



## Triathlon & Duathlon FAQ's

### **I'd love to participate, but I don't swim! What do I do?**

You can put together a team! Registration is available for teams as well as individuals AND you do have the option of doing a Duathlon instead.

### **I don't have a bike, can I rent one?**

We require all participants to use a mountain bike on the course. If needed, we have Specialized cross-country bikes available for rent. The cost is \$25/day. If you would like to rent, please let us know when you go through the registration process online. Limited bikes are available for rent, subject to availability.

### **Do you provide any accommodation?**

Yes, Frontier Lodge will have exclusive cabins as well as shared cabins available. Please refer to website for more details.

Since we do have a limited amount of accommodations, you may also consider the following options:

- Fish Lake Campground: <http://www.albertaparks.ca/fish-lake.aspx>
- Upper Shunda Creek Campground: <http://www.uppershundacampground.ca/>
- Shunda Creek Hostel: [http://www.hihostels.ca/westerncanada/1384/Hi-Nordegg\\_Shunda\\_Creek\\_Hostel.hostel](http://www.hihostels.ca/westerncanada/1384/Hi-Nordegg_Shunda_Creek_Hostel.hostel)
- Nordegg Lodge: [http://www.nordegglodge.com/Nordegg\\_Lodge\\_Rooms.htm](http://www.nordegglodge.com/Nordegg_Lodge_Rooms.htm)

### **Will there be any food provided at the event?**

We will have a BBQ post-race from 12:30pm-3:00pm. Race registration covers 1 meal per person. If you would like to purchase extra meals please make your reservation online. If you are not a racer you can make your reservations for meals and accommodations online as well. Please ensure you bring any energy snacks/drinks needed as we don't want you running outta steam!

### **Donors are asking about tax receipts. How will they get them?**

Frontier Lodge will issue tax receipts to donors at the end of the year. Please ensure you collect their full name, mailing address and phone number so that donors can get their receipt. You'll receive the pledge form to keep track of your cash and cheque donations

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with your confirmation email. Please note that all donations raised through Canada Helps (online donations) will get their tax receipt directly from Canada Helps.

## **Are there prizes for the race winner?**

Race categories will be announced closer to the main event. There will be prizes for age/gender categories. The winner of the overall race will have their name engraved and put on the Frontier Lodge trophy – and that's a pretty big honour!

## **Where is the race located?**

The race will be at Frontier Lodge in Nordegg, AB. Directions can be found at:

[www.frontierlodge.ca/contact](http://www.frontierlodge.ca/contact)

## **Are spectators welcome?**

YES! As long as you come with a booming voice and noisemakers to cheer the racers on, we'd love to have you join us as a spectator for the event. Spectators are free! Bring a chair (and maybe an umbrella). Make your reservation online for meal tickets and/or accommodations.

## **What if the weather is bad?**

If weather does not co-operate and the lake is too cold, the swimming distance will be shortened or the race will turn to a duathlon (run-bike-run).