

Title	Drafted By
Racer Orders, Beat-the-Base Triathlon Orders 24-01	Ops O - BTBT

References

A	Beat the Base Registration
B	CFMWS MFRC Edmonton CFMWS

Distribution

Action	Info
All racers	All Race Support Volunteers

Situation

Enemy

1. The enemy situation during the curation of this operation is three fold; time, wind, and fortitude.
2. **Time:** As participants complete the race, time will continue to tick affecting their overall result. Those wanting, willing and able will need to complete the sprint course in under 1:25 (1:30 female category) to be considered to have beaten the base. Those not trying to beat the base will still face the enemy of time but will defeat it in a more controlled approach.
3. **Wind:** An unpredictable asymmetric threat on this open terrain racecourse, wind is a common nemesis of anyone attempting to race at maximum speed. It can approach from any direction, though commonly from the NW, and will give racers the initial false impression that is supporting the race effort. It is assessed that wind will support racers moving SE on the runway but will cause delay to racers on the NW return.
4. **Fortitude:** All participants mental and physical fortitude will be tested as they push their bodies to complete their mission as fast as possible and exit the Area of Operation (AO).

Friendly

5. **Superior Commander's Intent.** The intent is to hold a local triathlon event to see who in the local (and wider) community has what it takes to "Beat the Base".
6. **Flanking Forces.** Friendly racers on race day. Our ability to establish consistent communications with them will be limited. Racers must be cognisant of their surroundings and conduct local deconfliction, with a Standard Operating Procedure of announcing loudly you will be passing with a default to the left, unless it is unsafe to do so ("Passing Left" "Passing Right").

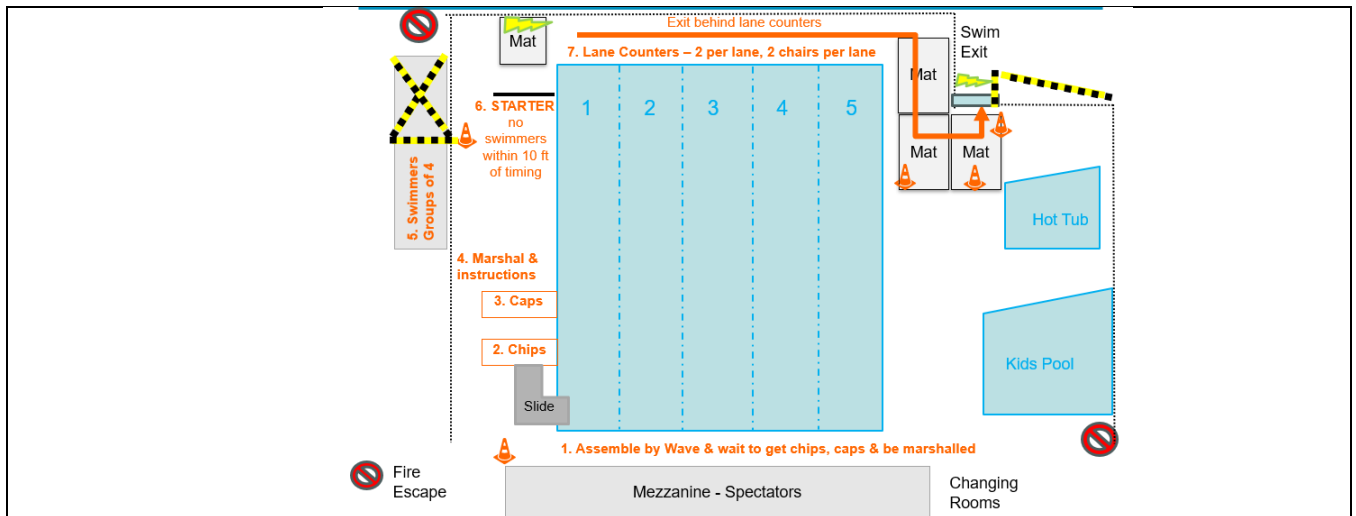
Mission

7. Participants will RACE the Beat-the-Base Triathlon on 11 May 24 at Garrison Edmonton in order to challenge themselves physically, build mental & physical fortitude, and determine who has the stamina to "Beat the Base".

