



Harmony is excited to be hosting the Ironman 70.3 Calgary triathlon on July 27, 2025. 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
- The Ironkids Splash & Dash (run and swim) for youth aged 4 to 13 on the morning of Saturday, July 26. Fees and registration links can be found at www.platinumracing.ca under Ironman/Ironkids.
- If you own a local business and would like to have a free booth at the event expo, 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 Practice

There will be a swim practice for athletes on Tuesday, July 22 from 5:00PM - 8:00PM and Saturday from 11:30am - 1:30pm..

Volunteer Meeting

Volunteers will be meeting at the Discovery Centre on **Thursday, July 24 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 25 from 2:00pm - 6:00pm and Saturday, July 26 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 25 at 2:00PM - no parking along Harmony Circle

Friday, July 25 at 5:00PM - transition zone set-up begins, alternating one way traffic until tear down is complete on Sunday, July 27

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

Sunday, July 27 until 12:30PM - expect delays west of the traffic circle as bikes are returning



Road Delays

Yarrow Gate onto Copithorne Trail Sunday, July 27 from 7:30AM to 8:30AM

Copithorne Trail Sunday, July 27 from 9:00AM to 12:30PM - use caution as vehicles will be sharing the road with the bikes

