



Rural FASD Support Network

April 15, 2025 NG HWFATAC

www.ruralfasd.ca

Red Shoes Triathlon,

Sunday, Aug 17



Red Shoe Run Bike

There are five races on Sunday, Aug 17. To register, people can go to <https://ccnbikes.com/#!/events/26592-red-shoes-triathlon>

12/13 Non-draft \$50 starting at 9:45

14/15 Draft Legal \$60 starting at 8:45

Junior U23 Elite Draft Legal \$80 starting at 7am **Anyone 16+ can participate**

Age Group Sprint Non-draft both individual and team \$80 starting at 10:30 **Anyone 12+ can participate**

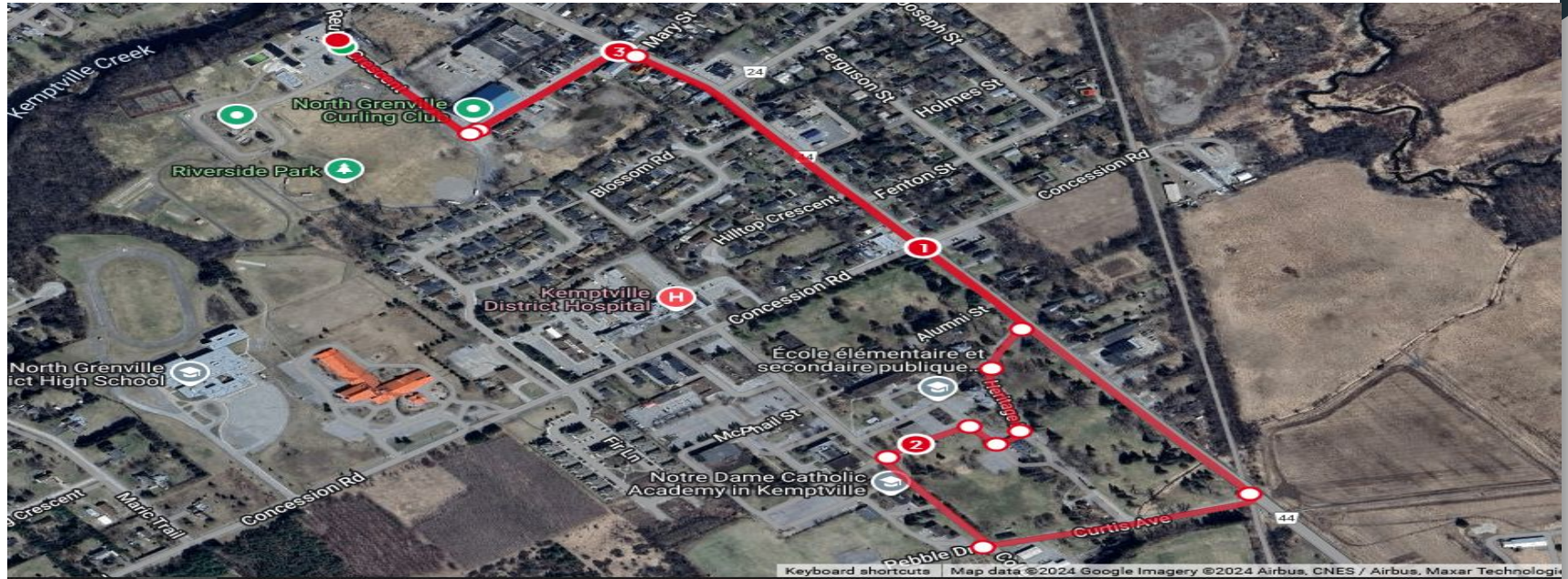
Try-a-Tri Non-draft both individual and team \$60 starting at 12:30 **Anyone 12+ can participate**

This is the only triathlon east of Toronto offering the draft legal option and one of two offering the 14/15 draft legal option in Ontario.

Draft Legal - Cycling



Non-draft



Riverside Park - Transition Zone



Run Course



Red Shoe Triathlon Swim and Run

- Riverside Park will be the central location with registration, transitioning, swimming and running and start/finish being hosted. Medical, food, timing tents, official's room and informational booths also located in the park.
- Cycling will leave the park, go south on County Rd 44 which will be closed through the Campus and down to Bedell twice for the sanctioned portion. The recreational portion will go south on 44 through the Campus and back to the park four times on the southbound lane.



Red Shoe Triathlon Current Needs

- 1) 15 experienced volunteers to barricade side roads - Parade volunteers ??
- 2) 2 drivers for equipment pickup Aug 14 and dropoff Aug 18 in Milton - Public Works ??
- 3) First Aid certified medical officer - Tanya Deans
- 4) A Sweeper with motorbike for cycling portions
- 5) Swim, Cycling, Run Director reporting to Race Director Rob More and coordinating volunteers
- 6) Food sponsor
- 7) Flyer distribution to residents on August 4
- 8) Approximately 80 volunteers in various roles - spotters primarily
- 9) Sponsors- both cash and in-situ
- 10) Permission for spectator parking at High School