

# ATHLETE INFORMATION



**11 JUNE 2023**

Part of the:  
**TRI HARD**  
SERIES NETHERLANDS

## Partners and sponsors



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## Schedule

<b>Saturday June 10, 2023</b>		
Time	Activity	Location
12:00	Athlete briefing (Dutch and English)	Online
13:00	Registration open	Bella Vista Park
13:15	Bike Check-in open	Park Somerlust
18:00	Registration closed	Bella Vista Park
18:15	Bike Check-in closed	Park Somerlust

<b>Sunday June 11, 2023</b>		
Tim	Activity	Location
7:30	Last minute registration and bike Check-in open	Bella Vista Park
8:30	Start Standard Distance Men < 45 jaar	Park Somerlust
9:30	Start Standard Distance Men 45+ and Women	Park Somerlust
11:30	Start Sprint Distance	Park Somerlust
11:40	Start Sprint Distance - Rookie race	Park Somerlust
12:15*	1st Award Ceremony Standard Distance	Bella Vista Park
13:30*	Award Ceremony Sprint Distance	Bella Vista Park
14:00*	2nd Award Ceremony Standard Distance	Bella Vista Park

\* Time subject to change

## Event location



Location: Park Somerlust & Bella Vista park, 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



Standard Distance: 1 lap of 1500 meter.

<https://www.afstandmeten.nl/index.php?id=3371516>

Sprint Distance: 1 lap of 750 meter.

<https://www.afstandmeten.nl/index.php?id=3386066>



Advertorial

A photograph of two triathletes running through the ocean surf. They are wearing black wetsuits with 'DARE2TRI' branding. The athlete in the foreground is wearing a blue swim cap and has a red strap across their back. The athlete behind them is wearing a black swim cap. The background shows a cloudy sky and the ocean. The overall tone is energetic and adventurous.

**DARE2TRI**

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## Bike course



Standard Distance: 2 laps of 20 kilometer  
<https://www.afstandmeten.nl/index.php?id=3375122>

Sprint Distance: 1 lap of 20 kilometer  
<https://www.afstandmeten.nl/index.php?id=3371519>



## Run course



Standard Distance: 1 lap of 10 kilometer

<https://www.afstandmeten.nl/index.php?id=3371552>

Sprint Distance: 1 lap of 5 kilometer

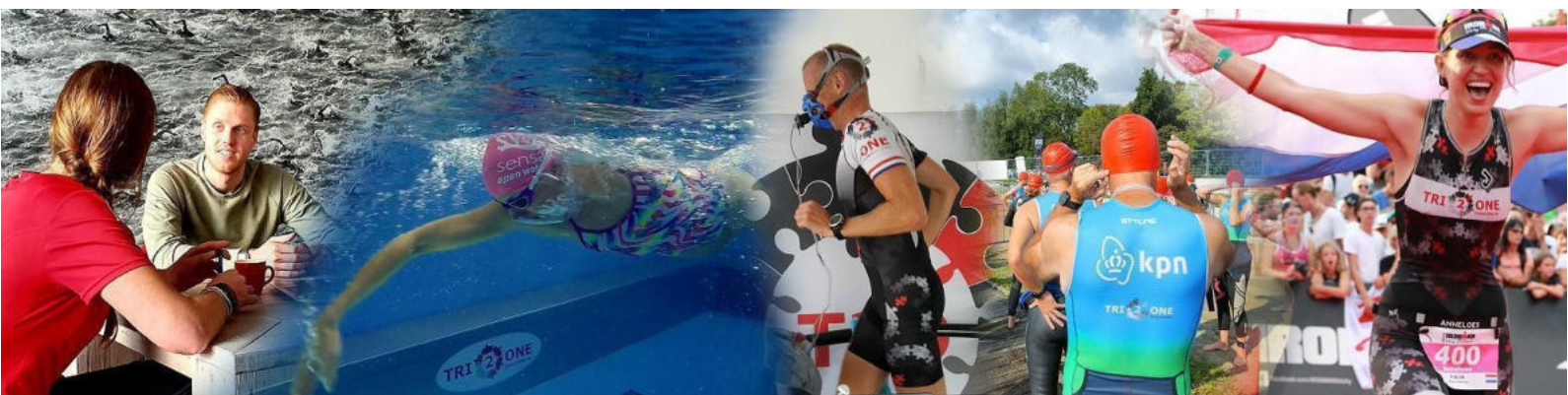
<https://www.afstandmeten.nl/index.php?id=3371547>

### Number of laps Standard Distance:

- **Swim:** 1 lap of 1500 meter (total 1500 meter)
- **Bike:** 2 laps of 20 kilometer (total 40 kilometer)
- **Run:** 1 lap of 10 kilometer (total 10 kilometer)

### Number of laps Sprint Distance:

- **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)



**OP ZOEK NAAR DE BESTE VOORBEREIDING?**



**TRIATHLONCOACHING - INSPANNINGSTESTEN - ZWEMTRAININGEN**

## Registration

In order to participate in 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 Bella Vista Park.

