



IRONMAN
ALBERTA TRIATHLON
70.3 *Calgary*
AT HARMONY

Harmony is excited to be hosting the 70.3 Ironman triathlon on July 30, 2023. Here are a few updates and reminders about the upcoming event.

Opportunities for residents:

- Harmony Residents receive free entry to the race, if you are interested in participating please contact **Tom at tom@platinumracing.ca**
- The Ironkids Splash & Dash (run and swim) for youth aged 4 to 15 the morning of Saturday, July 29. Entries for kids from the community are complimentary. Please contact **tom@platinumracing.ca** to register.
- If you own a local business and would like to have a free booth at the event, please contact **tom@platinumracing.ca** for information.

Event Details

Below is the current schedule of events for the week leading up to race day, please be aware that dates and times are subject to change.

Swim Practices

There will be two swim practices for athletes at Harmony Lake.

- **Tuesday, July 25** – 5:00PM – 9:00PM
- **Wednesday, July 26** – 5:00PM-9:00PM

Volunteer Meeting

Volunteers will be meeting at the Discovery Centre on **Thursday, July 27 from 4:00PM to 8:00PM**. They will be preparing for race package pick-up. This will not affect community operations but there will be slightly more traffic at the Discovery Centre.

Race Package Pick up

Athletes pick up their race day packages and drop off their bikes on Friday, July 28 and Saturday, July 29. You will see increased vehicle and bike traffic in the area.

- **Friday, July 28** – 2:00PM to 7:00PM
- **Saturday, July 29** – 9:00AM to 2:00PM

Parking

Beginning Friday, July 28 the athletes will be utilizing the employment campus in Phase 8 for parking. This is to prevent vehicles from parking in the community.



Road Closures

Harmony Circle between the traffic circle and Arnica View

Friday, July 28 at 2:00PM - no parking along Harmony Circle

Friday, July 28 at 5:00PM - transition zone set-up begins, alternating one way traffic until tear down is complete on Sunday, July 30

Sunday, July 30 at 5:00AM - Roadway is fully closed until all the runners have completed the course at approximately 3:00PM

Sunday, July 30 until 12:30PM -expect delays west of the traffic circle as bikes are returning



Road Delays

Yarrow Gate onto Copithorne Trail Sunday, July 30 from 7:30AM to 8:30AM

Copithorne Trail Sunday, July 30 from 9:00AM to 12:30PM - use caution as vehicles will be sharing the road with the bikes

