

ATHLETE INFORMATION



19 JUNE 2022

Part of the:
TRI HARD
SERIES NETHERLANDS

Partners and sponsors



TRUEKINETIX

BLACKROLL®

DARE2TRI™

*3*athlon.nl
Nieuws - Achtergronden - Interviews - Uitlagen - Reviews
Hét triathlonnieuws van Nederland

TRI 2 ONE
COACHING.NL

BIJVOET
your sport partner

safe iD®

WIEL-RENT.NL



Dé verhuursite voor wielrenners



ANDREE
TROOST

Table of contents

Partners en sponsors	1
Inhoudsopgave	2
Programma	3
Parcoursen	4
Registratie	7
Registratiekit	7
Voor de wedstrijd	9
De wedstrijd	9
Extra informatie voor relay teams	13
Na de wedstrijd	14
Korte samenvatting NTB-reglementen	17

Schedule

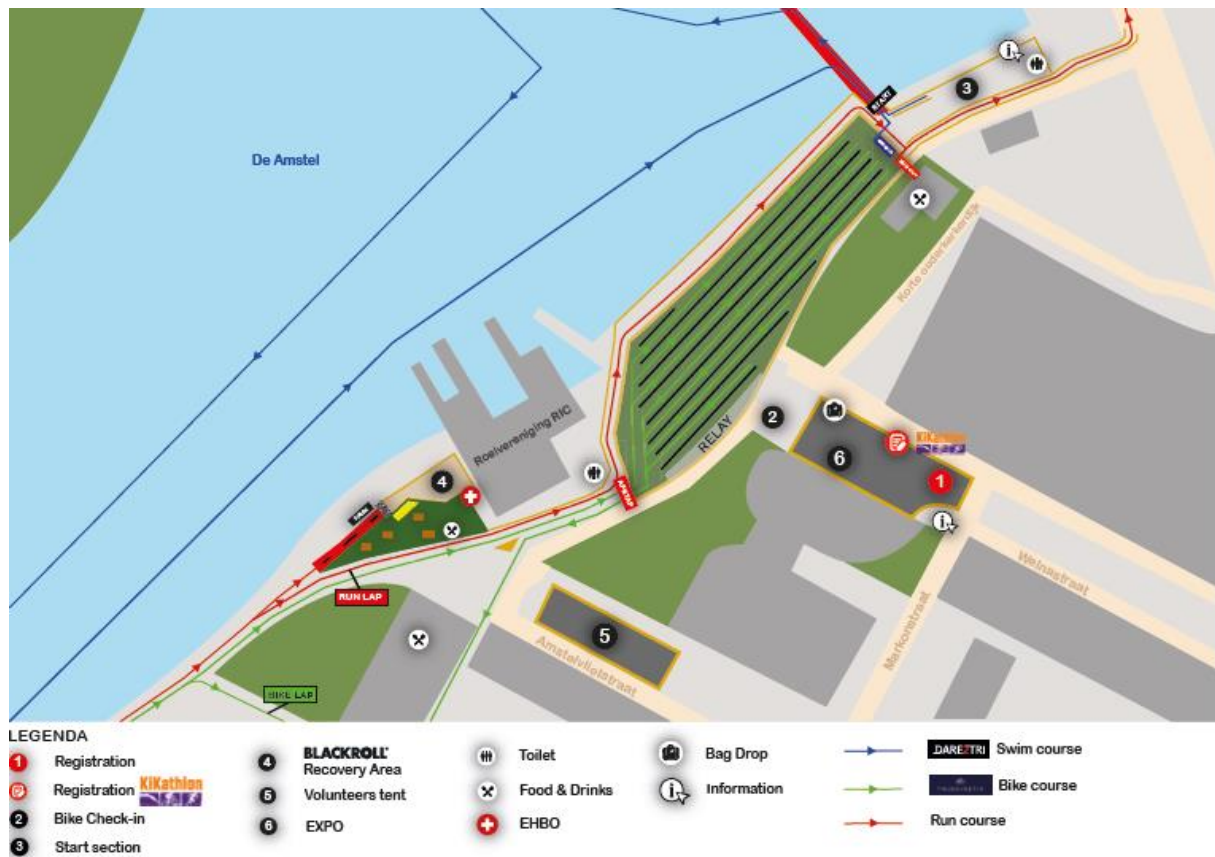
Saturday June 18, 2022		
Time	Activity	Location
12:00	Athlete briefing (Dutch and English)	Online
13:00	Registration and Bike Check-in open	Welnastraat
18:00	Registration and Bike Check-in closed	Welnastraat

