



Presented By:
**RAYMOND
JAMES®**

TTF ATHLETE GUIDE

Rush Hour Redefined JULY 23, 2023

Swim. Bike. Run. Conquer the city.

**RAYMOND
JAMES®**

Ontario 

Rally



TORONTO
ATHLETIC CLUB



Red Bull

**RUDY
PROJECT**

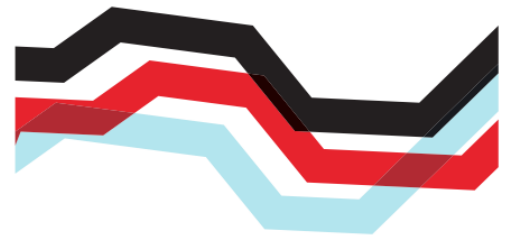
wahoo

**F2C™
NUTRITION**

ChampionSystem



blueseventy

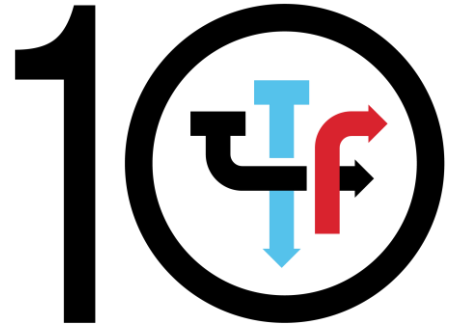


Welcome to the Toronto Triathlon Festival

Has it really been ten years? What?

Yes, we are thrilled to welcome you to the 10th annual (in person) TTF. As we mark this occasion, we are feeling especially grateful and celebratory.

Your race this weekend is the culmination of a ton of hard work, and we aim to respect your commitment by delivering the best TTF experience for you, your friends and your family.



THE TRIATHLON EXPERIENCE

- New this year, Exhibition Place (Parking Lot 852) hosts the Expo, Transition Zone and Finish Line Festival, creating a great energy and atmosphere throughout the weekend.
- The Swim and Swim Course Familiarization will, as in previous years, still take place in the West Channel at Ontario Place.
- New this year, we will be facilitating time trial starts within waves. What this practically means is that you will be able to self seed (according to your swimming ability) within your wave. There will not be a mass in-water start to any wave.

FOR THE KIDS ON SUNDAY

Tell your kids to grab their scooters, footballs and bikes, or whatever they want to bring, because we have plenty of room for them to play while you race.

TO FILL YOUR (AND SPECTATOR) TUMMIES ON SUNDAY

We've arranged for the Stage21 Café Van to be onsite. We're also pleased to offer a complimentary burger / beer for athletes, but all other food / drink options will be paid options.

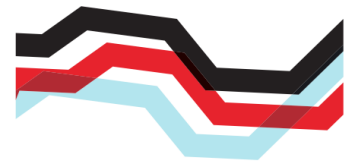
TO CELEBRATE ON SUNDAY

Rally Beer, our new and awesome partner, will host the beer garden (post-race, obviously) so you can celebrate your TTF "Magic Moment" appropriately.

The TTF is a festival after all, so it's going to be safe, it's going to be fun, and it's going to be bright – all of which embody what triathlon and this community is all about.

Good luck, enjoy yourself, and remember to smile!

Sincerely,
The TTF



In Person Race Briefings / Q&A Sessions on Sat Jul 22 are for ANY athlete who has outstanding questions!

We will be offering three such sessions on **Sat Jul 22** at:

- **11am, 2pm and 4pm**
- **PLEASE NOTE THESE TIMES!**

We strongly encourage you to watch the Online Race Briefing, which will be circulated early next week!

There are some venue changes, among other differences this year, so even if you are a seasoned triathlete and / or a TTF stalwart, it would be wise, in our opinion, to watch the online race briefing.

If you are new to the sport or to the TTF, there is a lot to learn from the online race briefing – please watch it.

The online race briefing will be emailed to all registered athletes early in the week of July 17th and will also be posted to the TTF website.

NEW THIS YEAR: Race Packet Pickup, Expo, Transition & Finish Line is at Exhibition Place

Due to ongoing construction at Ontario Place, the main venue for the TTF (e.g., race packet pickup, expo, race briefings, transition, finish line) has moved across the street to Exhibition Place.

We are excited about the move and appreciate your understanding and consideration as we get used to our new surroundings.

Photo ID required for Race Packet Pickup! And you CANNOT pick up another athlete's race packet!

We require this not to be unduly cumbersome but for safety, security and insurance purposes. This has been in place since inception, in 2012.

Location for Race Briefings, Expo, Race Packet Pickup and Finish Line Festival: Exhibition Place, Parking Lot 852

All Race Briefings / Q&A Sessions, the Expo, Race Packet Pickup will take place at Exhibition Place (Parking Lot 852), beside the Transition Zone.

Exhibition Place (100 Princes' Blvd., Toronto, ON, M6K 3C3) is located just across the street from Ontario Place. Lot 852 is at the corner of Ontario Drive and Princes' Blvd. on Exhibition Place grounds.

As it is summer and, as always, construction season in TO, we ask for your patience, as the area around Exhibition Place can get congested.

Exhibition Place is a short bike from Union Station and accessible by public transit (TTC). Alternatively, paid parking is available, on Fri Jul 21, Sat Jul 22 and Sun Jul 23 in multiple lots on Exhibition Place and Ontario Place grounds.

Updated TTF Race Weekend Schedule

Friday, July 21, 2023

2:00 pm Race Packet Pickup Begins at Exhibition Place (Lot 852)

7:00 pm Race Packet Pickup Closes at Exhibition Place (Lot 852)

Saturday, July 22, 2023

10:00 am Expo Opens

10:00 am Race Packet Pickup Begins at Exhibition Place (Lot 852)

11:00 am In Person Race Briefing / Q&A Session

12:00 pm Swim Course Familiarization Opens at Ontario Place (until 2:00 pm); participation only possible for athletes with a TTF Wristband (provided during Race Packet Pickup)

2:00 pm In Person Race Briefing / Q&A Session

4:00 pm In Person Race Briefing / Q&A Session

5:00 pm Expo Closes

Sunday, July 23, 2023

6:30 am Transition Opens for Olympic Distance Race

7:45 am Transition Closes for Olympic Distance Race

8:00 am **RACE** – Olympic Distance Race Starts

8:00 am Transition Opens for Sprint Distance Race

9:05 am Transition Closes for Sprint Distance Race

9:20 am **RACE** – Triathlon Ontario Cup Series Race Starts

9:25 am **RACE** – Draft Legal Sprint Distance Race Starts

9:30 am **RACE** – Sprint Distance Race Starts

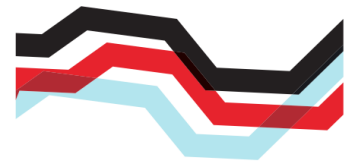
11:00 am Olympic Distance Race Awards Ceremony

11:30 am Sprint Distance Race Awards Ceremony

** PLEASE NOTE CAREFULLY **

- There is NO expo on Friday! But there is Race Packet Pickup!
- There is NO bike drop off on Saturday!
- Race Packet Pickup at Exhibition Place only possible w/ Photo ID.
- We strongly encourage all athletes to watch the Online Race Briefing, which will be circulated to all registered athletes early in the week of July 17th and will also be posted to the TTF website at that time.
- The TTF will host a few in person race briefings during TTF Expo hours on Saturday, July 22 – exact times are noted above.
- TTF Athlete shirts will be available for pick up during the TTF Expo (towards the exit of this setup).
- TTF Merch available for pickup and purchase from the Champion System setup at the TTF Expo on Saturday, July 22.

