



# ATHLETE GUIDE

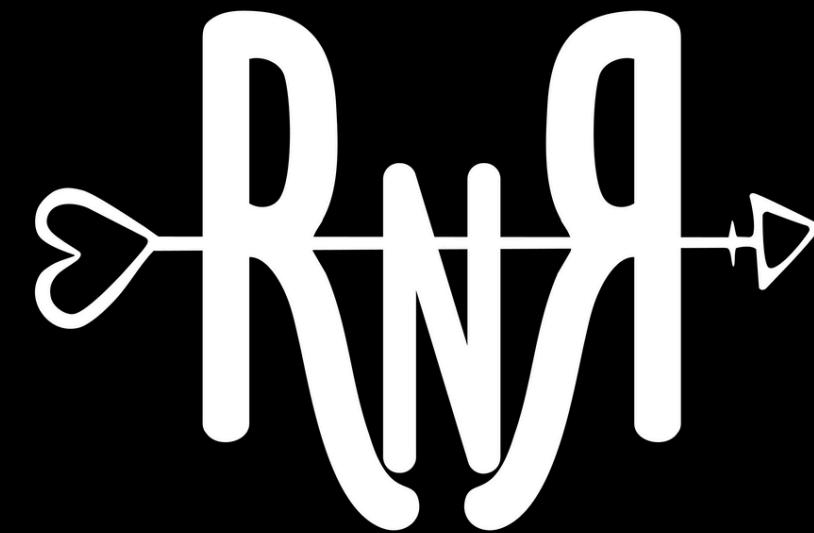
March 15th, 2026

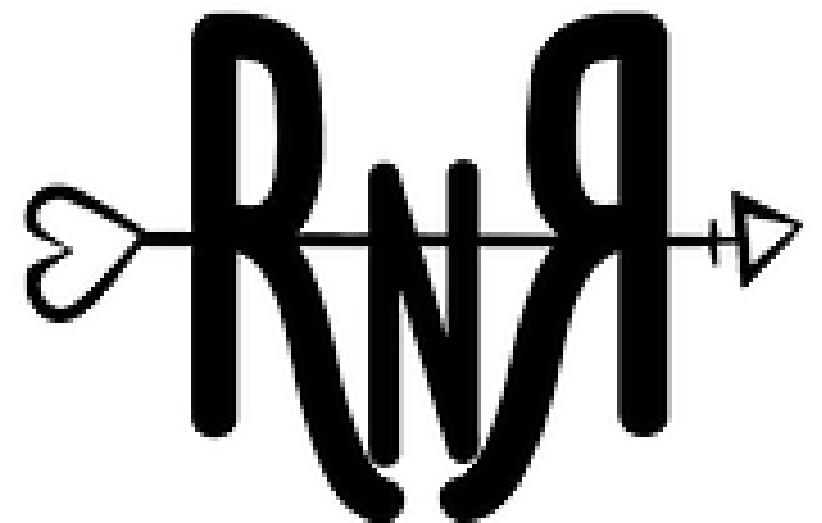
SLS Centre

800 Griffin Rd E, Cochrane, AB

[RNRPREMIEREVENTS.COM](http://RNRPREMIEREVENTS.COM)

[INFO@RNRPREMIEREVENTS.COM](mailto:INFO@RNRPREMIEREVENTS.COM)





At the Renegade Rose Men's Indoor Triathlon, you will have 10 minutes to swim as many laps as you can (any stroke) in the pool, 20 minutes to bike on a stationary bike with an instructor/coach leading you, and then 15 minutes to walk or run as many laps as you can on the track.

