

ATHLETE GUIDE



9 JUNE 2024

Part of the:
TRIHARD
SERIES NETHERLANDS

Partners and sponsors



WIEL-RENT.NL



De verhuursite voor wielrenners



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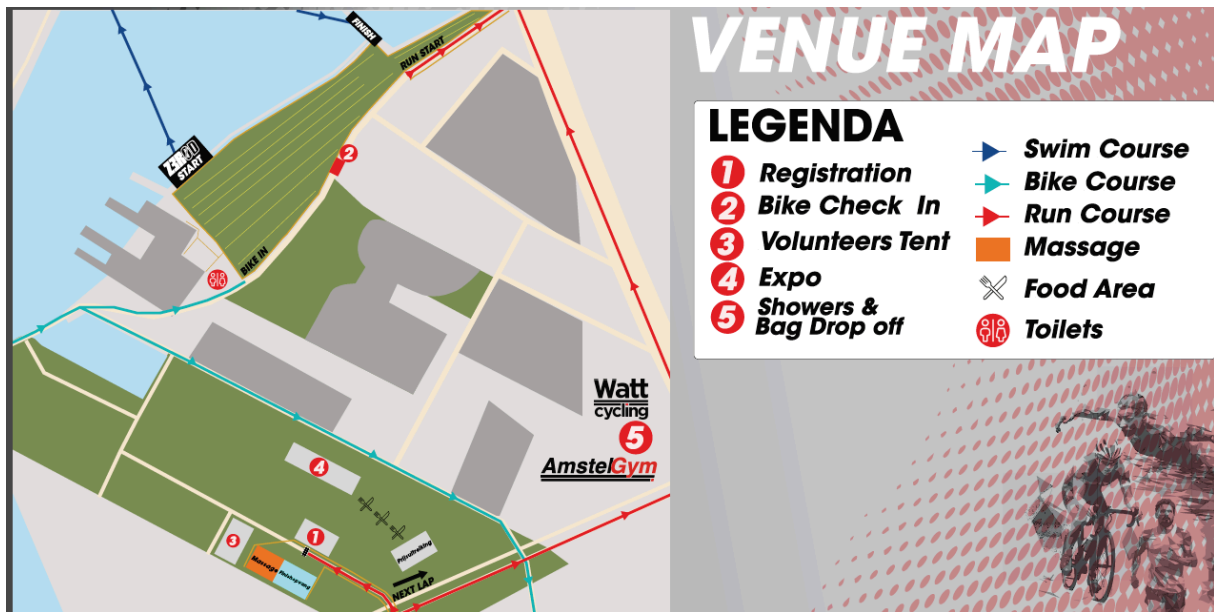
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Schedule

Saturday June 8, 2024		
Time	Activity	Location
12:00 pm	Athlete briefing (Dutch and English)	Online
1:00 pm	Registration open	Bella Vista Park
1:15 pm	Bike Check-in open	Park Somerlust
6:00 pm	Registration closed	Bella Vista Park
6:15 pm	Bike Check-in closed	Park Somerlust

Sunday June 9, 2024		
Tim	Activity	Location
7:00 am	Last minute registration and bike Check-in open	Bella Vista Park
8:00 am	Start Middle Distance	Park Somerlust
9:15 am	Start Standard Distance (AGK)	Park Somerlust
10:00 am	Start 1/8 Distance	Park Somerlust
10:05 am	Start 1/8 Distance - Rookie race	Park Somerlust
10:10 am	Start 1/8 Distance - Kikathlon	Park Somerlust
12:15 am	1st Award Ceremony Standard Distance	Bella Vista Park
1:30 pm	Award Ceremony 1/8 Distance	Bella Vista Park
2:00 pm	2nd Award Ceremony Standard & Middle Distance	Bella Vista Park