IMPORTANT: ALL MINORS (THOSE UNDER THE AGE OF 18 AS OF RACE DAY – JULY 23, 2023) ARE REQUIRED TO HAVE ANOTHER WAIVER SIGNED BY A PARENT OR LEGAL GUARDIAN BEFORE THEY ARE ALLOWED TO RACE; YOU WILL BE CONTACTED DIRECTLY



General Course Description

The TTF Swim

The swim will take place in the protected waters of Ontario Place's West Channel and its Inner Harbour. Water temps in late July are still cool, so this will highly likely be a Wetsuit Swim – meaning wetsuits are permitted. New this year, the swim will feature “time trial” starts within waves that are categorized by age group and gender. What this practically means is that you will be able to self seed (according to your swimming ability) within your wave. There will not be a mass in-water start to any wave.

Each wave will be briefed with instructions before going in the water. A table close to the Swim Start, for eyeglasses and other paraphernalia (e.g., asthma puffers), will be available for athletes with special medical requirements. These articles will be subsequently available at Swim Exit.

Athletes will be able to walk out (horizontally to the seawall) on a floating dock before the time trial start. There will be NO DIVING to start your swim – feet first entry into the water only. Athletes will exit the water via a constructed ramp structure and will be required to run approximately 370 metres to the Transition Zone on Exhibition Place grounds.

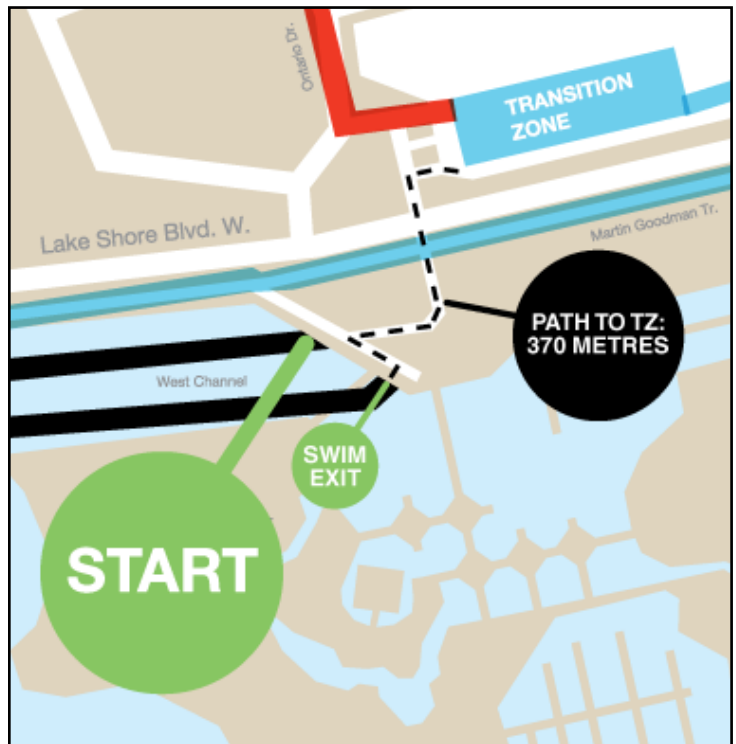
Getting to the Swim Start takes more time than in previous years, given the venue changes, so give yourself enough time and listen to race announcers. There will be a limited swim warm up for the Olympic Distance Race and NO warmup for the Sprint Distance Race due to venue complexities and ongoing construction at Ontario Place. We appreciate your consideration and understanding in this regard. Listen carefully to instructions from the race announcers. We do not want any race delays arising out of the swim start processes.

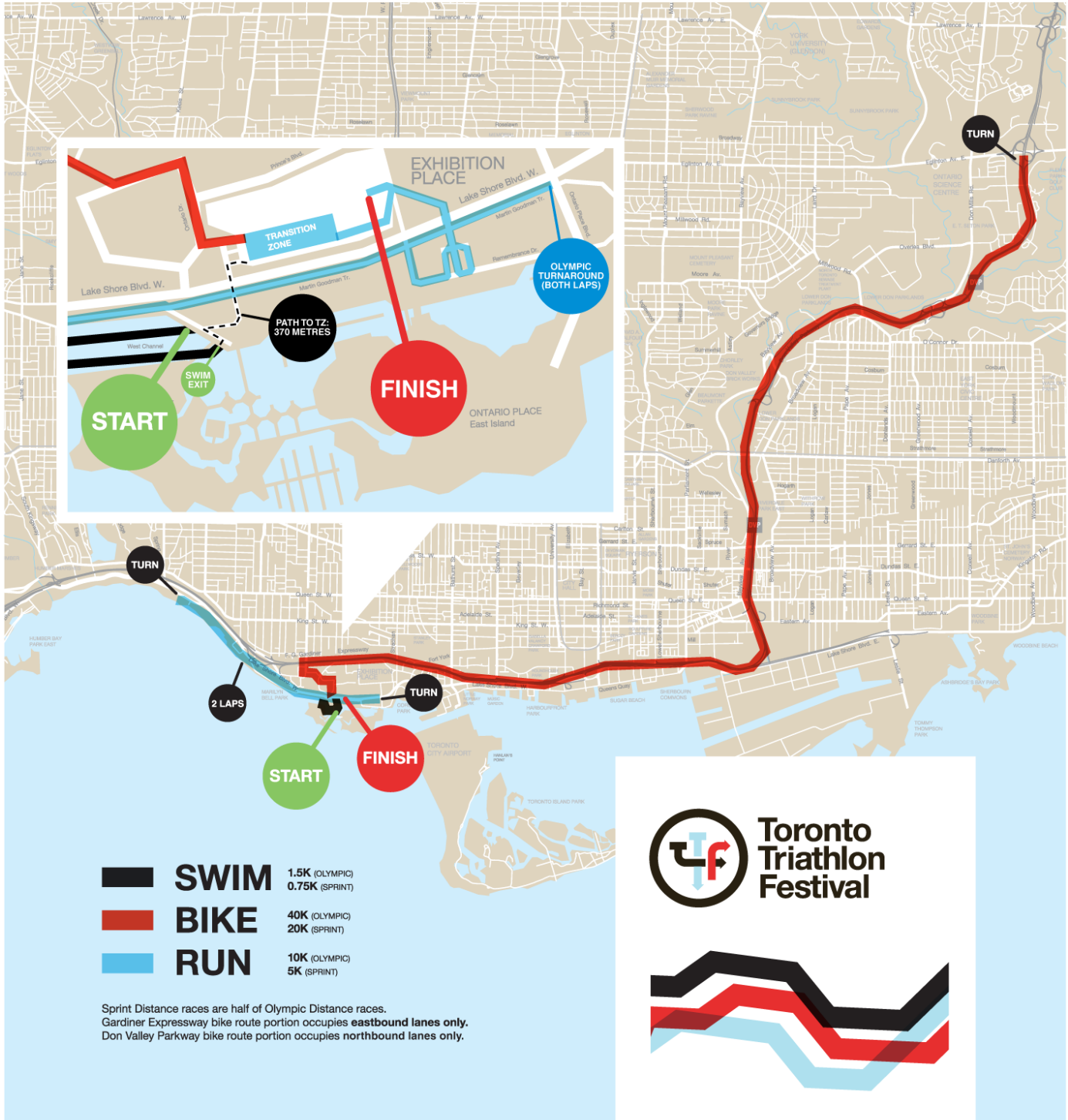
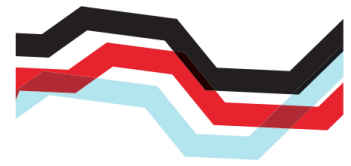
The Swim Start area will effectively be an extension of the Transition Zone – in other words, only athletes will be allowed into the Swim Start area. Spectators will be able to watch the Swim Start from the overhanging bridge only and from the shoreline west of the Swim Start area. For clarity, spectators are permitted to walk across the bridge from Exhibition Place (Transition) to Ontario Place (Swim Start) with athletes. Please note though – for both athletes and spectators – part of this bridge, etc. will comprise the field of play once the races begin.