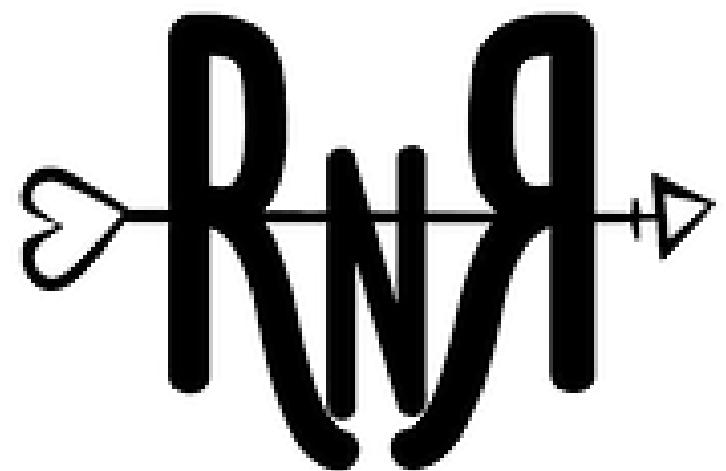
Divided into heats of 16 women/girls, you will stay with your group throughout the event with a leader to guide you and take care of you along the way.

RnR Premier Events puts on a number of events in and around Alberta each year and we are proud to bring you a professional event, put on local gals who have supported this community for the past 18 years. We certainly cannot do it without the people within the community and we thank you for your continued support.



Spray Lake Sawmills Centre is located on Treaty 7 designated land which has long served as a site of meeting and exchange among the Îyârhe Nakoda peoples and is the traditional territory of the Chiniki, Bearspaw and Wesley Bands, the Tsuut'ina, the Niitsitapi peoples of Siksika, Piikani and Kainai Band.

We also respectfully acknowledge that we are on the homelands of the Metis Nation within Region 3. We hold deep gratitude for the many Indigenous communities who have lived on Turtle Island for thousands of years, and whose land we have the privilege of living, playing, and working on.



As we gather on these Treaty lands, we have the responsibility to honour and respect the four directions, land, waters, plants, animals, ancestors that walked before us, and all the wonderful elements of creation that exist. May we have gratitude in our hearts as we move forward in a spirit of togetherness, healing, and harmony.

# PACKAGE PICK UP

## OPTION A: PRE EVENT

Two Pharmacy (100 Grand Boulevard #105,  
Cochrane)

Saturday, March 14th from 10am - 12pm

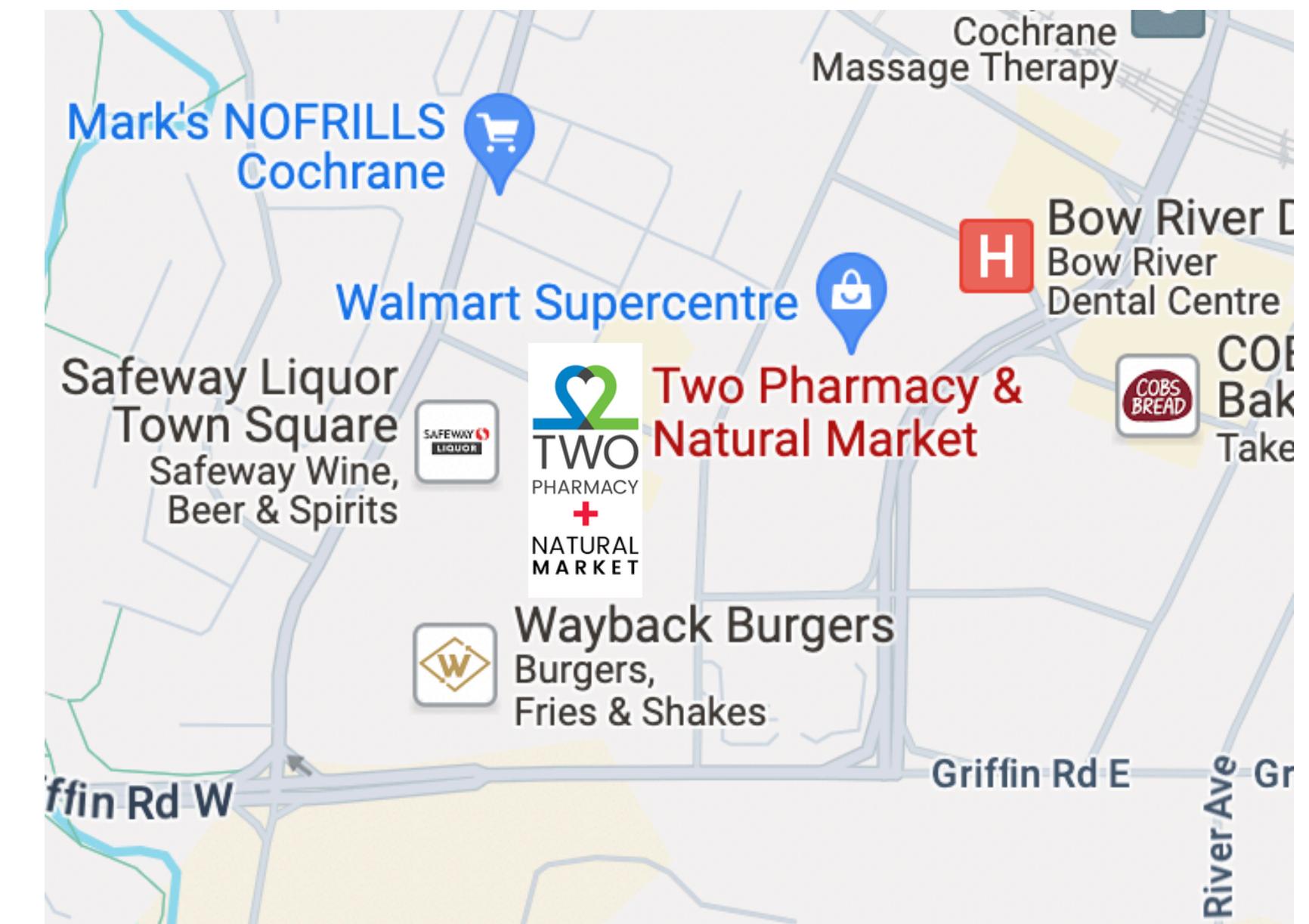
You may have a friend or family member pickup your package.