Sunday June 19, 2022		
Tim	Activity	Location
6:00	Last minute registration and bike Check-in open	Welnastraat
7:15	Registration and bike Check-in Middle Distance closed	Welnastraat
8:00	Start Middle Distance	Park Somerlust
9:30	Registration and bike Check-in Standard Distance closed	Welnastraat
10:15	Start Standard Distance	Park Somerlust
10:45	Registration and bike Check-in Sprint Distance closed	Welnastraat
11:30	Start Sprint Distance	Park Somerlust
11:00	Registratie and bike Check-in KiKathlon closed	Welnastraat
11:45	Start KiKathlon	Park Somerlust
13:15*	1st Award Ceremony Middle Distance	Park Somerlust
13:30*	Award Ceremony Sprint Distance	Park Somerlust
14:00*	Award Ceremony Standard Distance	Park Somerlust
15:00*	Award Ceremony remaining categories Middle Distance	Park Somerlust

* Time subject to change

Event location

Location: Park Somerlust, Amsterdam



We strongly advise to use public transport to get to the event location, subway station Spaklerweg and train station Amsterdam Amstel are in the near vicinity of the event location.

If you do intend to arrive by car, there is (paid) parking available at parking areas near the Daniel Goedkoopstraat, approximately a 5 minute walk from Park Somerlust.






In order to reduce the impact on inhabitants of the area around the event we ask you to not park in the Amstelkwartier itself.

