

Title	File Number	Drafted By
Racer Warning Orders, Beat-the-Base Triathlon (BTBT) Wng O 26-01	1250-1	OIC - BTBT

References

A [Beat-the-Base Triathlon Website](#)

Distribution

Action	Info
All racers	All Race Support Volunteers

Situation

General

1. **General.** The operational environment for this triathlon is dynamic and challenging, characterized by both natural and human factors. The enemy is threefold: Time, Wind, and Fortitude—each posing a unique threat to mission success. Participants must navigate these adversaries with determination, situational awareness, and physical resilience.

Enemy

2. **Time:** is a constant and unrelenting adversary. All racers are under pressure to complete the sprint course within 1:25 (1:30 for female category) to achieve the mission objective of “Beating the Base.” This iteration will see the addition of two faster tier challenges, details to come in Racer Orders. Those not pursuing this objective must still manage their pace effectively to avoid mission fatigue.
3. **Wind:** represents an asymmetric and unpredictable threat. Predominantly from the northwest, it may initially appear to assist racers on the southeast-bound leg of the runway but will likely counterattack with increased resistance. Compounding this threat is the presence of **Foreign Object Debris (FOD)**—gravel, sand, and other loose materials—that may be carried by wind onto the course. This poses a particular hazard during the cycling phase, where traction and stability are critical. Racers must remain vigilant and adjust their tactics accordingly.
4. **Perseverance:** will be tested throughout the operation. Participants must draw upon their mental and physical reserves to overcome discomfort, fatigue, and doubt both in preparations and during the conduct of the operation in order to reach the finish line and successfully exit the Area of Operations (AO).
5. **Fitness & Resiliency:** This operation also serves as a demonstration of **fitness resiliency**—the ability to sustain physical performance under stress and recover effectively. Racers are encouraged to push their limits while applying sound principles of pacing, hydration, and mental focus.

Friendly

6. **Superior Commander’s Intent.** His intent is to conduct a competitive and spirited triathlon to determine who among the local and extended community possesses the strength, speed, and willpower to “Beat the Base.”
7. **Flanking Forces.** Throughout the operation there will be fellow racers within the same Area of Operations at varying proximities. Communications may be limited; therefore, racers must maintain high levels of awareness and adhere to deconfliction protocols—utilizing the Standard Operating Procedure of passing only the left when possible and announcing intentions clearly (“Passing Left” or “Passing Right”).

Neutral

8. **Other Events.** There is a possibility of other events to be on-going in the event. At this time intelligence has stated these elements have not expressed either friendly or aggressive tendencies towards Beat-the-Base Forces. It is assessed there will be minimal impact to operations and bike route marshals will maintain a secure and closed course to mitigate any potential interference.

Probable Mission

9. Participants will RACE the “Beat-the-Base III – Die Triing” Triathlon on 09 May 26 at Garrison Edmonton in order to challenge themselves physically, build mental & physical fortitude, and determine who has the stamina to “Beat the Base”.

Execution

Concept of Operations

10. **Commander's Intent.** I intend to conduct the 3rd Annual **Beat-the-Base Triathlon**, a flat, closed-course event designed to unite military personnel, veterans, and civilians alike in a shared test of physical and mental endurance. This operation will foster camaraderie and community spirit within a supportive and friendly Area of Operations (AO). Participants will confront and overcome the operational enemies of time, wind, and perseverance as they strive to complete the course and, where possible, achieve the objective of "Beating the Base."

Current Tasks

Racers	<ul style="list-style-type: none">- Prepare for the challenges of Beat-the-Base Triathlon;- Be Prepared for situation changes if other operations or weather impact any portion of the route;- Be Prepared to attend the Racers Orders Group to receive race details;- Pick up registration package at the Edmonton Garrison Fitness Centre Upper Gym; and- Ensure bicycle is in working order including two functioning brakes.
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Coordinating Instructions

11. Timings

Time	Activity
19 Apr 2026	Final Registration to guarantee a t-shirt
04 May 2026	Registration Closed
06 May 2026	Racers Orders Group (Race Briefing via videoconference)
Evening 08 May 2026 (hours TBC)	Bike Route (minus the runway) and the run route open for reconnaissance
09 May 2026	Race Day

12. Locations

Description	Location
Race pick-up	Upper gym, Edmonton Garrison Fitness Centre
Transition	Tennis courts
Start area	Pool deck
Finish area	Fields North of field house