We will not be providing bags so please bring a bag with you if you are picking up multiple race packages.

## OPTION B: EVENT MORNING

SLS Centre (800 Griffin Rd E, Cochrane)

30 minutes prior to your heat

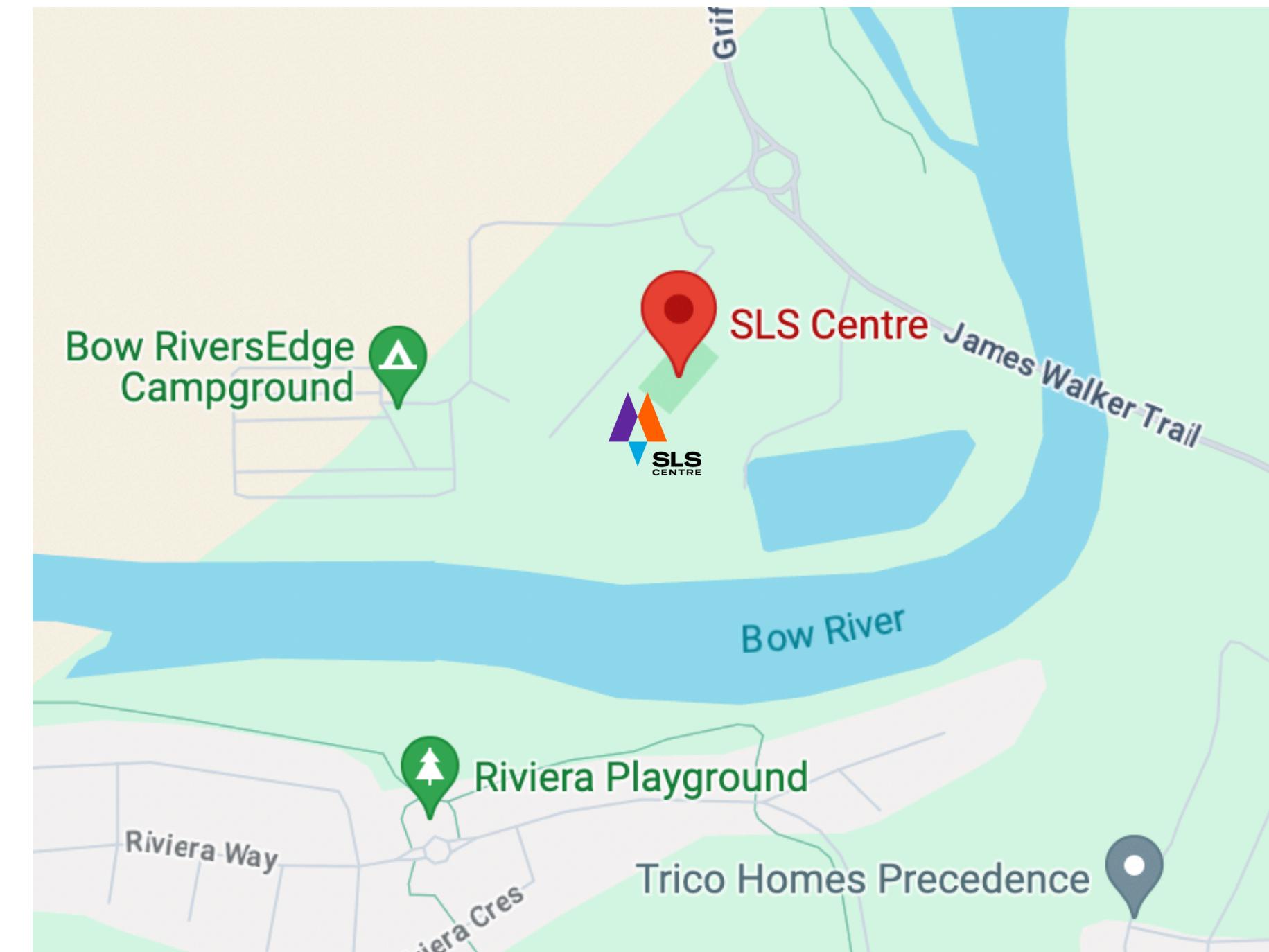


# DIRECTIONS TO THE EVENT

The Renegade Rose Men's Indoor Triathlon is located at SLS Centre in Cochrane.

- 800 Griffin Rd E, Cochrane

There is a huge parking lot with free parking. Enter through the main doors.



# Heats

	<b>SWIM</b>	<b>TRANSITION</b>	<b>BIKE</b>	<b>TRANSITION</b>	<b>RUN</b>
<b>7:00am</b>	7:00am - 7:10am	7:10am - 7:25am	7:25am - 7:45am	7:45am - 7:50am	7:50am - 8:05am
<b>7:15am</b>	7:15am - 7:25am	7:25am- 7:40am	7:40am - 8:00am	8:00am - 8:05am	8:05am - 8:20am
<b>7:30am</b>	7:30am -7:40am	7:40am - 7:55am	7:55am - 8:15am	8:15am - 8:20am	8:20am - 8:35am
<b>7:45am</b>	7:45am - 7:55am	7:55am - 8:10am	8:10am - 8:30am	8:30am - 8:35am	8:35am - 8:50am

We ask that you arrive 30 minutes before your heat. Please be ready to go and meet your heat leader 15 minutes prior to your heat so they may lead you and your group into the pool.

# SWIM

TIME: 10 minutes

This can often be the most nerve racking component in a triathlon. We promise we are here to assist you, make you as comfortable as possible and ensure you are successful!

Before the swim your group will head to the change rooms. You will get changed into what you will swim in (or even complete the entire race in), lock up (please bring a lock or a quarter) the rest of your things, and use the washroom if necessary. You will then bring with your towel, swim cap and goggles onto the deck where you will meet your heat leader. Your heat leader and a swim marshal will help organize you into lanes (4 swimmers per lane) with swimmers of similar pace together.

\*we will do our best to accommodate any requests to be in a lane with a friend.

With 2 athletes at either end of the pool, on the word go you will enter the water and swim as many lengths as you can in the 10 minutes. You will swim in a counter-clockwise direction (lane rope will be directly on your right). Keep track of your own laps or just swim - it is up to you. You are welcome to stop and rest as much as you want or need at the end of the lanes in the 10 minutes.

To pass someone tap their toes, and AT THE END OF THE LANE they can stop and allow you to pass. They are not required, nor should they stop in the middle of the lane. If someone wants to pass you, please be courteous and stop at the end of the lane to allow them to pass.

