter the water and swim as many lengths as you can in the 10 minutes. You will swim in a counter-clockwise direction (lane rope will be directly on your right). Keep track of your own laps or just swim - it is up to you. You are welcome to stop and rest as much as you want or need at the end of the lanes in the 15 minutes.

To pass someone tap their toes, and AT THE END OF THE LANE they can stop and allow you to pass. They are not required, nor should they stop in the middle of the lane. If someone wants to pass you, please be courteous and stop at the end of the lane to allow them to pass.

There will be lifeguards and plenty of volunteers in the pool area, and your family and friends may watch and cheer you on from the stands!



# Transition 1

## Swim to Bike

TIME: 10 minutes

It's going to be a busy 10 minutes so you must move quickly and efficiently. You will be surprised how quickly 10 minutes goes by!

You will walk to the designated spot on deck with your group, dry off, and put on your socks and runners (along with anything else such as a top or shorts that you plan to compete the rest of the triathlon in).

You will head up to the spin room which is mere steps from the pool. You will then set up your bike and listen to instructions from the spin instructor.



# BIKE

TIME: 15 minutes

The leader and knowledgeable volunteers, will help you set to the seat to the right height for you.

A spin instructor will be leading you through a 15-minute bike workout! You must find the right mix of gearing tension and RPM (rotations per minute) of your pedal stroke to ensure you are putting in the proper effort. Any issues or questions, during the bike just put up your arm and a volunteer will come assist you.

We unfortunately cannot have any family or friends with you in the spin room to spectate but, staff will be cheering you on and the time will fly by with the incredible instructor and awesome tunes!



# Transition 2

## Bike to Run

TIME: 10 minutes

It is a short walk from the spin room, to the track. Ensure you listening to your heat leader to notify you as to when your designated time starts. You will file onto the track quickly when the run marshal tells you to "Go!"



# RUN/WALK

TIME: 15 minutes

Athletes will run walk or run in the designated lanes on the track. The run marshal will notify you of which direction you will be running in. Run as many laps as you can in the 15 minutes. At 13 minutes we will be announcing "last lap"; please finish your lap and exit the track where specified.

Please be advised that the track is open to Genesis Place members, so be courteous and kind to all on the track.

You may not have anyone outside of the event run or walk with you due to capacity limits. We unfortunately cannot have any family or friends with you on the track to spectate but, staff will be cheering you on and the time will fly by with the incredible instructor and awesome tunes!



# Recommended Apparel and Gear

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## *Swim:*

- swimsuit or trisuit*
- goggles*
- swim cap (you will be given a Wild Rose Swim Cap)*

## *Transition from Pool to Bike:*

- TOWEL (MANDATORY) - as you may not track water down the hall on the way to the spin studio*
- extra clothes to put on before heading to the rest of your triathlon (OPTIONAL)*
- running shoes - to do the rest of the event in, or to walk from the pool to the spin room if you plan on wearing cycling shoes*
- water bottle*

## *Bike and Run:*

- you will already be wearing everything*
- as mentioned above, you may bring bike shoes for the spin bikes (SPD pedals) if you wish*

## *Post Race:*

- change of clothes*
- extra towel, shampoo and other toiletries if you plan to shower afterwards*

## *Other:*

- glasses (you can bring and volunteers will hold for you when you swim)*
- any necessary medications you need with you at all times*
- a light snack (do you get HANGRY...?) Bring any extra snacks you may want to have before or during the race.*
- your friends and family! Bring them to share the experience of your first triathlon!*

# Transferring Your Entry to A Different Heat or to Another Participant or Heat

If you would like to transfer your entry to another participant, you have until October 30th, 2026.

*Step 1: Go to*

*WILDROSEWOMENSEVENTS.COM*

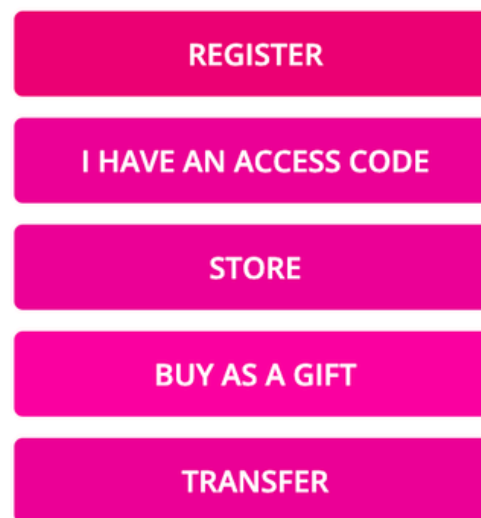
*Step 2: Click Cochrane Indoor Triathlon*

*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.*



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 registration at:  
**[info@wildrosewomensevents.com](mailto: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](http://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](http://WILDROSEWOMENSEVENTS.COM)  
or  
[RNRPREMIEREVENTS.COM](http://RNRPREMIEREVENTS.COM)

