



## Kamloops Spring Sprint Triathlon – 2023

April 8, 2023

Thank you for registering for the 2023 Kamloops Spring Sprint Triathlon on Sunday May 14th. The Kamloops Triathlon Club (KTC) is very excited to again hold this event after a 3-year hiatus. We're once again racing out in the beautiful Westsyde area of Kamloops, at the Westsyde Pool; located at 859 Bebek Road.

The KTC Spring Sprint Triathlon is an indoor pool swim triathlon for individuals and teams. Swimmers will use a Lazy River format of travelling across the pool twice. More specific details will be reviewed at **Orientation Night** for those of you interested in attending (see below) and during the pre-race meeting.

As not all competitors can start at the same time with a pool swim, racers will start in heats; based on your individual swim time estimates. Heat times will be available to racers at race package pick-up on Friday and Saturday. We will also post your swim start times inside and outside of Westsyde pool for review. Your estimated swim time can be changed up to Wednesday, May 10 at 11:59 pm.

The bike route (**non-draft**) is an out and back course on Westsyde Road (Flat /Rolling hills); while the run course is a 2.5km loop completed twice.

Race packages will be available for pick-up at Runner Sole (1395 Hillside Drive) from 3 pm to 5:30 pm on **Friday May 12<sup>th</sup>** and **Saturday May 13<sup>th</sup>**. Please contact one of the race directors to make alternative arrangements if you're unable to pick up your package prior to the race.

### Schedule of Events:

6:00am -7:30am	Spring Triathlon Transition Area Open
5:45am -7:30am	Check-in and Body Marking
7:10	Pre-Race Meeting for Volunteers
7:30	Transition Closed
7:30	Pre-Race Meeting (mandatory for all racers)
8:00	Race Start
10:30	Awards & Wrap Up

The parking lot at Westsyde Pool will be unavailable Sunday morning due to race course set up. There is ample parking available at David Thompson Elementary 1051 Pine Springs Road. This school backs onto the field between the school and Westsyde Pool and can be accessed by Wawn or Bebek Road, off of Westsyde Road. Unload your things and simply walk across the field to our race site and the pool.

We will host an **Orientation Night** on **Wednesday May 10<sup>st</sup>** from 6:00pm to 7:30pm at the Westsyde Pool. If interested in attending, please let us know by e-mail ([sdfisher@telus.net](mailto:sdfisher@telus.net)). We will:

- Explain how the swim will be organized;
- Review the bike and run routes;
- Discuss transition set-up;
- Review some of the key event rules
- Q & A: Bring your questions with you

Important race information will again be covered the morning of the race (May 14) at the pre-race meeting (7:30).

## **Volunteers**

We can't hold an event like this without the support of all our amazing volunteers! Anyone interested in volunteering can sign up on the KTC website, under the Spring Sprint event/volunteers.

[Click this link to sign up to volunteer.](#)

If you have any questions still, you can email us at: [kamloopstriathlonclub@gmail.com](mailto:kamloopstriathlonclub@gmail.com)

On behalf of the Race Directors, Shirley Fisher, Carrie Stiles, Courtney Lang, and Julia Sudworth, and the Kamloops Triathlon Club, we would like to thank all the volunteers and participants for joining us and we look forward to seeing everyone on Race Day!

Thank you,

Race Director,

Shirley Fisher

[sdfisher@telus.net](mailto:sdfisher@telus.net)