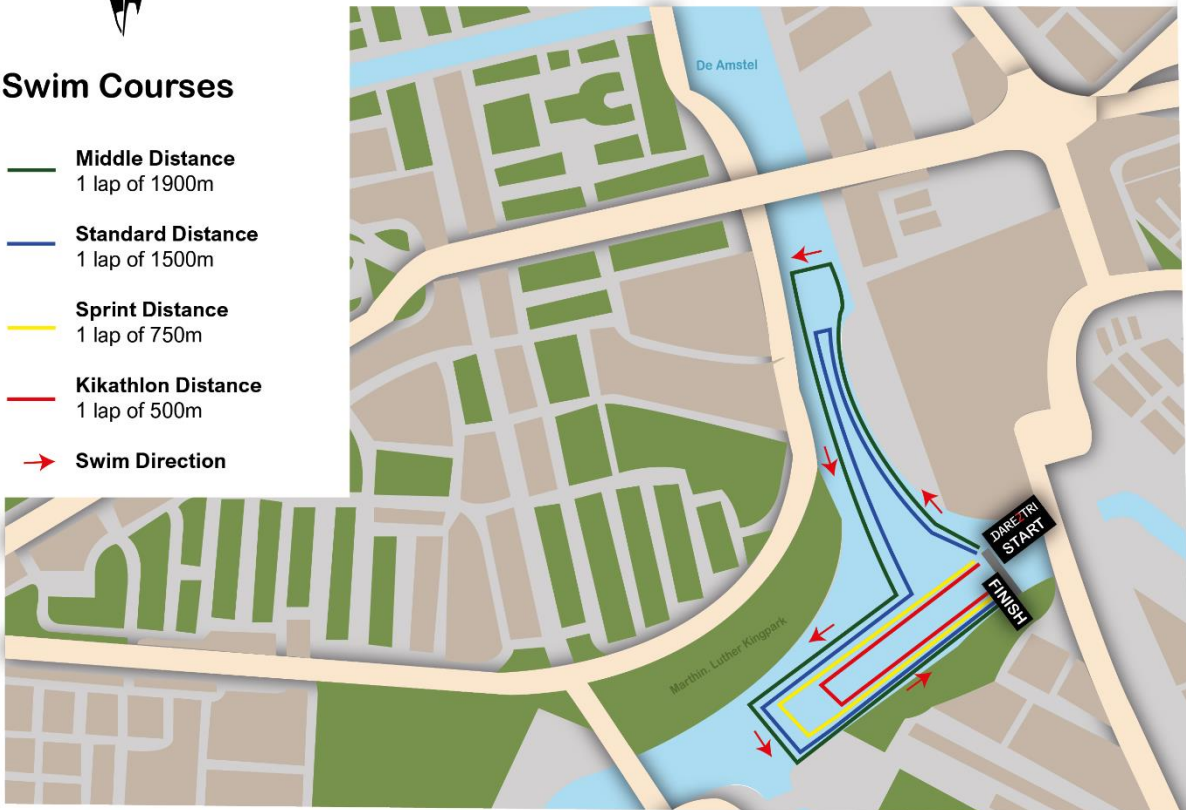
Courses

Dare2Tri Swim course



Swim Courses

-  **Middle Distance**
1 lap of 1900m
-  **Standard Distance**
1 lap of 1500m
-  **Sprint Distance**
1 lap of 750m
-  **Kikathlon Distance**
1 lap of 500m
-  **Swim Direction**



Middle Distance: 1 lap of 1900 meter.
Standard Distance: 1 lap of 1500 meter.
Sprint Distance: 1 lap of 750 meter.
KiKathlon: 1 lap of 500 meter.

YOUR ULTIMATE INDOOR RIDE



Ideaal voor triatleten!

Dankzij slimme robotica voelt fietsen op de TrueBike bijna hetzelfde aan als buiten.
Werkt perfect met Zwift en Rouvy.



Vraag de infokit aan
via Truekinetix.com/trihard



TRUEKINETIX

MEET TRUEKINETIX AT TRI HARD



TRUEKINETIX



Bezoek onze stand

- TrueBike testrit
- 3-minute power challenge
- TrueKinetix merchandise
- Vul je bidon
- Haal je TrueKinetix sportsjaal op

Voucher voor de TrueKinetix sportsjaal t.w.v. €19,95

Lever deze voucher in op onze stand

*Naam

*Emailadres

Telefoon

☐ Ja, ik wil graag ook uitgenodigd worden voor een testrit



TrueKinetix Bike course



Middle Distance: 2 laps of 45 kilometer
Standard Distance: 1 lap of 45 kilometer
Sprint Distance & KiKathlon: 1 lap of 20 kilometer

Run course



LEGENDA

— Run course

Middle Distance 21KM,
2 laps of 10,5KM

Standard Distance 10KM,
2 laps of 5KM

Sprint Distance
1 lap of 5KM

Kikathlon Distance
1 Lap of 5KM

→ Run direction



Middle Distance: 2 laps of 10,5 kilometer

Standard Distance: 2 laps of 5 kilometer

Sprint Distance & KiKathlon: 1 lap of 5 kilometer

Number of laps Middle Distance:

- **Swim:** 1 lap of 1900 meter (total 1900 meter)
- **Bike:** 2 laps of 45 kilometer (total 90 kilometer)
- **Run:** 2 laps of 10,5 kilometer (total 21 kilometer)

Number of laps Standaard afstand:

- **Swim:** 1 lap of 1500 meter (total 1500 meter)
- **Bike:** 1 lap of 45 kilometer (total 40 kilometer)
- **Run:** 2 laps of 5 kilometer (total 10 kilometer)

Number of laps Sprint afstand:

- **Swim:** 1 lap of 750 meter (total 750 meter)
- **Bike:** 1 lap of 20 kilometer (total 20 kilometer)
- **Run:** 1 lap of 5 kilometer (total 5 kilometer)

Number of laps KiKathlon:

- **Swim:** 1 lap of 500 meter (total 500 meter)
- **Bike:** 1 lap of 20 kilometer (total 20 kilometer)
- **Run:** 1 lap of 5 kilometer (total 5 kilometer)



OP ZOEK NAAR DE BESTE VOORBEREIDING?