13. Routes.

- Swim** – All swims will occur in the Garrison 25-yard pool:
 - (1) Sprint – 800 yards (16 laps / 32 lengths); and
 - (2) Super-Sprint – 400 yards (8 laps / 16 lengths).
- Bike** – All cycling will occur on closed roads and the retired runway at CFB Edmonton:
 - (1) Sprint – 20.5 km comprising of [The Infill](#), 2 x [The Encirclement](#), and [The Exfil](#).
 - (2) Super-Sprint – 11.8 km comprising of [The Infill](#), 1 x [The Encirclement](#), and [The Exfil](#). This year the Super-Sprint will have the same turn around on the runway as the sprint.
- Run** – All running will occur on a paved running trail and the base soccer fields:
 - (1) Sprint – 4.9 km following the [paved running path CLOCKWISE](#), finishing with a newly designed finish shoot on the soccer fields.
 - (2) Super-Sprint – 2.5 km, racers will turn RIGHT and follow the running path until the marked turn around. Racers will finish at the same finish area

14. Dress.

- Attire and Changing Protocols:** Nudity is strictly prohibited on the racecourse, including the transition area. No changing tents will be provided. Appropriate attire—bottoms and sports bras (for females)—must be worn at all times on the garrison, except within designated change rooms. Competitors may add clothing in transition (e.g., bike shorts, cycling jersey, long sleeves). If a full change is required between swim and bike segments, it must be conducted in the change rooms and will be included in the swim time. No change room access will be available between bike and run segments. Triathlon suits or shorts are strongly recommended to facilitate efficient transitions across all disciplines.

- b. Headphones:** prohibited except during the run if open-ear (i.e. Shokz) or are dawn on one ear only.
 - c. Swim**
 - (1) Required – Bathing suit or tri suit, issued swim cap
 - (2) Recommended – Swim goggles, Ear plugs are permitted
 - d. Bike**
 - (1) Required (before touching bike) – Helmet, shirt, race # on bike
 - (2) Recommended – Sunglasses, shoes
 - e. Run**
 - (1) Required – Running shoes, shirt / top (can be completely unzipped)
 - (2) Recommended – Sunglasses
15. **Team Area:** Any participating clubs or teams will be authorized to set-up a team tent in the admin area. If your team or club would like to do so, please inform the race by 4 May 2026.
16. **Restrictions:** The following must be adhered to participate, based on the current age of the racer on the date of the race:
- a. Sprint**
 - (1) 16+: Self completed the Physical Activity Readiness Questionnaire (PAR-Q)
 - (2) 10-15:
 - (a) Successful completion of a previous triathlon with proof, comprised of a minimum of 300m swim, 10km bike, and 2.5 km run
 - (b) Successful completion of 800 yard / 750m swim on their own time under 35 min without aid
 - (c) A parent or guardian must be present at the race during attendance and completion of the event.
 - b. Super-Sprint**
 - (1) 16+: Self completed the PAR-Q
 - (2) 08-15:
 - (a) Successful completion of 400 yard / 325m swim without aid under 17.5 min
 - (b) A parent or guardian must be present at the race during attendance and competing
17. **Results.** Race results will be live at [Zone4](#).
18. **Updates from 2026.**
- a. **Top 3 Overall Bike Racks:** The top 3 males and top 3 females overall from 2025 in the Sprint will receive a designated bike rack for each gender.
 - b. **Bigger Signs:** We are in the process of making more and bigger signs to ensure the route is even more clear for when racers are giving it their all at take-off speed in their attempts to bet the base-the-base, and enter “the black”.
 - c. **More Marshals:** We are planning to have more marshals on course - but will need your support - “voluntell” your friends and family to sign up to help out at the link in Ref A.
 - d. **Finish Area Closer to Transition:** The finish line will be positioned closer to the transition area, making the finish area one big party!
 - e. **Expo:** Registration next year will include some of our sponsors to make registration even better!
 - f. **KOM Segments:** There will timed segments on the bike and the run so those sprinters can chase some glory just like in the Tour de France!
 - g. **Age Groups:** There will be the addition of separating people under 19 into two age groups, 10-14 years old and 15-19 years old, along with creating an 80+ age category.

Command and Signal	
Command	
19. Succession of Command. Maj Eric Henderson, Capt Col Munson, Mr Miles Gibson	
20. Location of Commander. Centrally located in transitions/finish area.	
Authorization	
	E.F.G. Henderson Major Race Director / Officer-in-Charge (OIC)