The TTF Bike

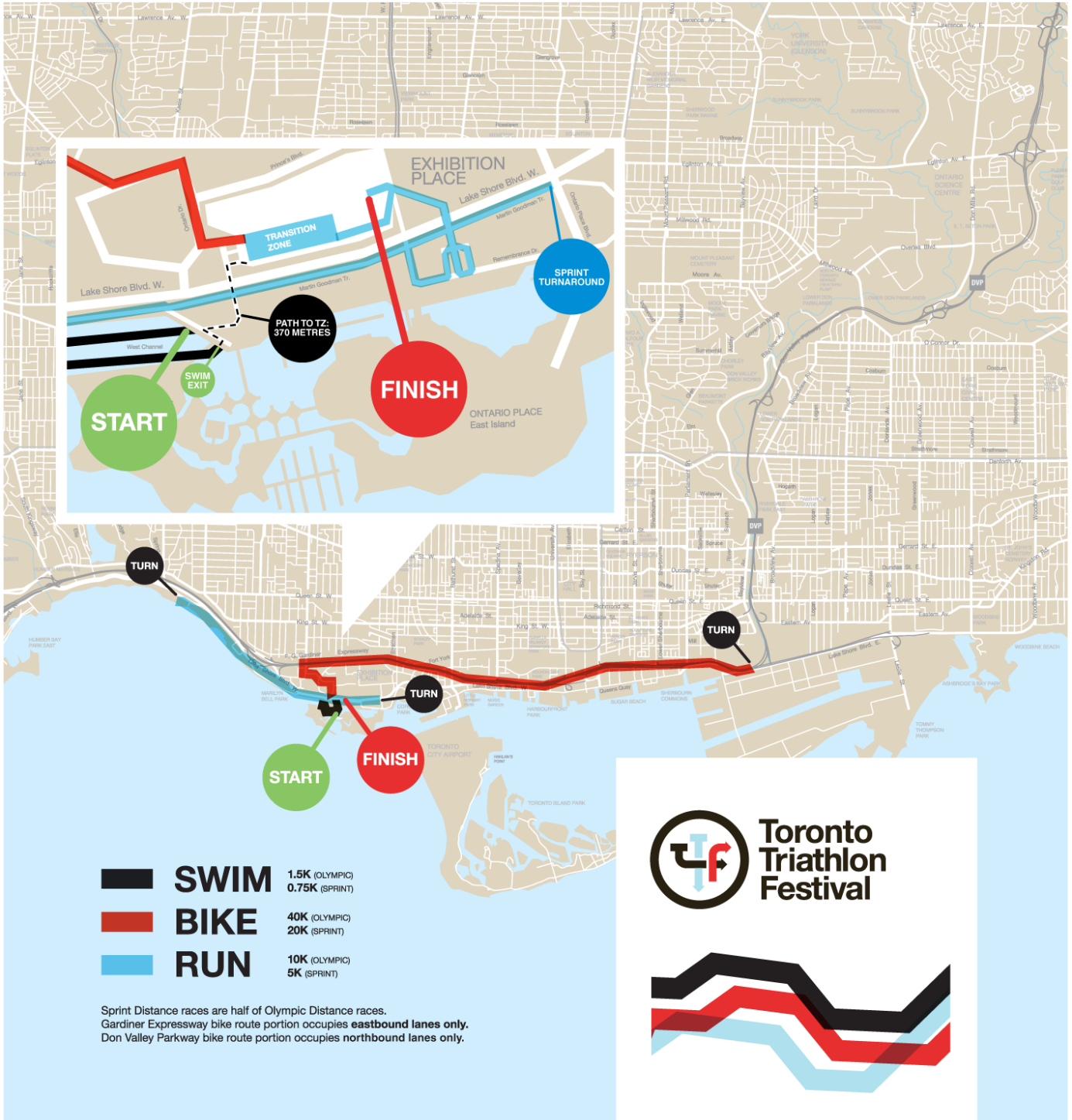
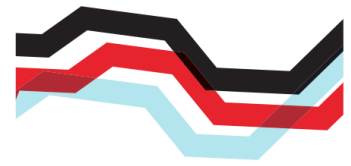
You will leave the Transition Zone at Exhibition Place via Bike Out located towards the northwest corner (of Transition). Be careful not to get on your bike until the Mount / Dismount line, which will be clearly marked and marshalled. You will then head west on Exhibition Place grounds to access the Gardiner Expressway (East) and, for Olympic Distance Race athletes, eventually the Don Valley Parkway (North).

For the Olympic Distance Race, you will turn around at Eglinton and re-trace south (on the Don Valley Parkway Northbound lanes) and back west (on the Gardiner Expressway Eastbound lanes). For the Sprint Distance Race, you will turn around just before reaching the on ramp to the Don Valley Parkway.



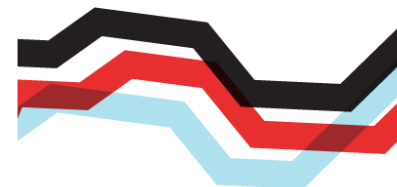


**OLYMPIC DISTANCE
COURSE**

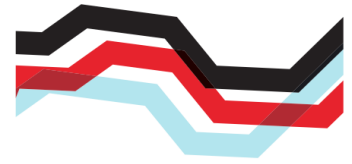


- SWIM** 1.5K (OLYMPIC)
0.75K (SPRINT)
- BIKE** 40K (OLYMPIC)
20K (SPRINT)
- RUN** 10K (OLYMPIC)
5K (SPRINT)

Sprint Distance races are half of Olympic Distance races.
Gardiner Expressway bike route portion occupies **eastbound lanes only**.
Don Valley Parkway bike route portion occupies **northbound lanes only**.