Registration

In order to participate in TrueKinetix TRI AMSTERDAM, you need to have picked up your registration kit before the start, this is done at the registration desk in the registration tent which is positioned on the expo in the Welnastraat.

In this registration kit you will find amongst other things your bib number and accessories. In case you have not received this, you can not participate in the event.

When picking up your registration kit you need to be able to show identification. Bring your passport, id card or driver's license with you. If, during the online registration you have indicated to hold a federation license of either the NTB, KNWU, KNZB or Atletiekunie you also need to show this at the registration desk.

Important: We advice you to already pick up your registration kit and check in your bike in the transition area on Saturday June 18th. You are required to check in your bike and helmet at the same time. The transition area is open on Saturday June 18 from 13:00hrs until 18:00hrs and is guarded from that moment. On Sunday June 19 the registration desk is open from 6:00hrs, you have an opportunity to pick-up your registration kit that day until 45 minutes before your serie starts at the latest.

Registration kit

At registration you will receive your registration kit. This contains the following items:

- Bib number
- Sticker sheet (helmet sticker, bike sticker, bag label)
- Swimming cap

Bib number and race belt

To wear your bib number, it is advised to wear a race belt.

In case you don't have this race belt: they are available for purchase at the registration desk. The bib number needs to be attached to a race belt or elastic string. The bib number needs to be worn during the bike and run legs of the event. During the bike it needs to be worn on the back and during the run on the front.

Sticker sheet

All participants receive a sticker sheet with stickers for the bike, helmet and optionally for a bag.

Bike sticker

Attach the bike sticker to the seat post just under the saddle with the number pointing to the back, the number on the sticker should be clearly visible from the left and right side. Do not remove the bike sticker before check-out of the transition area after the race.

Helmet sticker

Stick the sticker on the left and right side of the helmet. Do not remove the helmet sticker before check-out of the transition area after the race.

Swimming cap

During the Dare2Tri Swim course you are required to wear the swimming cap provided by the organization, you are not allowed to wear your own swimming cap.

Timing chip

The timekeeping during TrueKinetix TRI AMSTERDAM is provided by MyLaps. You need to wear the timingchip with matching velcro strap on your left ankle. It is important that you wear the timing chip on this place and not somewhere else, as the time registration in other cases can refuse to work if the distance between chip and timing point is too big. Individual athletes wear the timing chip at all time during the event.

Participants in a relay team receive one timing chip per team, which needs to be passed from one athlete to another during the transitions from athlete to athlete.

When you have your own ProChip, this can be indicated at the registration desk. If you don't a rental chip will be assigned to you.

Important: The rented timing chip will handed to you at check-in in the Transition Area latest 45 minutes prior to the start of your serie and will **NOT** be included in your registration kit.

Important: All rented chips need to be returned after the race in the designated box which is positioned at the bike check-out. In case the chip is not returned, a replacement fee of €10,- will be invoiced to you.



Live timing

The TRI HARD app, which can be downloaded from the Google Play Store and Apple Store, allows for live tracking/timing results of athletes during the event.

Times will be updated the moment an athlete passes a timing checkpoint.

Pre race

Public transport

There are several options to travel by public transport to TrueKinetix TRI AMSTERDAM.

