



HARMONY[®] IRONMAN[®] 70.3[®] *Calgary* ALBERTA TRIATHLON



We are excited to announce that Harmony will play host to Ironman 70.3 Calgary triathlon this August 1. Athletes will swim 1.9km, transition to the 86km bike portion heading to Springbank and then return to the lake to run 21.1km around the Mickelson National Golf Course.



The racing starts at 6:45am. Ironman is offering our community members free entry for the solo challenge or relay team category. There are plenty of volunteer opportunities and we welcome you and your family to cheer the courageous athletes from the sidelines!



Reference course details and event info at:
www.ironmancalgary.com

Event FAQs are found on the next page...

Where does the event take place?

The start / finish zone will be staged on the eastern shoreline across from the new Discovery Centre. The bicycle rack transition zone will be staged along Harmony Circle. On race day athletes will be bused in from Edge School and not park in the community.

Road closures?

Harmony Circle along the lake will be the only road closed to traffic from Saturday July 31 at 4:00pm to Sunday evening. On race morning Sunday, August 1, cyclists will proceed in and out of the community along Copithorne Trail to Township RD 250 with flagmen marshalling vehicle traffic at Yarrow Gate. You can expect short delays getting in and out while athletes are leaving the community on their bikes between 7:30am and 10:30am. After that time, short delays can be expected at the exit/entrance point on highway 763. That intersection will be managed by police.

What if there's an emergency?

Emergency vehicles have priority at all times and athletes will be stopped if necessary to allow emergency vehicle access.

What about health restrictions?

We have very robust protocols in place to manage health guidelines around Covid. These protocols are in line with those developed by our national and international sport governing bodies and adhere to guidelines set out for us by AHS. As the restrictions change, our protocols will adapt. A "what to expect" section can be found on our website.

Lake access?

Harmony Lake will be closed to residents only on race morning Sunday August 1 until 10:30am. Parking is not available along the Circle Drive on Saturday July 31 or Sunday August 1. The athlete zone will be fenced restricting athletes to their designated zone outside of the community streets and playgrounds. The lake will be available for use by residents while set up is occurring but please ensure you are using caution when entering/exiting the set up areas, and note there is no parking along Circle Drive.

Golf course access?

You will be able to access the golf course throughout the day but may experience some delays through Harmony Circle when athletes are returning on their bikes.

How can we get a free race entry? Expo Opportunities

Ironman is offering complimentary solo or relay team entries to Harmony residents. If you have a local enterprise, we welcome you to our finish line exposition July 30 - Aug 1. Contact calgary70.3@ironman.com.

Is there a kids race?

We plan on introducing a youth race aged 4-15 on race weekend July 23-24, 2022.

How do I volunteer?

Ironman events rely on enthusiastic volunteers to make everyone's big day happen. We have dozens of positions available including water safety, start/finish zone, water aid stations, etc. You and your family can even set up a cheering section. Learn more here.