SPRINT DISTANCE COURSE



The TTF Run

The final leg will feature a westbound run on the Martin Goodman Trail and an inbound eastbound run in the curb lane of Lakeshore Boulevard, before finishing at Exhibition Place.

Run Out (or the Run Exit from Transition) is located at the southeast corner of the Transition Zone. Athletes will cross a bridge from Exhibition Place to get to Ontario Place before accessing the Martin Goodman Trail. While different from previous years, the course will be clearly marked and marshalls / volunteers will help point and verbally communicate course nuances.

The Olympic Distance run will feature two laps, making the race much more spectator friendly. The lap turnarounds will be clearly marked.

For the 10.0 km route of the Olympic Distance race, there will be 4 aid stations (F2C and water). For the 5.0 km route of the Sprint Distance race, there will be 2 aid stations (F2C and water).

More detailed run maps will be included in the online race briefing that will be circulated via email early during the week of July 17.

Transition Zone Description

The Transition Zone will be set up in the west side of Lot 852 at Exhibition Place.

Only participating TTF athletes will be allowed in the Transition Zone. To gain access to the Transition Zone, athletes will need to:

- Have a TTF Bike Number on their bike (such Bike Numbers will be included in Race Packets)
- Have an Official TTF Wristband (included in Race Packets) which they will have to put on at Race Packet Pickup on Friday or Saturday; **PLEASE NOTE:** Do not take TTF Wristband off, as you will need it on Sunday morning to get into the Transition Zone (and in order to get your bike out of Transition, after the race)

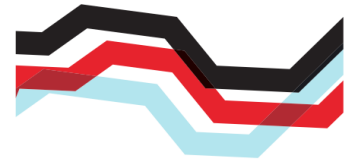
PLEASE NOTE: In an attempt to alleviate congestion, athletes, if they so choose, can go directly into the Transition Zone before getting body marked and picking up their timing chip, should lines be long. **JUST BE SURE** to do both at some point before the Transition Zone closes.

Body marking will take place at the Expo on Saturday or on Race Morning.

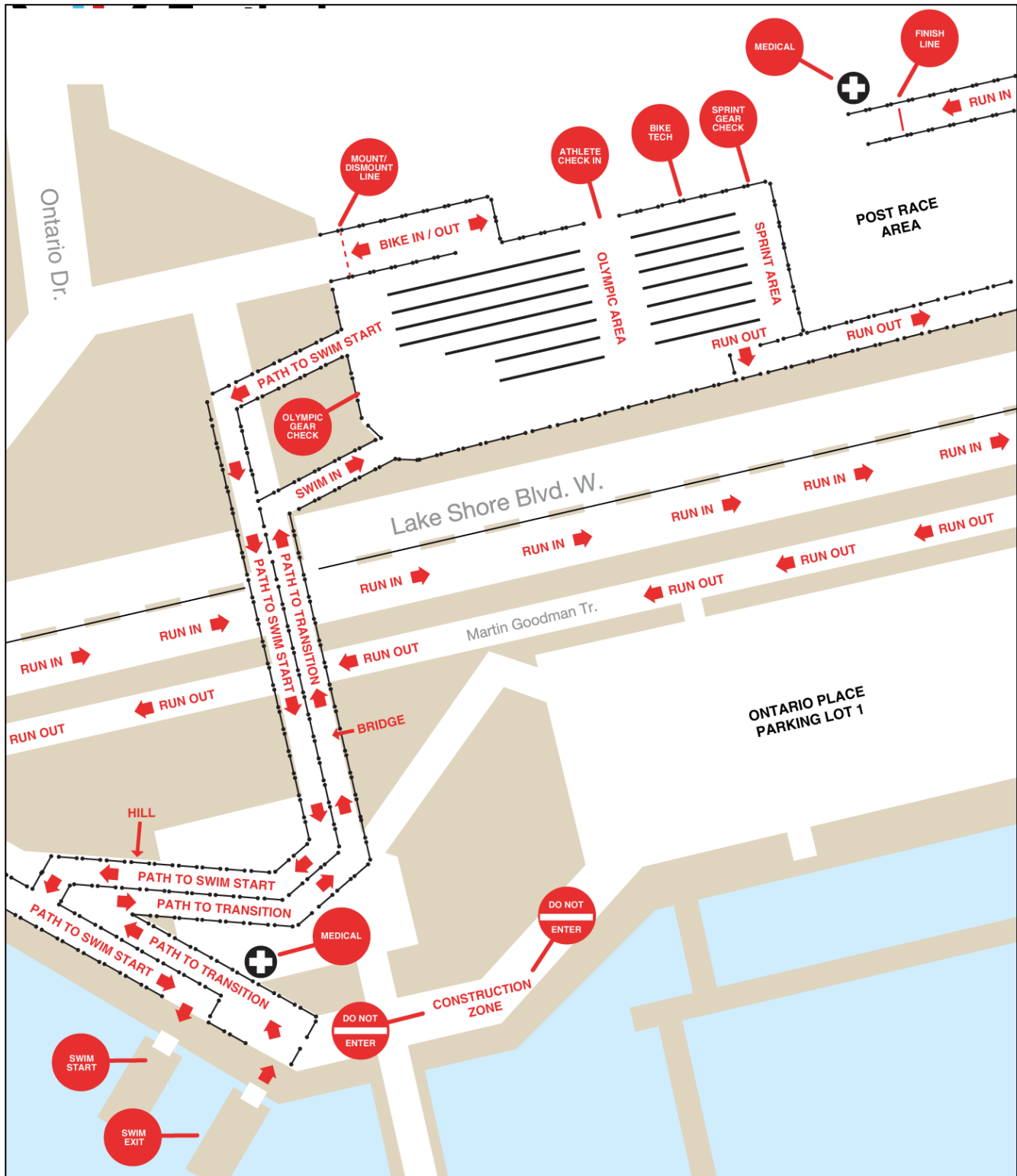
Timing chips will be distributed to athletes only on Race Morning.

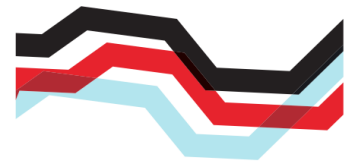
In the Transition Zone, we will be racking bikes in numerical order based on age group.

See Transition Zone graphic on next page.