For personal advice we suggest the usage of one of the following sites before departure:

- www.9292ov.nl
- www.connexxion.nl
- www.gvb.nl
- www.maps.google.com

Check-in transition area

- Before the race you place all your required materials in the transition area on the place that has been assigned for your number. At check-in think about the following:
 - Make sure that the required stickers are attached to your bike and helmet
 - When entering the transition area make sure to wear your bib number and helmet with the chin strap fixed
- Your bike and helmet will be checked for safety. It is important to make sure you have a fully functioning bike before you start your race. In case your bike is deemed to be unsafe the officials in the transition area will not allow you to start - safety first. Bikes that are not in good condition will not be allowed to enter the transition area.
- You need to rack your bike on the spot corresponding with your bib number. There is a label visible with your bib number on the rack.
- Your place in the transition area is determined based on your bib number. All athletes from the same serie are bundled close together.
- Take some time to investigate the transition area, so you know where the entrances and exits are during the race and where your place in the transition area is. This is beneficial for a fast transition time.
- All other required materials that you need during your race, can be placed on the ground near your bike, as long as it's not blocking other athletes.

IMPORTANT: We advice you to check-in your bike and helmet on Saturday, June 18 so you can prepare more easily on race day.

Wetsuit

For usage of wetsuits the rules as detailed in the World Triathlon competition rules are followed.

Swim distance	Mandatory under:	Forbidden
Up to and including 1500m	15,9°C	22°C and above
Longer than 1500m	15,9°C	24,6°C and above

The water temperature that is measured on the day of the event defines the base for the rules. Water temperature measurements taking place before the event are indications only and do not serve as reliable base for the expected temperature during the event. In case the air temperature is below 15 degrees Celcius the water temperature corrected. The tables that are applicable in these cases are mentioned on pages 26 and 27 in the [World Triathlon-rules on the website of the Nederlandse Triathlon Bond](#).

The timing chip needs to be worn on your left ankle and placed under the wetsuit. This way you prevent that the chip detaches when taking off your wetsuit.

IMPORTANT: In order to prevent wetsuits being switched between athletes, we advise to write your name on the inside of your wetsuit.

Wetsuit rental

For every TRI HARD race it is possible to rent a wetsuit during the online registration process. Also on race day it is possible to rent a wetsuit at the expo booth of Bijvoet Sport.

Briefing

On Saturday, June 18 an extensive briefing will be presented. The briefing will be presented in both Dutch and English. Latest at 12:00hrs in the afternoon these will be published on the Youtube kanaal of TRI HARD Series:

<https://www.youtube.com/channel/UCXBmpMxEPTcX6x7pHhIUdCA>

On the race day there will be a short briefing 30 minutes before the start of every serie. During this briefing only the most important information for the race will be repeated. In case there are changes these are also communicated in this briefing.

IMPORTANT: Every participant needs to be present at the briefing before the start.

Warming up

Before the race there is an opportunity to have a warming-up. At the expo booth of TrueKinetix several TrueBikes are available for you to use as a warming-up for the event.

The race

For the Middle Distance the distances are the following:

Leg	Distance
Swim	1900 meter - 1 lap
Bike	90 kilometer – 2 laps
Run	21 kilometer – 2 laps

For the Standard Distance the distances are the following:

Leg	Distance
Swim	1500 meter - 1 lap
Bike	45 kilometer – 1 lap
Run	10 kilometer – 2 laps

For the Sprint Distance the distances are the following:

Leg	Distance
Swim	750 meter - 1 lap
Bike	20 kilometer – 1 lap
Run	5 kilometer – 1 lap

For the Kikathlon the distances are the following:

Leg	Distance
Swim	500 meter - 1 lap
Bike	20 kilometer – 1 lap
Run	5 kilometer – 1 lap

Bag Drop-off

On race day there is bag drop-off on the expo (this is between the transition area and the registration tent on the Welnastraat).

Swim course

- Before the start of the swim a briefing will be given in the starting corral.
- You will swim in a straight line in the direction of the Berlagebrug (north direction), after a turning buoy you will return by swimming south and after that in a westerly direction towards the Utrechtsebrug. After a second turning point you continue the course passing the event area and transition area to the swim exit which is placed next to the swim start.
- It is mandatory to wear the swimming cap as provided by the organization.
- The start of the swim is from the land. When the starting signal sounds you run to the ramp to enter the water and start the swim: there is a rolling start for all distances, every second one athlete starts the swim.
- With a water temperature below 13 degrees Celsius (see previous chapter on wetsuit usage) the swim course will be replaced by a running course in line with the NTB-rules.