There will be lifeguards and plenty of volunteers in the pool area, and your family and friends may watch and cheer you on from the stands!



# Transition 1

## Swim to Bike

TIME: 15 minutes

It's going to be a busy 15 minutes so you must move quickly and efficiently. You will be surprised how quickly 15 minutes goes by!

You will head back to the change rooms, dry off, put on any extra clothes, use the washroom if needed, and then walk the 3 - 4 minutes up to the spin room. You will then set up your bike and listen to instructions from SLS Cetntre staff.



# BIKE

TIME: 20 minutes

As mentioned you must have your bike set up within the 15-minute transition. The leader and knowledgeable volunteers, will help you set the seat to the right height for you.

An instructor/coach will be leading you through a 20-minute bike workout! You must find the right mix of gearing tension and RPM (rotations per minute) of your pedal stroke to ensure you are putting in the proper effort. Any issues or questions, during the bike just put up your arm and a volunteer will come assist you.

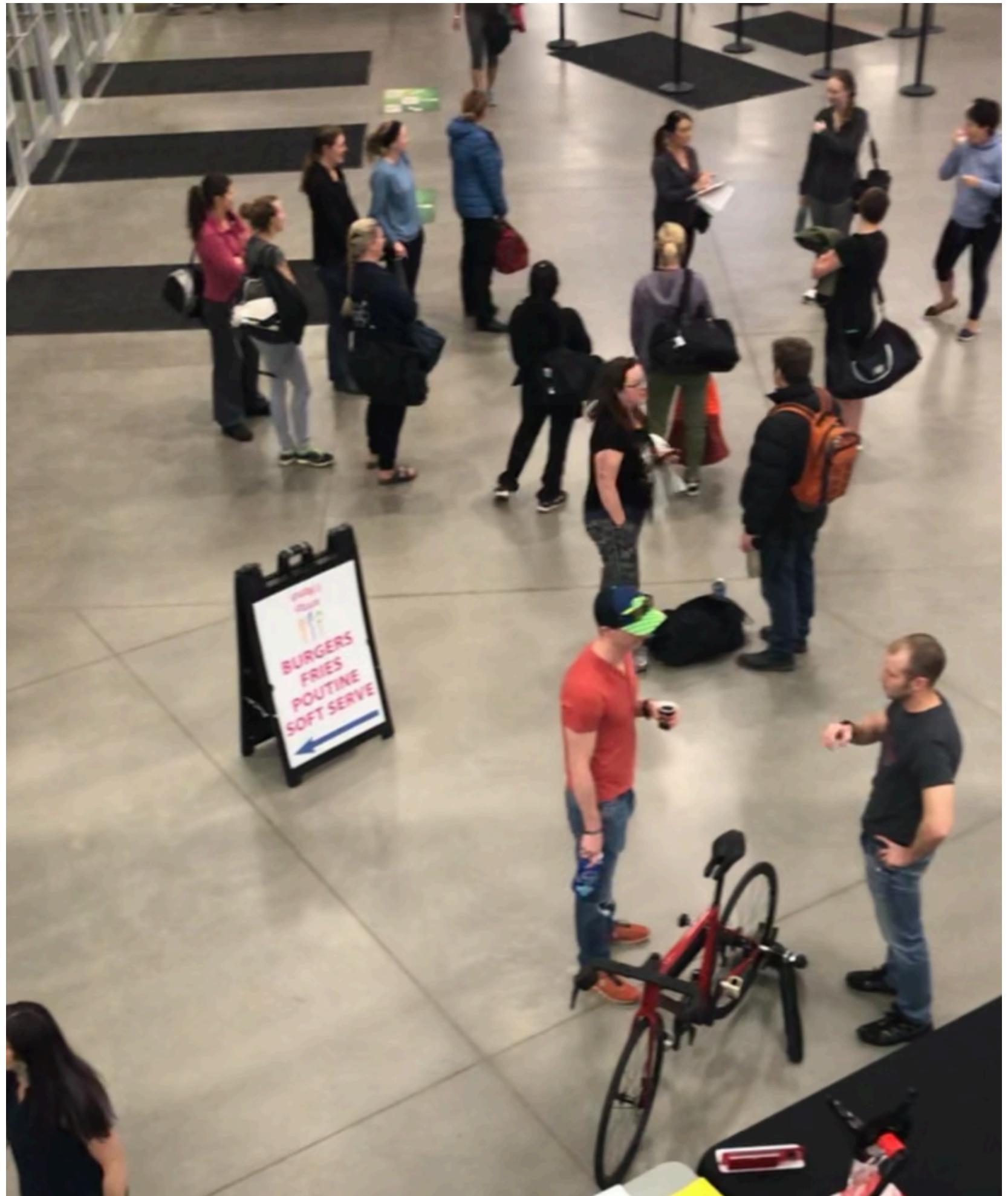
We unfortunately cannot have any family or friends with you in the spin room to spectate but, staff will be cheering you on and the time will fly by with the incredible instructor and awesome tunes!