Transition Zone





Finish Line Area Description

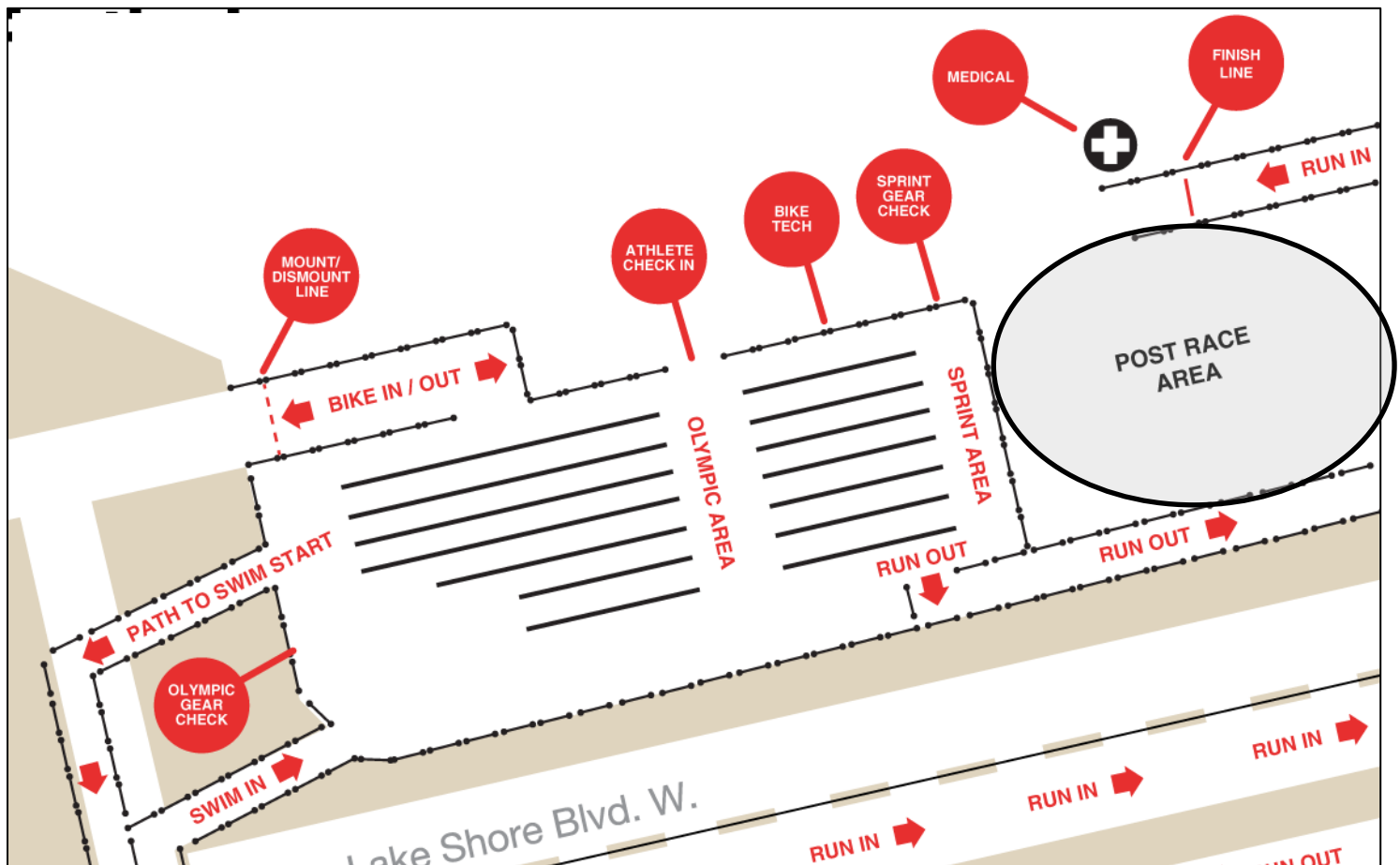
The Finish Line will be set up in the east side of Lot 852 at Exhibition Place.

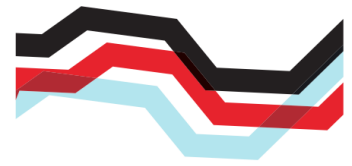
On the inbound portion of the TTF Run (for Sprint Distance Racers) and on the second lap (for Olympic Distance Racers), athletes will cross back across the bridge (from the south side of Lake Shore Blvd.) to get to Exhibition Place. Athletes will then make a left turn, heading west into the Exhibition Place Lot 852, reaching the finish line chute shortly thereafter.

PLEASE NOTE: The actual finish line chute will be part of the Finish Line Festival, making things much more spectator friendly.

Once you are through the Finish Line Chute, having passed the medical tents, received your TTF medal and athlete food, the TTF Finish Line Festival, your loved ones and supporters, await!

Grab your free burger, Rally Beer and a Red Bull energy drink, if you want, to help you celebrate!





Triathlon Wave Start Info (Olympic and Sprint Distance Races)

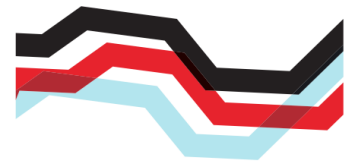
NEW THIS YEAR: The swim portion of the TTF will feature time trial starts within waves categorized by age group and gender.

WAVE ASSIGNMENTS

| Wave | Race | Category / Age Range | Wave Time | Cap Colour |
|------|---------|---------------------------------|-----------|-------------|
| 1 | OLYMPIC | PARATRIATHLETE | 8:00 | Yellow |
| 2 | OLYMPIC | MALE 25 – 34 | 8:00 | Silver |
| 3 | OLYMPIC | MALE 24 & UNDER MALE 35 – 39 | 8:04 | Red |
| 4 | OLYMPIC | MALE 40 – 49 | 8:08 | Navy Blue |
| 5 | OLYMPIC | MALE 50+ | 8:12 | Yellow |
| 6 | OLYMPIC | FEMALE 34 & UNDER RELAYS | 8:16 | Powder Blue |
| 7 | OLYMPIC | FEMALE 35 & OVER | 8:20 | Pink |
| 8 | SPRINT | TRIATHLON ONTARIO CUP MALE | 9:20 | White |
| 9 | SPRINT | TRIATHLON ONTARIO CUP FEMALE | 9:24 | Red |
| 10 | SPRINT | MALE - DRAFT LEGAL RACE | 9:28 | Silver |
| 11 | SPRINT | FEMALE - DRAFT LEGAL RACE | 9:30 | Pink |
| 12 | SPRINT | PARATRIATHLETE | 9:34 | Navy Blue |
| 13 | SPRINT | MALE 29 & UNDER RELAYS | 9:34 | Yellow |
| 14 | SPRINT | MALE 30 – 39 | 9:38 | Powder Blue |
| 15 | SPRINT | MALE 40 – 49 | 9:42 | Navy Blue |
| 16 | SPRINT | MALE 50+ | 9:46 | Yellow |
| 17 | SPRINT | FEMALE 29 & UNDER | 9:50 | Red |
| 18 | SPRINT | FEMALE 30 – 44 | 9:54 | Silver |
| 19 | SPRINT | FEMALE 45 & OVER | 9:58 | Pink |

PLEASE NOTE:

