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Track 'n Trail

Race timing by: Results Canada

Relay Team Competition

You are welcome to have as many as five people on a team. The team can split the race among the members as desired. It is permissible to split up the legs and to pass the relay baton during the leg provided the exchanges occur at complete lap integers.

For example, a 5 person team could have each team member skate 2 km of the 10 km skate, passing the relay baton four times, then have 2 of the team split the 10km ski as a 4 km and a 6 km ski, and end with two of the team members each running 2.5 km. = 25 km). A two-person team might alternate racers each 2km skating, 2km skiing, and 2.5km running. The race is open to skaters, runners and skiers of all ages and all abilities.

Registration

Paper entry before Sun. Feb. 12th, 2012 mail to: Edmonton Winter Triathlon, Box 1105, Edmonton, AB T5J 2M1.

Or drop at :

- 1) Track' n Trail - 10148 82 (Whyte) Ave.
- 2) The Tech Shop - 11419 104 Ave.

Or register online anytime
until **midnight Fri. Feb. 17th, 2012:**

http://www.eventsonline.ca/events/edmonton_winter_tri/

For additional registration or relay information
phone the Silver Skate Office : 780-488-1960
or Email: info@silverskatefestival.org

Late registration in person on Sat. Feb. 18th at Hawrelak Park Pavilion only. **NO RACE DAY REGISTRATION**

Race Number and Packet Pickup

Race numbers and race packages are available for pickup at the **Hawrelak Park Pavilion** on:
Saturday, Feb. 18th from 1-5 pm.

Prizes

Prizes for: The fastest Overall Man, Woman, Junior (<20) Man and Junior (<20) Woman.

Age category medals for men and women's: 14-19, 20-39, 40-60, and 60+.
and Team Awards.

Special Family Team award in honor of Owen Spence.
All EWT entrants receive a first class race, a participant gift, post race food and refreshment, and chances at numerous sensational draw prizes!

Course

The course will be set on the ice on the lake at Hawrelak Park, on the snow within the park ring road and on the park ring road. The race will consist of a mass skate start, a skate on the lake, followed by skiing on groomed trails and will end with a run on the park road.

All types of skates/skating/skiing equipment is allowed.

Participants are encouraged to use "clip-on" skates or speed skates. The ski course is packed and groomed for both freestyle and classic Nordic techniques. The run will be on pavement.

All equipment transitions (skate to ski, ski to run) will occur in a single common area located on the North bank of the lake. Course maps and instructions will be included in the information package.

Additional course details are on the Silver Skate website. The race will be electronically "chip" timed and splits recorded for the skate, ski and run. Race timing chips are distributed on the morning of the race.

Post-Race Awards

Awards and prizes presented at 12:00 PM in the Cessco Snow Sculpture garden.

Hot food and refreshments will be available at the finish.

Immediately following the race, results will post at

www.resultscanada.com

Cancellation Information

If on race day, snow conditions are poor or if the ski racecourse conditions are dangerous, the event will default to a duathlon (skate-run). In the event of a heavy snowfall (>10 cm) race morning, the event will default to a duathlon (ski-run). If weather conditions force complete cancellation, all registration monies are donated to the Children's Ability Fund and charitable receipts are issued.

Volunteering

Interested in volunteering? We could use your help.

Please contact Russell at russ.g@telus.net.

Silver Skate Festival

This year the EWT celebrates its twenty second year as the best winter multi-sport event in Edmonton and its place as a marquee event of the SSF. The Silver Skate is rooted in the Dutch tradition of a love for the outdoors and long blade skating. The Festival is a celebration of winter and brings together a unique blend of culture, sport, art and recreation in the beautiful setting of Hawrelak Park and the Edmonton River Valley. For information on other Silver Skate Festival activities

please go to: www.silverskatefestival.org