

# silverskate.ca

## Sunday, February 16 | Victoria Pavilion & Victoria Park

Map of 2025 Course (subject to change) | Arrive and get your timing chip in <u>Victoria Pavilion</u>. Mandatory: Pre-race instructions 15 minutes before each start in the Victoria Pavilion.

#### Race Instructions

#### Families & Teams

Teammates can tag off at any lap of the race, including laps of the same sport. Tag & go.

#### Start

Start on the ice. Athletes of the same distance will start together: solo, teams and families.

09:30 Race start - full distance athletes | on ice
10:00 Race start - sprint distance athletes
10:30 Race start - super sprint athletes

Skate | lap = ~400 m | counter-clockwise

Skaters can wear any type of skates (hockey, figure, speed, or clip-on skates).

Helmets are mandatory and must be worn by all skaters.

Caution: All skaters stay to the left (the inside of the lap). Pass on the RIGHT.

Avoid contact with other skaters. No yelling at other skaters.

**Caution:** Outdoor ice. Watch for cracks, ruts, or bumps in the ice.

Families & Teams: You can exchange between laps. Exchange on the north straight-away..

Transition: Skate to Run

**Caution:** Control your speed when coming to the transition.

- 1. Go to benches. Remove skates. Leave skates at benches.
- 2. Put on shoes.
- 3. Take off helmet.
- 4. Run.

Families & Teams: Meet teammate at the Transition. Tag and run.

Water will be available in the Transition Zone.



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Run | lap = 2.5 km (out & back) | counter-clockwise

Run to the service road. Turn RIGHT and run to the turn around. Run around the pylons, run back on the service road, then run through the Golf Course parking lot. Run to the top. Run around the pylons. Run back through the parking lot and the service road.

**Caution:** Road is plowed but uneven. Watch for ice.

Families & Teams: Tag teammate at the intersection.

#### Finish

Run to the intersection. Turn right and run through the finish line (near Victoria Pavillion).

### Post-Race & Awards Ceremony.

After the race, go warm up.

12 noon Racing stops on the ice. Ice open for the public.

12 noon Awards Ceremony | Victoria Pavilion

### Overview - Silver Skate Ice Duathlon

Map of 2025 Course (subject to change)

	Skate <sup>400m</sup> lap	Run 2.5k lap	Total
Full Duathlon	8k (20 laps)	10k (4 laps)	18k
Sprint Duathon	4k (10 laps)	5k (2 laps)	9k
Super Sprint	3k (8 laps)	2.5k (1 lap)	5.5k

Play safe ● Play fair ● Have fun.