

SILVER SKATE FESTIVAL

silverskate.ca

Monday, February 16 | [Victoria Pavilion](#) & Victoria Park

Race Instructions | [Map of 2026 Course](#)

	Skate	Run	Total
Full Duathlon	8k 20 laps	10k 4 laps	18k
Sprint Duathlon	4k 10 laps	5k 2 laps	9k
Super Sprint	3k 8 laps	2.5k 1 lap	5.5k
	400m lap	2.5k lap	

Families & Teams

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

Schedule

Arrive & get your timing chip | Victoria Pavilion.

09:10 Mandatory pre-race instructions | Victoria Pavilion

09:30 **Start** Full distance athletes | on ice

10:00 **Start** Sprint distance | on ice

10:15 **Start** Super sprint | on ice

12 noon Awards Ceremony | Victoria Pavilion

Start

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

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 (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.

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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. Put on traction aids or ice grippers.
3. Take off helmet.
4. Run.

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

Water will be available in the Transition Zone.

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

Traction aids or ice grippers are mandatory and must be worn by all runners.

Run to the service road. Turn LEFT (east) and run to the turn around. Run around the pylons, run back (west) on the service road. Run through the parking lot (north), to the top and around the pylons. Run back through the parking lot (south). Run back on the service road.

Caution: The service road and parking lot are icy. The parking lot is rutted. Watch your footing.

Families & Teams: Tag teammate at the intersection.

Finish

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

Play safe • Play fair • Have fun.