In this registration kit you will find amongst other things your bib number and accessories. In case you have not received this, you can't 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 advise you to already pick up your registration kit and check in your bike in the transition area on Saturday June 10th. You are required to check in your bike and helmet at the same time. The transition area is open on Saturday June 10 from 13:15 hrs until 18:15 hrs and is guarded from that moment. On Sunday June 11 the registration desk is open from 7:30 hrs, you have an opportunity to pick-up your registration kit that day until 45 minutes before your series 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
- Timing chip (when rented)

### 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 TRI AMSTERDAM is provided by MyLaps. You need to wear the timingchip with a 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 large. Individual athletes wear the timing chip at all times 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 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 €15,- will be invoiced to you.



## Pre race

### Public transport

There are several options to travel by public transport to TRI AMSTERDAM. There are two stations nearby. Amsterdam Amstel is a bus-, train- and subway station. Spaklerweg is a bus- and subway station.

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

- [www.9292ov.nl](http://www.9292ov.nl)
- [www.connexxion.nl](http://www.connexxion.nl)
- [www.gvb.nl](http://www.gvb.nl)
- [www.maps.google.com](http://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 series 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 advise you to check-in your bike and helmet on Saturday, June 10 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

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 a reliable base for the expected temperature during the event. In case the air temperature is below 15 degrees Celsius the water temperature will be corrected. The tables that are applicable in these cases are mentioned on pages 30 and 31 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 prevents the chip detaches when taking off your wetsuit.

**IMPORTANT:** In order to prevent wetsuits being switched between athletes, we advice 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 Dare2Tri.

## Briefing

On Saturday, June 10 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 channel of TRI HARD Series:  
<https://www.youtube.com/channel/UCXBmpMxEPTcX6x7pHhIUdCA>

On the race day there will be a short briefing 15 minutes before the start of each series. 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.

## The race

For the Standard Distance the distances are the following:

Leg	Distance
Swim	1500 meter - 1 lap
Bike	40 kilometer – 2 laps
Run	10 kilometer – 1 lap

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

### Bag Drop-off

On race day there is bag drop-off near the start, next to the transition area.

### 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 to the swim exit. 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 minute time penalty 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 organization and potential emergency services. Regular traffic rules apply during 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.

## 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 lap.
- After completing the lap you will be guided to enter the finish area.
- At approximately 2.5 kilometers there is a split in the run course. The Standard Distance goes straight ahead, the Sprint Distance goes to the right. It is your own responsibility to make sure you complete the correct course. In case results show afterwards that you have not completed the correct course 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 organization and potential emergency services. Regular traffic rules apply during 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.

Standard Distance:

- At 13.45 hrs you need to have started your run

Sprint Distance:

- At 13.45 hrs you need to have started your run

*Advertorial*

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## Aid stations

### *Run course*

For the sprint and standard distances are a couple of aid stations (see course overview)

The Red Bull Energypoint after 2 kilometer serves:

- Cups Red Bull
- Cups water

The aid station after 2,5 kilometer serves:

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

The aid station after 3,5 kilometer (only for Standard Distance) serves:

- Cups water
- Cups isotonic drink
- Cups cola

The aid station after 5 kilometer (only for Standard Distance) serves:

- Cups water
- Cups isotonic drink
- Cups cola

The aid station after 6,5 km (only for Standard Distance) serves:

- Cups water
- Cups isotonic drink

The aid station after 8 kilometer (only for Standard Distance) serves:

- Cups water
- Cups isotonic drink
- Cups cola

A trash zone is indicated at every aid station, where you can throw away any garbage. This trash zone starts 100 meters ahead of the aid station and ends 200 meters 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.





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## 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. Transition of the timing chips takes place at the bike racking spot of your team in the transition area.

In the registration kit are two bib numbers. The biker and runner have 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 biker 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 your designated spot in the transition area. 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 bike. First receive the timing chip and attach it around your left ankle. Then grab your bike and start your race. After the bike course, first put your bike on the rack, pass the chip on to your teammate for the run and then take off your helmet.

### Runner

Wear your bib number on the front. Find your bib number on the bike racks in the transition area. 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.

## 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.

### U-Sport after-race Area

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

For the Standard Distance awards are available to the athletes ranked 1, 2 and 3 in the Dutch Championship Age Groups per five-year age group (20-24, 25-29, 30-34, etc.). There is also an award for the first 3 relay teams. There will be no overall awards available.

For the Sprint Distance the following categories awards are available to the athletes ranked 1, 2 and 3:

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

### Results

The results of the race will be published within an hour after the last finisher on the website of TRI AMSTERDAM: [www.triamsterdam.nl](http://www.triamsterdam.nl)

### TRI HARD Competition

Of course our TRI HARD Competition is being held this year as well. Did you already participate in TRI ALMERE and will you participate in TRI ROTTERDAM after your race in Amsterdam? Then you automatically compete in this prestigious ranking. Afterwards there will be wonderful prizes for the winners of each category!

TRI ROTTERDAM will take place on June 24/25. Registration can be done via [www.trirotterdam.nl](http://www.trirotterdam.nl).

### Massage

After the race there is a possibility to receive a free massage by our physiotherapists. These can be found in the recovery area after the finish.

## **U-sport**

In addition to a massage, there is also the possibility to use the new product U-Sport in the recovery area. More information about this can be found at:

<https://www.u-sport.com/>.

### **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 case you lost something during the event, please send an email to [info@trihard.nl](mailto: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 TOP Medical ensures during 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 aid stations 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. This allows you to create a medical profile that first aid responders can use to provide faster and more precise medical care.



### 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