- NEW THIS YEAR, THE SWIM WILL FEATURE “TIME TRIAL” STARTS WITHIN WAVES THAT ARE CATEGORIZED BY AGE GROUP AND GENDER. WHAT THIS PRACTICALLY MEANS IS THAT YOU WILL BE ABLE TO SELF SEED (ACCORDING TO YOUR SWIMMING ABILITY) WITHIN YOUR WAVE. THERE WILL NOT BE A MASS IN-WATER START TO ANY WAVE. NO DIVING ALLOWED – FEET FIRST ENTRY ONLY TO BEGIN SWIM.
- SWIM CAPS WILL BE DISTRIBUTED AS PART OF RACE PACKET PICKUP PROCESS.
- THERE IS MORE THAN ONE START GROUP FOR EACH SWIM CAP COLOUR, SO PLEASE KNOW YOUR WAVE START TIME.
- SPORTSTATS WILL BE PROVIDING TIMING SERVICES AGAIN THIS YEAR. AS IS THEIR CONVENTION, TIMING CHIPS WILL BE PASSED OUT ON RACE MORNING, NEAR THE TRANSITION ZONE.
- ATHLETES MUST BE AT SWIM START 15 MINS BEFORE THEIR SCHEDULED WAVE START. THIS IS PARTICULARLY IMPORTANT THIS YEAR GIVEN TRANSITION IS NOW ON THE EXHIBITION PLACE GROUNDS, NOT ONTARIO PLACE. WE’LL CALL YOU, SO PLEASE BE LISTENING.
- WAVE START TIMES ARE APPROXIMATE.

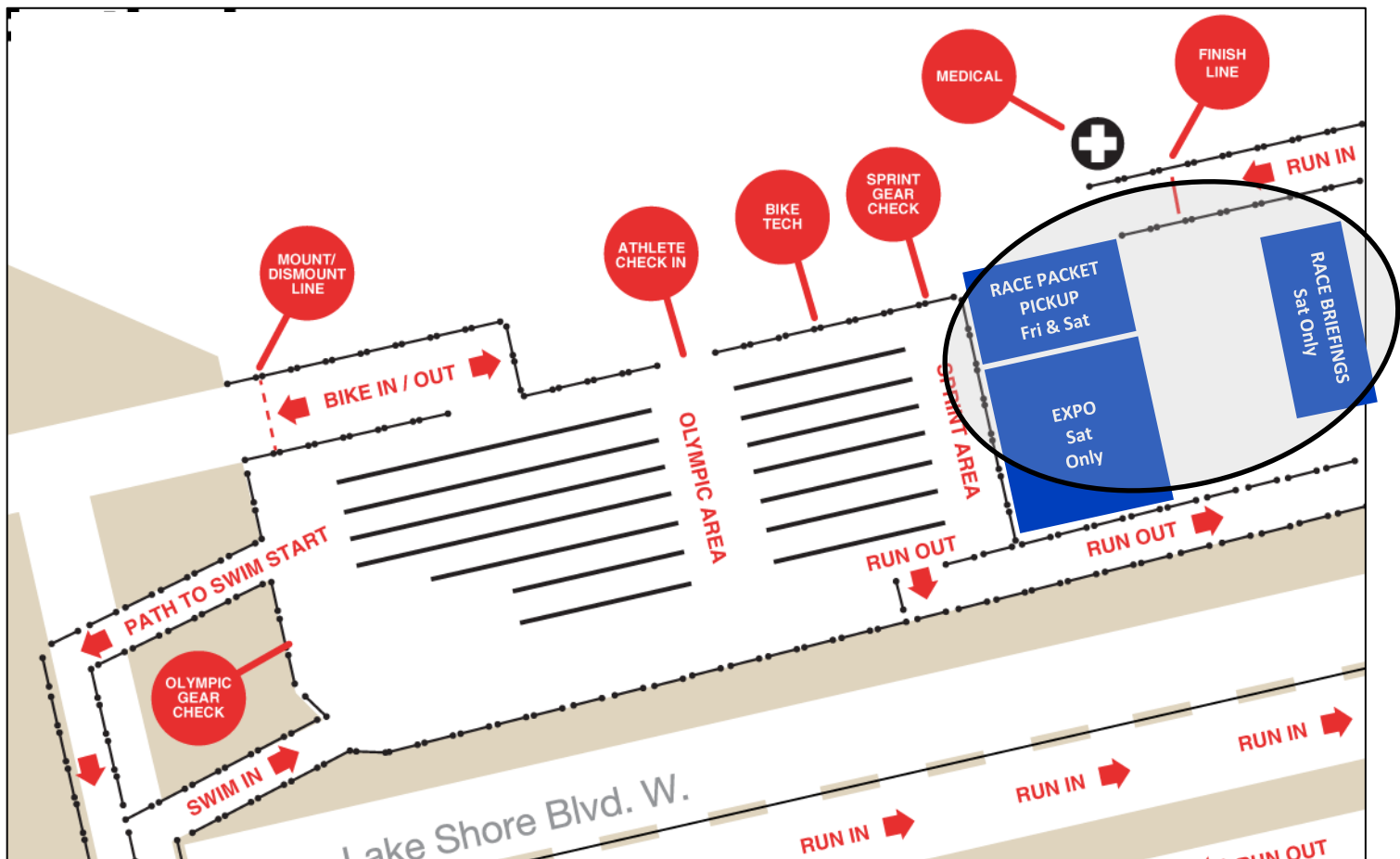


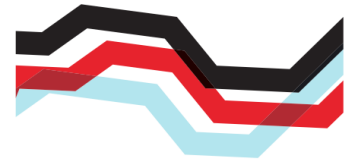
**Event Location for Race Packet Pickup: FRI JUL 21 (2:00 pm to 7:00 pm),
SAT JUL 22 (10:00 am to 5:00 pm)**

**Event Location for Expo (SAT JUL 22, 10:00 am to 5:00 pm) and Race
Briefings / Q&A Sessions (SAT JUL 22, 11:00 am, 2:00 pm, 4:00 pm only)**

- ***Exhibition Place, Lot 852***

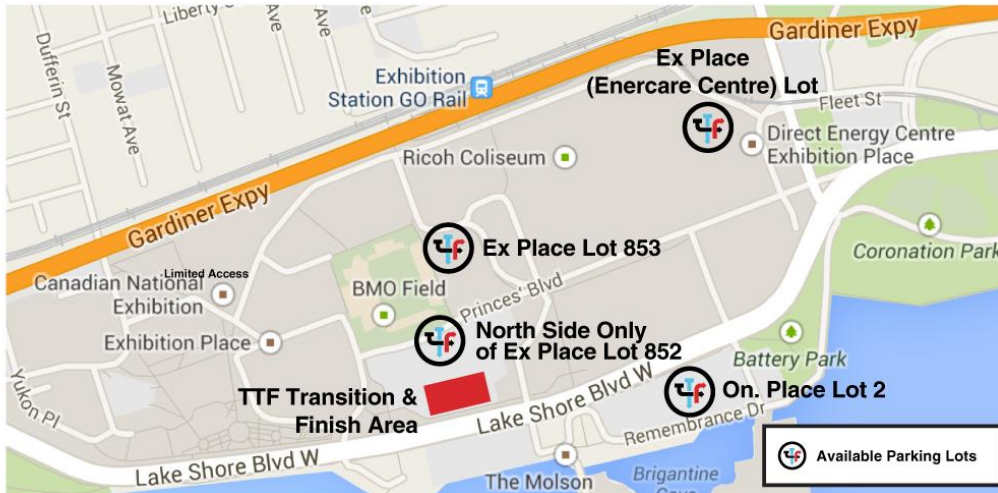
- ▶ On Friday and Saturday of Race Weekend, paid parking will be available in multiple lots on Exhibition Place and Ontario Place grounds
- ▶ Once at Exhibition Place, head towards Lot 852, at the corner of Ontario Drive and Princes' Blvd, look for the Transition Zone, tents and action, and you will arrive at the TTF Expo, Race Packet Pickup, etc.





