



Harmony is excited to be hosting the Ironman 70.3 Calgary triathlon on July 28, 2024. Athletes from around the world will travel to compete in our community. Here are a few updates and reminders about the upcoming event.

Opportunities for residents:

- There are countless volunteer opportunities over the race weekend. Visit the race homepage to learn more: [www.ironman.com/im703-calgary](http://www.ironman.com/im703-calgary)
- Harmony Residents receive free entry to the race, if you are interested in participating please contact **Tom** at [tom@platinumracing.ca](mailto:tom@platinumracing.ca)
- The Ironkids Splash & Dash (run and swim) for youth aged 4 to 15 the morning of Saturday, July 27. Entries for kids from the community are complimentary. Please contact [tom@platinumracing.ca](mailto: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](mailto: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 23 from 5:00PM – 9:00PM & Wednesday, July 24 from 5:00PM - 9:00PM

### Volunteer Meeting

Volunteers will be meeting at the Discovery Centre on **Thursday, July 25 from 2:00PM to 6:00PM**. 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 26 from 2:00pm - 6:00pm and Saturday, July 27 from 9:00am to 2:00pm. You will see increased activity in the area.

## Road Closures

### Harmony Circle between the traffic circle and Arnica View

Friday, July 26 at 2:00PM - no parking along Harmony Circle

Friday, July 26 at 5:00PM - transition zone set-up begins, alternating one way traffic until tear down is complete on Sunday, July 28

Sunday, July 27 at 5:00AM - Roadway is fully closed until all the runners have completed the course at approximately 3:00PM

Sunday, July 28 until 12:30PM - expect delays west of the traffic circle as bikes are returning



## Road Delays

Yarrow Gate onto Copithorne Trail Sunday, July 28 from 7:30AM to 8:30AM

Copithorne Trail Sunday, July 28 from 9:00AM to 12:30PM - use caution as vehicles will be sharing the road with the bikes