Transition from swim to bike

- You can change clothes near your bike in the racks of the transition area.
- It is not allowed to be nude in the transition area.
- Before you touch your bike to unrack it, your helmet needs to be on your head and fixed with a chin strap.
- Check before you leave the transition area if you still wear your timing chip. If this is not the case, please report to an official so they are aware.
- Make sure you wear your bib number on your back.
- **IMPORTANT:** It is not allowed to bike in the transition area. The moment you pass the mount line at the end of the transition area is the moment where you are allowed to mount your bike and start biking.

Bike course

- The bike course is either 1 of 2 laps, depending on your distance.
- Wearing a helmet is mandatory.
- Drafting is not allowed. You need to stay at least 12 meter behind the athlete in front of you. Overtaking is allowed of course, but needs to be done swiftly.
- **IMPORTANT:** In case you are drafting, officials can show you a blue card. In this case you need to serve a 1 minutes penalty time the next time you pass the 'Penalty box'. In case you choose to not serve your penalty your penalty will be changed into a disqualification. The 'Penalty box' is located at the end of the run course lap. Hundred meter ahead of the 'Penalty box' a sign indicating the location is placed.
- Keep biking to the right hand side of the road and prepare to be overtaken by other athletes from the left.
- **IMPORTANT:** overtaking on the right side of other athletes is very illegal and will be punished by the officials with a (time) penalty.
- It is your own responsibility to complete the correct number of laps for the distance you signed up for. In case after the race it is clear you have not completed the correct number of laps, you will be disqualified.
- **IMPORTANT:** At all times, you need to follow the instructions of traffic controllers, the organisation and potential emergency services. Regular traffic rules apply during TrueKinetix TRI AMSTERDAM. If it's needed for emergency services to enter the course to reach their destination the race can be paused for a short time. Emergency services have priority over the race.
- On the bike course two aid stations are set-up serving drink bottles with water and isotonic drinks.

Transition from bike to run

- You need to have dismounted your bike before the dismount line when arriving near the transition area.
- You need to place your bike at the right spot in the rack of the transition area. This is at the spot indicated by your starting number.
- You are only allowed to take off your helmet and detach the chin strap once the bike is racked.
- Leave your bike gear neatly behind next to your bike.

Run course

- The run course consists of 1 or 2 laps depending on the distance you signed up for
- After completing the last lap you will be guided to enter the finish area. It is your own responsibility to make sure you completed the right number of laps for your distance. In case results show afterwards that you have not completed the correct number of laps then you will be disqualified from the results.
- On the run course aid stations are set-up serving you water, isotonic drinks, cola and/or Red Bull.
- **IMPORTANT:** At all times, you need to follow the instructions of traffic controllers, the organisation and potential emergency services. Regular traffic rules apply during TrueKinetix TRI AMSTERDAM.

LIMITS

Because of the temporary closure of bridges and waterways and the planning of volunteers and staff a number of limits are in place. These limits are very long so - as we predict - no-one will need to be disqualified for not meeting the cut-off. In any case we do want to share these limits with you.

Middle Distance:

- At 9.30 hrs you need to have exited the water
- At 11.45 hrs you need to have passed the 45 kilometer point by bike (one lap)
- At 13.45 hrs you need to have completed the bike course
- At 15.00 hrs you need to have completed the run course

Standard Distance:

- At 15.15 hrs you need to have started your last run lap.