# Transition 2 Bike to Run

TIME: 5 minutes

It is a short walk from the spin room, to the track. Ensure you listening to your heat leader to notify you as to when your designated time starts. You will file onto the track quickly when the run marshal tells you to "Go!"



# RUN/WALK

TIME: 15 minutes

Athletes will run walk or run in the designated lanes on the track. The run marshal will notify you of which direction you will be running in. Run as many laps as you can in the 15 minutes. At 13 minutes we will be announcing "last lap"; please finish your lap and exit the track where specified.

Please be advised that the track is open to SLS Centre members, so be courteous and kind to all on the track. You may not have anyone outside of the event run or walk with you due to capacity limits.

We unfortunately cannot have any family or friends with you on the track to spectate but, staff will be cheering you on and the time will fly by with the incredible instructor and awesome tunes!



# Recommended Apparel and Gear

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## *Swim:*

- swimsuit or trisuit
- goggles
- swim cap (you will be given a Renegade Rose Swim Cap)

## *Transition from Pool to Bike:*

- TOWEL (MANDATORY) - as you may not track water down the hall on the way to the spin studio
- extra clothes to put on before heading to the rest of your triathlon (OPTIONAL)
- running shoes - to do the rest of the event in, or to walk from the pool to the spin room if you plan on wearing cycling shoes
- water bottle

## *Bike and Run:*

- you will already be wearing everything
- as mentioned above, you may bring bike shoes for the spin bikes (SPD pedals) if you wish

## *Post Race:*

- change of clothes
- extra towel, shampoo and other toiletries if you plan to shower afterwards

## *Other:*

- quarter or lock for locker
- glasses (you can bring and volunteers will hold for you when you swim)
- any necessary medications you need with you at all times
- a light snack (do you get HANGRY...?) Bring any extra snacks you may want to have before or during the race.
- your friends and family! Bring them to share the experience of your first triathlon!

# Transferring Your Entry to A Different Heat or to Another Participant or Heat

If you would like to change heats (if space is available) or transfer your entry to another participant, you have until March 13th, 2026.

Step 1: Go to [RNRPREMIEREVENTS.COM](http://RNRPREMIEREVENTS.COM)

Step 2: Click RENEGADE ROSE MEN'S TRIATHLON

Step 3: Click any of the buttons that say REGISTER

Step 3: On the right hand side below the logo, click TRANSFER

Step 4: Choose TRANSFER TO A NEW SUB-EVENT or TRANSFER TO A NEW PARTICIPANT

Step 4: follow prompts to complete transfer.



[REGISTER](#)

[BUY AS A GIFT](#)

[TRANSFER](#)

Transfer your registration

What kind of transfer do you want to initiate?



Transfer to a new sub-event



Transfer to a new participant

# We look forward to seeing you!

If you cannot find the answer to your question, please email registration at [info@rnrpremierevents.com](mailto:info@rnrpremierevents.com)

We are always looking for volunteers. If you know someone who would like to volunteer or you can volunteer at package pick up please head to [RNRPREMIEREVENTS.COM](http://RNRPREMIEREVENTS.COM), go to your event and click the VOLUNTEER button at the bottom of the page.



For other great events go to  
[RNRPREMIEREVENTS.COM](http://RNRPREMIEREVENTS.COM)