Execution

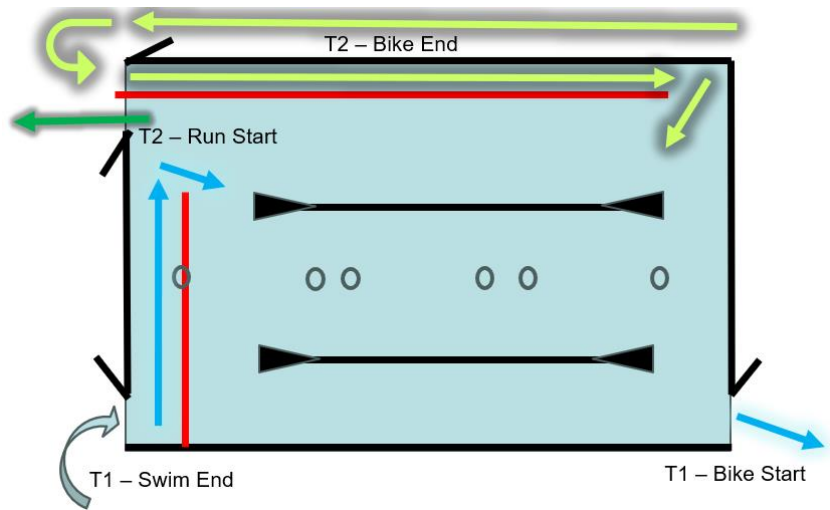
Concept of Operations

8. **Commander's Intent.** I intend to host the inaugural Beat the Base triathlon, offering a venue for both sprint and try-a-tri distance triathlons. This will provide an opportunity for athletes of all fitness and experience levels to participate in a friendly competition focused on promoting fitness and the sport of triathlon at Edmonton Garrison. While there is a cost associated with the triathlon itself, all proceeds raised will go to support Soldier-On
9. **Scheme of Manoeuvre** The Beat the Base Triathlon will be conducted in three distinct phases:
 - a. **Phase 1 – Water Crossing (Swim):** Racers will arrive at the pool deck at their deck time where they will receive their timing chip and swim cap. In numerical order, racers will be placed in groups of 4 to swim in the same lane. On Order of the Swim Captain, racers will cross the timing matt with a 10 second delay into their designated swimming lane. Racers will traverse 800 yards (16 laps). On Lap 15, racers will see a kick board placed into the water as a last lap indicator. After completion of 16 laps, racers will exit the water, walk on the pool deck to the exit door. This phase ends when they exit the building (crossing the Transition 1 start timing matt).



b. Phase 2 – Mounted Encirclement (Bike): Phase 2 has been broken into five stages:

- (1) **Stage 1 - Mounting (Transition 1)** – Racers will move to their bike as quickly as possible, don their required personal protective equipment (PPE), and run their bike to the mounting line at Range Rd 244. No racer will mount before crossing the mount line. This stage ends once the racer is seated on their bike.



- (2) **Stage 2 - The Infil** – Racers will infill to the operation area as quickly as possible, heading WEST on CHURCHHILL AVE and transition NORTH on LEONFORTE RD when the road ends. This stage ends when racers arrive at the Traffic Control Point (TCP) 4 on VIMY AVE.
- (3) **Stage 3 - The Encirclement** – Racers will complete TWO COUNTER-CLOCKWISE (ONE for Try-a-Tri) encirclements of the operational units on base. This will be done by heading EAST on VIMY and head SE down the runway. At the designated turnaround, racers will head NW, continue past the control gate and traverse the base parade square. Once the road ends, racers will turn LEFT followed by quick RIGHT where you will travel NW inside VIP parking location. This is the most likely area to come under CONTACT. At the 3rd major building, racers will turn LEFT onto ORTONA RD and another LEFT on ITALY CR at 1 CMBG HQ. When ITALY CR ends, racers will turn LEFT again. As racers approach TCP 4, they will continue straight after loop 1, and turn right after loop 2 (Try-a-Tri will turn right after loop 1). This stage is complete once racers turn onto the exfil route.
- (4) **Stage 4 - The Exfil** – Racers will follow The Infil in reverse back to the transition area. This stage is complete once the racer has dismounted their bike.
- (5) **Stage 5 - Dismounting (Transition 2)** – Racers will run with their bike along the north of the tennis courts to enter the NW corner. Inside the tennis courts, you will traverse the tennis courts to

ensure distance equality with all athletes. Once your bike is re-racked at the same location, you can remove your PPE and move to the run start.

- c. **Phase 3 – Escape and Evasion (Run)** – Sprint racers will turn LEFT and follow the [paved running path CLOCKWISE](#) paved running path CLOCKWISE, with a small U shaped deviation around the soccer pitch. A water point will be available at 2km mark. After completing a complete loop, racers will follow the finishing shoot on the soccer field into the finish line. Upon completion, racers will be presented their finisher medal from someone who has benefited from Soldier-On, a recovering soldier/veteran utilizing sport in the process. (Try-a-Tri – Racers will turn RIGHT and follow the running path until the marked turn around. Racers will finish at the same finish area)

10. **Main Effort:** Phase 3 and ensuring each racer that starts the race completes the race.

11. **End State** The end state will be reached once all finishers have been awarded their medals, those deemed to have “BEAT the BASE” have been identified and age group winners have been celebrated.

