

IRON LEGS 2016 EVENT BREAKDOWN



8am – Individual Team members must drop off their gear – There will be a volunteer from 8am at the Nordic Centre and the Bike Rack outside the Climbing Gym. Please note Individuals and Teams are responsible for dropping off and picking up own gear.

8am-9:30 am

Check-in, Bib issue, & Late Registration and Waiver signing @ SLOPESIDE CAFETERIA.

9:30 – 9:45am

RACERS MEETING & SAFETY MEETING

(All Racers must be in attendance) @ SLOPESIDE CAFETERIA

10:00 am

Meet at the base of the North Star Express Chair. Downhill racer proceeds to the top of the Race Course via the North Star Express Chair. Other Team members transport to their start positions.

10:30 am Race Start for ALL Competitors. Bibs must be visible at all times

11.30-2.30pm BBQ

12:00 – 1:00pm Finish and wrap-up

1.30pm AWARDS PRESENTATIONS & DRAW PRIZES - Base Area Plaza

DOWNHILL SKI 2KM - CROSS COUNTRY 5KM (3.5KM for kids/short course) - ROAD RUNNER 4KM - CLIMBER -Staff will direct you on number of times to climb the route - CYCLIST 4.5KM

Be aware the course is subject to change, however the plan is as follows:

Downhill Ski

Downhill Ski will be down Boundary. Run to ski's/board from top of Quad to the top of Boundary. There will be gates set up on the run – so please go through them – it is for safety! **Helmets Mandatory.**

At bottom of Boundary, ski across Easy Way Run to bottom of Dreadnaught/Rosa. Here there is an exit to Northstar Drive - leave your running shoes here. Run to Nordic Centre. Sorry about having to change shoes/boots but it is due to not enough snow on side of the road. Marshall will be present.

Nordic

Please see attached maps for **Nordic** portion. Pre-position cross country and running gear at the rack set up to the North of the entrance to the Nordic Centre. The course will be marked, START & FINISH at the Waxing Hut. They have a snow mobile on site if anyone is injured please report it.

Run

All participants will run from Nordic Centre to Spirit Rock Climbing Gym via Gerry Sorensen Way (must run down on Left side of road facing traffic) and through the Platzl. There will be a Course Marshall on site directing participants at the road crossing between Gerry Sorensen Way and Kimberley Ave (Gym 67 into Platzl). All racers will be wary of all traffic crossings and will wait until a safe time to cross or given permission by Marshall. Please stay within cones and barricades and watch for pedestrians.

Climb

The **climbing transition** will be inside the Spirit Rock Climbing Gym. If you don't have your own gear there will be shoes and harness available. A member of staff will help you get into your harness and guide you to an available climbing route. Each climbing route is different and the staff will guide you on how many climbs to do on your specific route.

The next transition station will be outside the Spirit Rock Climbing gym. Please be courteous to other racers, especially if runners/cyclists are on the same side of the road.

Cycle

All participants will cycle from the Spirit Rock Climbing Gym through Platzl (Participants must walk/push their bikes through Platzl) up Gerry Sorensen Way and will finish at Kimberley Alpine Resort Plaza - turning right onto North Star Blvd and then an immediate right onto Stemwinder Drive as you turn off Gerry Sorensen. **Helmet mandatory.**

Please be cautious of Pedestrians in the Platzl – You **MUST** walk/push bikes through Platzl. Please stay within the cones and barricades - Watch your speed and cycle in a safe and prudent manner. **YOU MUST STOP AT THE END OF PLATZL BEFORE CROSSING ROAD TO GERRY SORENSEN WAY. Please wait until a safe time to cross or given permission by the Marshall.**

Any accidents not on the ski hill - **call 911**. Emergency services are notified the event is taking place.

If you have a support crew - they can **collect your gear** as you continue the race. If not please collect it **PROMPTLY**, as this needs to be done well before the awards.

Registration from 8am-9.30 at Slopeside Cafeteria so you can pay, pick up your race bag, sign the Waivers then. Volunteers will be in position at the Climbing Gym and Nordic Centre just after 8am.

We will have an Easter theme since it is Easter Saturday! Let's see some bunnies! Prizes for best costume!

If you have any concerns please email: events@skikimberley.com