Sprint Distance:

- At 15.15 hrs you need to have started your last run lap

Aid stations

Bike course

During TrueKinetix TRI AMSTERDAM several aid stations are set-up along the course (see course maps in this document). On the bike course the following aid stations are positioned:

- Standard Distance: after (approx.) 10 and 35 kilometer at the Ouderkerkerplas
- Sprint Distance: after (approx.) 10 kilometer at the Ouderkerkerplas
- Middle Distance: after (approx.) 10, 35, 55 and 80 kilometer at the Ouderkerkerplas

At the aid station you will be served with:

- Drink bottles with water
- Drink bottles with isotonic drink

Run course

For the Middle Distance there are five aid stations per lap: after 2 kilometer, 4 kilometer, 6 kilometer, 7,7 kilometer (Red Bull Energypoint) and 10,5 km (per lap).

For the other distances there are 3 aid stations per lap: after 2 kilometer, 2,5 kilometer (Red Bull Energypoint) and 5 km (per lap).

The aid station after 2 kilometer serves:

- Cups water
- Cups isotonic drink
- Cups cola
- Energy gels

The aid station after 4 kilometer serves:

- Cups water
- Cups isotonic drink
- Cups cola
- Energy gels

The aid station after 6 kilometer serves:

- Cups water
- Cups isotonic drink
- Cups cola
- Energy gels

The Red Bull Energypoint after 7,7 kilometer (Middle Distance) or 2,5 kilometer (other distances) serves:

- Cups Red Bull
- Cups water

The aid station after 10,5 km (Middle Distance) or 5 km (standard Distance) serves:

- Cups water
- Cups isotonic drink

A trash zone is indicated at every aid station, both on the bike and on the run, where you can throw away any garbage. This trash zone starts 100 meter ahead of the aid station and ends 200 meter after the aid station. In case you are caught littering outside these zones, you will receive a warning from an official with a risk of disqualification.



Bike Course

- **Middle Distance** 90KM,
2 laps of 45KM
- **Standard Distance**
1 laps 45KM
- **Kikathlon Distance**
1 lap of 20KM
- **Sprint Distance**
1 lap of 20KM
- **Direction**



LEGENDA

- **Run course**
- **Middle Distance** 21KM,
2 laps of 10,5KM
- **Standard Distance** 10KM,
2 laps of 5KM
- **Sprint Distance**
1 lap of 5KM
- **Kikathlon Distance**
1 Lap of 5KM
- **Run direction**



Extra information for relay teams

This info is only relevant to participants in a relay team.

Every team has only one timing chip. This chip is the 'relay baton' during the race. The chip and strap need to be transferred from ankle to ankle when teammates meet to change roles in the race. There is a special 'relay area' in the transition zone for team chip exchanges.

In the registration kit are three bib numbers. Every team member has their own number, because of identification in the transition zone and safety during the race. The swimmer also needs to have its number written on his or her right hand. The cyclist will carry the number on the back. The runner will carry the number on the front.

Swimmer

The timing chip should be carried on the left ankle. After your swim, run to the relay area in the transition zone. Find your teammate and pass your chip on.

Biker

Make sure your helmet is clipped on your head and your bib number is on the back. Wait for your teammate at the relay area. First receive the timing chip and attach it around your left ankle. Then find your bike at your spot in the transition zone and start your race. After the bike course, first put your bike on the rack, then take off your helmet. Now find the relay area and pass the chip on to your teammate for the run.

Runner

Wear your bib number on the front. Find the relay area in the transition zone. Wait there until your teammate positioned it's bike on the bike rack. You will receive the timing chip after that. Put the chip and band around your left ankle and start your run.

Finish

A team can finish together. Teammates can find their way to the side of the race route and wait for their runner. If you plan on finishing together, please pay attention to the other participants that might still be racing to not block them.

A person is shown from the waist down, wearing black athletic shorts. They are holding a black, cylindrical massage tool with a silver-colored roller head against their right thigh. The tool has the 'BLACKROLL' logo on its handle. The background is a plain, light grey.

BLACKROLL®

Hard performance

needs deep recovery

Haal het MAXIMALE uit je training en herstel. BLACKROLL® biedt een ruim aanbod aan tools om je spieren te activeren, los te maken en doelgericht te herstellen. Voor een effectieve warming-up en training.