Groupings and Tasks

Racers	<ul style="list-style-type: none"> - Pick up registration package at Upper Gym at the Base Gym - Ensure bicycle is in working order include two functioning brakes - Set-up personal transition area and complete body marking before deck time - Arrive at designated deck time - Complete race at the best of your abilities - Enjoy your race! - Retrieve your transition equipment after racing.
Overall and Age Group Winners	<ul style="list-style-type: none"> - Stay in location until awards ceremonies

Coordinating Instructions

12. Timings

Time	Activity
10 1500-1900 May 24	Registration open (race package pick-up)
11 May 24	Race Day
1045 hrs	Transition Area open for bike drop off / Body Marking & Registration Open (race package pick-up)
NOT BEFORE 1220 hrs	Wave 1 Deck Time – No racer will be allowed to ensure the pool area before this time
1230 hrs	Wave 1 Starts (Sprint)
1400 hrs	Food Service Starts
1530 hrs	Honours & Awards – Overall and Age Group
1700 hrs	Clean-up complete

* Individual Wave # and Deck Times will be both posted NLT 1200hrs on 10 May 24 and provided with racer packages.

13. 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

14. Dress.

- a. Swim.
 - (1) Required – Bathing suit or tri suit, issued swim cap; and
 - (2) Recommended – Swim goggles.
- b. Bike.
 - (1) Required (before touching bike) – Helmet, shirt, race # on bike; and
 - (2) Recommended – Sunglasses, shoes.
- c. Run.
 - (1) Required – Running shoes; and
 - (2) Recommended - Sunglasses, shirt.

15. **Registration Package Pick-Up:** Racers can do their registration package pick-up the evening prior at the Upper Gym from 1500-1900, or the morning of from 1030-1400 hrs.
16. **Racer Numbering.** Racers will be numbered based on swim seed times from slowest to fastest. 01-99 will be reserved for Sprint athletes while 100-150 will be reserved for Try-a-Tri.
17. **Transition Regulations.** Bike helmets must be on the head and buckled before touching bikes.
18. **Route Marking:** The routes will be marked with signs colour coded to the respective sport/leg, along with pylons, wooded barricades, and mine tape:



- a. Swim – Blue
- b. Bike – Orange
- c. Run – Green
- d. Transition – Yellow
- e. Registration – Grey

Service Support

19. **Concept of Support.** Service support will ensure all racers have what they need to achieve the mission of finishing the race.
20. **Rations.** A soup, bun, fruit, and coffee will be provided to participants and their support teams in the finish area by means of a military kitchen trailer (MKT) in the finish area.
21. **Parking.** Parking is a first come, first serve basis. Racers are asked to park between the Base Gym and Base Arena. If this area is full there is two overflow locations, on the WEST side of the arena and the first parking lot inside the operational side of the base at the French Grey Inn. See Annex F.



22. **Supply.** Racers will need to provide all their own race equipment, swim goggles, bike, bike helmet, running shoes etc. All racers will be provided a swim cap, race numbers and chip for timing.
23. **Maintenance.** Bike maintenance is an individual racers responsibility. If you require assistance before the race Cranky's Bike Shop will be on site. If you require assistance during the race inform the closest volunteer and our mobile team will come to assist you.
24. **Medical.** St John's Ambulance will be on site to provide medical coverage throughout and will be provided a golf cart for mobility. If you need medical assistance locate and inform the closest race volunteer. If you see someone who needs assistance continue until you see a race volunteer and inform them a racer requires assistance.
25. **Personnel Administration.** All racers must ensure that they have no medical issues that would stop them from taking part in the event. A PARQ will be provided at race pick up but any concerns prior to the event should be discussed with a physician.

26. **Honours and Awards.** All medals will be presented at the awards ceremony at 15:30 by Col Dove, fellow racer and Base Commander of Garrison Edmonton:
- a. Overall – Overall Top 3 finishers for both Open and Female categories will receive medals.
 - b. Age Group – Age Groups (8-11, 12-15, 16-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+) will also receive medals for Top 3 finishers for both Open and Female
 - c. Beat-the-Base: Anyone who achieves the military national qualifying standard of 1:25:00 for open or 1:30:00 for females, will receive a Beat-the-Base medal.
 - d. Door Prizes: There will be door prizes distributed at the awards ceremony provided by our sponsors. Racer numbers will be utilized allowing all participants to have an equal chance at winning. Winners must be present at the awards ceremony to collect their prize.

Command and Signal

Command

27. **Succession of Command.** Capt Eric Henderson, Lt Colin Munson, Mr Miles Gibson.

28. **Location of Commander.** Centrally located in transitions/finish area.

Authorization

	E.F.G. Henderson Captain Race Director
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