



SWIM > BIKE > RUN

Mike's Message

Race package pickup

We have 3 locations for race package pickup starting this week, date time and locations are as follows:

Tuesday, June 14th

4 to 7 pm at Tri-it Sports
2640 Parkdale Blvd. NW,
Ph: 403-270-7776

Wednesday, June 15th

4 to 7 pm at Speed Theory
735A 10th Ave SW.
Ph: 403-202-1030

Thursday, June 16th

4 to 7 pm at Shawnessy Running Room
59 Shawville Blvd. SE
Ph: 403-254-9696

What you will need to bring with you to race pickup: ATA membership card, if you don't have one then you will be required to pay for a day membership at a cost of \$20. You can also go on the ATA web site and buy your day membership and bring that with you when you pick up your race swag.

Out of town athlete Race Pickup

Race pick up will be at the pre-race meeting at Lake Bonavista Community Association at 6pm on June 17th. The ATA honors Saskatchewan memberships so bring your memberships with you.

Mandatory Pre-Race Meeting:

Location Lake Bonavista Community Association, 1401 Acadia Drive SE. We will be covering all the rules a regulations of the race, discussing

race course and the separation between the 2 distances. If you have never participated in our race or this is the first time you are doing a Triathlon the this is a must event for you. Time: 6pm, Fresh Kitchen will be serving dinner, lasagna, salad and rolls.

Awards Celebration

Will be held at race venue after the event, dinner will be served, kabobs, wild rice and lentils, and salad. Lots of draw prizes for athletes and volunteers.

Volunteers

We are asking for your help in recruiting volunteers for the race, we need people for the swim and traffic control. Please ask your family and friends to come out and have a fun day with us. We have great swag for them as well they get fed. Email Holly at bossyone@telus.net and she will look after them.

Swim Tours & Lake Temp

For all you wimps out there, we are not having a repeat of last year's Arctic swim, the temp has been good to date at an average temp of 15C 60F Saturday's temp was 17C 62F and everyone that was in it commented how warm the water was. If you are registering for a swim time or you have registered, please keep in mind we are receiving 75 plus requests every day and we can't answer all of your emails in a detailed fashion, so keep your request down to the text line of the email and just let us know when you want to swim. Paula will respond back with a simple "your in, or choose another time" Thanks for your patience.