Race Day Parking Information for the Toronto Triathlon Festival

2023 TTF WEEKEND: Parking & Road Closures



Road Closures

SUNDAY:

The Eastbound Gardiner Expressway will be closed from Humber to the Don Valley Parkway.

The Don Valley Parkway Northbound lanes will be closed from the Gardiner to Eglinton Avenue between 2:00am - 12:00pm.

The Southbound Don Valley Parkway and Westbound Gardiner will remain open and unaffected.

The eastbound curb lane of Lakeshore Boulevard West will be closed from 5:00am - 2:00pm.

RAYMOND JAMES® PRESENTS



WHERE TO PARK DURING TTF RACE WEEKEND:

Plenty of paid parking available on Exhibition Place grounds as well as in Ontario Place Lot 2 throughout the TTF race weekend.

Please see graphic above.

PLEASE NOTE:

Exhibition Place is a short bike ride from Union Station, or accessible by public transit. Try planning your trip using the TTC Trip Planner : (<https://www.ttc.ca/trip-planner>).

Water and F2C Aid Stations on the TTF Run Course

For the Olympic Distance run, there will be four aid stations – all will offer water and F2C. For the Sprint Distance run, there will be two aid stations – all will offer water and F2C. Please do not cross over from the outbound route to an inbound route aid station (and vice versa) – this is dangerous.

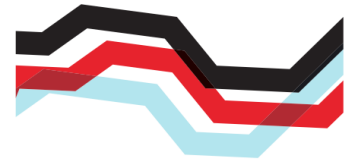


Competition Categories

The Top 3 overall, as well as in each age category, will be recognized in respective award ceremonies for the Olympic Distance and Sprint Distance Races. We will recognize the following age groups in both male and female categories:

- U20, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74 and 75+

The top 3 Relay Teams will be recognized in respective award ceremonies for the Olympic and Sprint Distance races for the following categories: All Male Teams, All Female Teams and Mixed Teams.



National Championships (Non Draft Legal Sprint Race) Provincial Championships (Olympic, Both Sprint Races)

Triathlon Canada has awarded Triathlon Ontario and the TTF with the Canadian National Championships designation (for the Sprint Non Draft Legal Distance in 2023).



In addition, Triathlon Ontario has awarded the TTF (i.e., the Olympic, Sprint DL and Sprint NDL) with the Ontario Provincial Championships designation for 2023.



We are incredibly proud of these developments and these designations will continue to increase the profile for the TTF and enhance the experience for all of our athletes – from weekend warriors to those looking to represent Canada at the 2024 Age Group World Championships in Spain.

We are grateful to Triathlon Canada and Triathlon Ontario for allowing us to bring these bellwether events to the endurance community in 2023.

World Championships Qualifying Spots

Two (2) World Championships Qualifying Spots will be available per age group (per gender) for the Non Draft Legal Sprint Race and one (1) World Championships Qualifying Spot will be available per age group (per gender) for the Draft Legal Sprint Race.

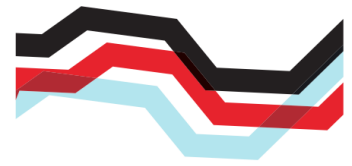
The TTF has also secured two (2) World Championships Qualifying Spots per age group (per gender) for the Olympic Race at the 2023 TTF.

Athletes will be competing to represent Canada at the 2024 Age Group Triathlon World Championships in Spain.

Expression of Interest Process (EOI) for World Championships Qualifying Spots

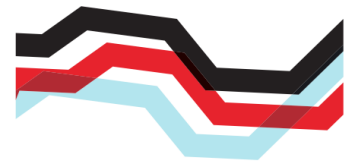
PLEASE NOTE: In respect of World Championships Qualifying Spots, you will have to fill out an Expression of Interest. And the EOI for the TTF is out through Triathlon Canada - you can access the link [here](#). This process has been open for the 3 weeks prior to the TTF and will close the day before the TTF, as we've been told by Triathlon Ontario.





Top Ten “Tips” (source: Triathlon Ontario; amended slightly)

1. **Know the Rules** – Read this Athlete Guide carefully; and check the race site for course specific regulations. Also see www.TriathlonCanada.com and the World Triathlon website (at www.triathlon.org) for official triathlon sport rules and regulations.
2. **Spirit of the Sport:** Safety and fairness first. Treat other competitors, officials, volunteers and spectators with respect and courtesy.
3. **Equipment:** Be sure your equipment is tuned and safety checked before you start the race. Shirts or tanks must always be worn. The race number must always be visible.
4. **Swim:** Any stroke, even doggy paddle, can be used. Official TTF swim caps must be worn. No kicking or grabbing other swimmers. Wetsuit can be worn depending on race regulations and the temperature. Goggles and nose clips are ok but fins and paddles are not. Always go around the outside of the buoy unless otherwise instructed.
5. **Bike:** Any two wheel road bike is ok as long as the brakes are functional. Mountain bikes and hybrid bikes are also permitted. Before the race, note the marked mount / dismount zone. Your bike helmet must be worn at all times while riding and must not be cracked. The helmet must be clipped on before handling the bike. Never cross over into the oncoming lane / path / road. Never block another cyclist. Drafting is not permitted (except during the Triathlon Ontario Cup Series Race and during the Age Group Draft Legal Sprint Race).
6. **Run:** Any pace is permitted but no crawling. No pacer bunnies nor pets.
7. **Transitions:** No spectators or pets in the transition zone. Pick up your bike from the racks and walk it to the mount zone. Return your bike to the exact location where you picked it up. Approximately 1.5 feet is allocated for hanging your bike.
8. **Do:** Arrive and set up early, check race start and age category start time. Tune up your bike before the race. Keep your transition area tidy and tucked away. Be familiar with the race course before you start. Clip on your helmet BEFORE you handle your bike.
9. **Don't:** No headsets, iPods, bringing your comfy chair or fan club into the transition zone, hang your bike or equipment in your neighbour's transition space. No glass containers in the racing area. Don't deviate from the marked race course. Don't warm up or cool down in the race track / path while the race is still going on.
10. **Unwritten Rules:** Have fun and treat your fellow racers as your friends. Always pass on the left and give a heads up. If a racer is down, ask if they need you to call for help. Volunteers and race officials can issue warnings and / or disqualify racers for non-compliance.