Download onze
gratis app
voor meer dan
500 oefeningen



After the race

Medal

After the finish everyone receives a medal. After receiving the medal we ask you to follow the indicated route to the finish aid station, so other athletes that are finishing are not blocked.

Aid station

After you have finished and received your medal, you are guided to the finish aid station. Here fruit, drinks and plenty sweet snacks are served! Here you will also receive your finisher shirt.

Award Ceremony

In the following categories awards are available to the athletes ranked 1, 2 and 3:

- Men U23
- Men 23-29
- Men 30-39
- Men 40-49
- Men 50-59
- Men 60+
- Women U23
- Women 23-29
- Women 30-39
- Women 40-49
- Women 50-59
- Women 60+
- Relay teams

Results

The results of the race will be published within an hour after the last finisher on the website of TrueKinetix TRI AMSTERDAM: www.triamsterdam.com

Massage

After the race there is a possibility to receive a free massage by our physiotherapists. These can be found on the expo on the Welnastraat, on the same location where before the registration desk/tent was located.

Blackroll

Besides a massage there is a possibility to use the new product Blackroll at the recovery area. More information about this can be found on <https://blackroll.com/nl> or download the Blackroll app.

Check-out transition area

After the race you can pick up your bike and other race materials from the transition area. You can only enter via the bike check-in/check-out tent by showing your bib number. You can only check-out your bike and bag when your bib number matches the numbers on your bike and bag. Therefore we ask you to not remove the stickers before you have checked-out of the transition area. Check before leaving the transition area if you really took all your belongings with you. The rented timing chip will be returned at the bike check-out.

Lost&Found

Lost and Found items can be brought or picked-up at the registration desk on the expo in the Welnastraat. In case you lost something during the event, please send an email to info@trihard.nl. When we retrieve the lost item, this can be picked-up from our office in Almere after the event.

Medical support

A medical support team of BOSEC ensures during TrueKinetix TRI AMSTERDAM the health and safety of the participants and supporters. A fixed first aid location is setup on the event terrain. Next to that there are several mobile first aidstation on the courses.

Please report major incidents directly to the closest first aid station or to someone else from the organization. Staff will report as soon as possible to the location of the incident. We request all participants to follow the instructions of medical personnel at all times.

In order to increase safety in our events we have a collaboration with SAFE-ID. After picking up your bib number from the registration desk this allows you to create a medical profile that first aid responders can use to provide faster and more precise medical care.

Showers

There is no possibility to shower around Park Somerlust.

Swimming:

- ☐ swimsuit/tritop/bathing suit/trisuit
- ☐ swimming goggle
- ☐ bath cap
- ☐ towel
- ☐ wetsuit

Cycling:

- ☐ bicycle
- ☐ bottle included drinks
- ☐ bicycle pump
- ☐ spare tire/ tube
- ☐ bike repair kit
- ☐ tire lights
- ☐ cycling shoes
- ☐ bikehelmet
- ☐ bikeshirt
- ☐ socks
- ☐ sport- or sunglasses
- ☐ cycling gloves

Run:

- ☐ running pants
- ☐ T-shirt/ shirt
- ☐ socks
- ☐ running shoes
- ☐ hat/ sweating band
- ☐ shoelace
- ☐ long tight
- ☐ arm and leg sleeves
- ☐ shirt with long sleeves
- ☐ rain jacket
- ☐ cap/ headband
- ☐ sport clothes

Ice skating:

- ☐ Ice skates
- ☐ gloves (required)
- ☐ cap

General:

- ☐ training suit
- ☐ extra T-shirt or sweater
- ☐ extra socks
- ☐ extra shoes
- ☐ toiletpaper
- ☐ bib numberband
- ☐ safety-pin
- ☐ towel(s)
- ☐ shampoo
- ☐ programbook/ starter
- ☐ license/identification
- ☐ money
- ☐ vaseline
- ☐ talcum powder (in your shoes)
- ☐ Sunscreen (waterproof)
- ☐ heart rate monitor
- ☐ waterproof (sport) watch
- ☐ flipflops