Athlete Benefits During the TTF Race Weekend

Bike Tech Support at TTF Expo from D'Ornellas

- ▶ TTF Community Partner, D'Ornellas Bike Shop, will be onsite the weekend of the TTF to do any minor repairs, including:
 - Gears / Breaks, Installing Race Wheels / Gear Adjustments, Tubulars / Tire Changes
- ▶ This is a paid service and will be done on a first come, first served basis
- ▶ Enjoy convenience of bike service while at the Expo

**D'ORNELLAS
BIKE SHOP**

Swim Course Familiarization on Saturday, July 22

- ▶ Lake Ontario can be chilly! Once again, we're offering you the opportunity to test the waters before your race; you'll be allowed to get in the water to acclimatize yourself
- ▶ Between 12:00 pm and 2:00 pm on Saturday, July 22, join us at Ontario Place to get in the water and get an early look at part of the TTF swim course
- ▶ **PLEASE NOTE:** Participation in Swim Course Familiarization at Ontario Place is only possible with a TTF Wristband, provided as part of the Race Packet Pickup process

Transition Zone Service and On Course Bike Tech Support from D'Ornellas

- ▶ D'Ornellas will be onsite for final, minor adjustments to ensure you're race-ready
- ▶ For example, D'Ornellas will ensure your tires are pumped, will change a tire, if necessary, or undertake any last minute gear adjustments
- ▶ D'Ornellas will also be generously providing on course tech support during the TTF Bike Leg up on the Gardiner and Don Valley Parkway
- ▶ Thanks to D'Ornellas, you will be well taken care of if you have any issues up on TO's downtown highways (during your bike leg)

**D'ORNELLAS
BIKE SHOP**

Stage21 Mobile Café

- ▶ Stage21 will have paid coffee and café menu options for your caffeine fix
- ▶ Paid breakfast options will be on hand for spectators



Experienced and Expansive Medical Support

- ▶ The TTF has emergency first responders / paramedics at key race points (e.g. Swim Exit, Transition, Finish Line, etc.)
- ▶ Additionally, our professional staff will be seen patrolling the course to respond to medical needs
- ▶ Further supporting our athletes' medical needs, the TTF has an experienced multidisciplinary medical team ready to respond to immediate medical concerns at the finish line medical tents
- ▶ Should athletes not require medical assistance but simply require a little "TLC", complimentary, hands-on therapy can be found beyond the finish line under a couple of tents, from clinicians and interns from the Canadian Memorial Chiropractic College and the Sutherland-Chan School of Massage Therapy

TTF Athlete Shirts & Finisher Medals

- ▶ All athletes will receive a TTF Shirt and TTF Finisher's Medal
- ▶ For post race food, we will offer packaged items and unpeeled bananas, as some participants are still not comfy with communal food sharing (in the Finish Line Area)

Complimentary "Burger and Beer" for TTF Athletes

- ▶ TTF athletes will receive a complimentary burger, as we believe you will likely have worked up an appetite!
- ▶ TTF athletes will also receive a complimentary Rally Beer, if you're up for it!



Red Bull, Cold Tub Onsite

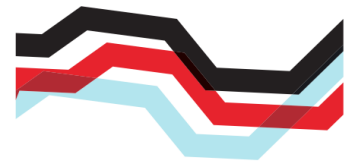
- ▶ Red Bull reps will be handing out product and cheering you on
- ▶ Take advantage of the F2C jetsprays to cool you down just after the TTF Finish Line
- ▶ If you're into it, recover rapidly by taking a quick dip in the cold tub in the TTF finish line area



Red Bull

F2C™
NUTRITION

COLDTUB™
WINNING IS COOL



Spectator Areas for the Toronto Triathlon Festival

Transition Zone at Exhibition Place's Lot 852

Friends and family will be able to watch their athletes around the Transition Zone. While spectators will NOT be allowed in the Transition Zone, there are areas all around the Transition Zone that will provide optimal viewing. As athletes get going on their swim in Ontario Place's West Channel, spectators can see them from the land side of the seawall, just west of the Swim Start!

Spectators can access the Ontario Place bridge, overhanging the Swim Start, for bird's eye viewing. Please respect our Operations Crew, who will be enforcing pedestrian crossing areas impacting the field of play.

NO SPECTATORS ALLOWED on the Bike Course (Gardiner Expressway or Don Valley Parkway)

THERE ARE NO VIEWING AREAS ON THE GARDINER EXPRESSWAY OR ON THE DON VALLEY PARKWAY. IT IS EXPRESSLY PROHIBITED BY LAW FOR ANY PEDESTRIAN OR PERSON TO GO ONTO EITHER HIGHWAY.

Run Course on Martin Goodman Trail and Eastbound Curb Lane of Lake Shore Boulevard W.

The Martin Goodman Trail is a public access trail and offers many chances for you to view your favourite competitors.

The Olympic Distance race is a two lap run leg, making things more spectator friendly – we encourage spectators to support your favourite athletes along the way.

Please be respectful of TTF athletes as well as TTF Volunteers and TTF Course Marshals. As well, please note that Run Aid / Water Stations are for TTF athletes only. The eastbound Lake Shore Boulevard W. curb lane, used for the inbound run course, will not be accessible by spectators.

Finish Line Area at Exhibition Place (east end of Lot 852)

The Finish Line Festival at Exhibition Place will create a great atmosphere for athletes as they finish their respective races. There will be a Finish Line Chute in the Finish Line Festival Area that spectators can line, creating an atmosphere that will help your favourite TTF athlete across the finish line. If you want to hear cheers, tell your friends and family that we want them to be loud – tell them not to be afraid to yell, scream and make some noise!

Finish Line Area at Exhibition Place (9:00 am to 1:00 pm)

Lots to Enjoy, so "Bring the Kids!"

With the Finish Line Area right beside the Transition Zone, we have created a venue conducive for families and spectators.

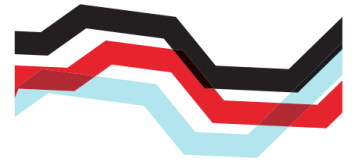
The Stage21 Mobile Café will be on hand, so spectators have something to munch on and a way to get their caffeine fix, if they wish! As well, the Starbucks at Hotel X is not too far away either!

And there's plenty of space in the Finish Line Area, so bring your own toys for your kids!

We have some seating options (e.g., picnic tables, benches), but we encourage spectators to bring lawn chairs, or anything else that they might want to use.

A Burger Truck will be providing complimentary food for athletes only but will have drinks for sale as well.

And, of course, the Rally Beer Garden will be a congregation area allowing TTF athletes to celebrate their accomplishments – have a drink on us! Please, we insist!



Congratulations on Being Part of the 2023 TTF!

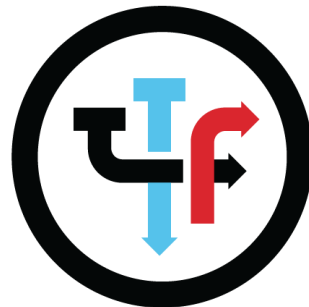
Thank You for Celebrating our 10th Anniversary with Us!

We are Excited to See You Shortly!

Be Proud of Your Accomplishment!

Good Luck and Remember to Enjoy Yourself!

RAYMOND JAMES PRESENTS



**Toronto
Triathlon
Festival**