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

Z3R0D Swim course

TRI AMSTERDAM

**Swim course
Middle Distance**

LEGEND

- **Swim course
Middle distance**
1 lap of 1900m
- ➔ **Swim direction**

Z3R0D

TRI HARD June 9th 2024
SERIES NETHERLANDS Amsterdam

TRI AMSTERDAM

**Swim course
Standard Distance**

LEGEND

- Swim course
Standard distance
1 lap of 1500m
- Swim direction

ZERO

TRI HARD
SERIES NETHERLANDS June 9th 2024
Amsterdam

TRI AMSTERDAM

**Swim course
1/8 Distance**

LEGEND

- Swim course
1/8 distance
1 lap of 500m
- Swim direction

ZERO

TRI HARD
SERIES NETHERLANDS June 9th 2024
Amsterdam

ZEROD

15% KORTING

CODE: **TRIHARD**

WWW.ZEROD.NL

WETSUITS / TRISUITS / ZWEMKLEDIJ / ACCESSOIRES



*Code geldig t.e.m. 31/07/2024 en niet cumuleerbaar met andere promoties.

Bike course

TRI AMSTERDAM

Bike course Middle Distance

LEGEND

- Bike course Middle Distance**
2 laps
90km
- Bike direction**
- 2nd Lap**

DOWN THE ROAD
CYCLING AND TRIATHLON APPAREL

TRI HARD June 9th 2024
SERIES NETHERLANDS Amsterdam

Wattcycling kilometer

Just before the start of lap 2 (middle distance) and parallel to the highway A2, you'll find the official WATT Cycling Kilometer. This kilometer is timed by official timing and multiple athletes (including the fastest m/v) can win prizes from Watt Cycling, TRI HARD Series and 3athlon.nl. Will you take the KOM of the WATT Cycling KM?

Watt cycling



**Bike course
Standard Distance**

LEGEND

-  **Bike course
Standard distance**
1 lap of 40km
-  **Bike direction**
-  **DOWN THE ROAD**
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TRIHARD
SERIES NETHERLANDS June 9th 2024
Amsterdam



**Bike course
1/8 Distance**

LEGEND

-  **Bike course
1/8 distance**
1 lap of 20km
-  **Bike direction**
-  **DOWN THE ROAD**
CYCLING AND TRIATHLON
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TRIHARD
SERIES NETHERLANDS June 9th 2024
Amsterdam

Run course



Middle Distance: 4 laps of 5 kilometer

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

Standard Distance: 2 laps of 5 kilometer

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

1/8 Distance: 1 lap of 5 kilometer

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

Number of laps Middle distance:

- **Swim:** 1 lap of 1500 meter (total 1900 meter)
- **Bike:** start 2,6 km, 2 laps of 42,7 kilometer, end 3,1 kilometer (total 91 kilometer)
- **Run:** 4 lap of 5 kilometer (total 21,1 kilometer)

Number of laps Standaard distance:

- **Swim:** 1 lap of 1500 meter (total 1500 meter)
- **Bike:** 1 lap of 42 kilometer (total 42 kilometer)
- **Run:** 2 lap of 5 kilometer (total 10,4 kilometer)

Number of laps 1/8 distance:

- **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)

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. You can't participate in the event without having this registration kit.

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.

Registration is personal, so you will receive a bracelet. You will need this bracelet to access the transition area & start.

Important: We advise you to already pick up your registration kit and check in your bike in the transition area on Saturday June 8. You are required to check in your bike and helmet at the same time. The transition area is open on Saturday June 8 from 13:15 hrs until 18:15 hrs and is guarded from that moment. On Sunday June 9 the registration desk is open from 7:00 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 Z3R0D 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 timing chip 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.



Volgende keer sneller?

Watt
cycling



**Train Smarter.
Get Faster.**

[Klik hier](#)

Train all-in bij AmstelGym.

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
- 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 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 8 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

1501m and longer	15,9°C	24,6°C en above
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The water temperature measured on the day of the event is leading 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 from detaching when taking off your wetsuit.

IMPORTANT: In order to prevent wetsuits being switched between athletes, we advise you 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 Z3R0D.

Briefing

On Saturday, June 8 an extensive briefing will be presented. The briefing will be presented in both Dutch and English. Latest at 12:00 hrs 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 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.

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 – 4 laps

For the Standard Distance the distances are the following:

Leg	Distance
Swim	1500 meter - 1 lap
Bike	42 kilometer – 1 lap
Run	10 kilometer – 2 laps

For the 1/8 Distance 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 near the start, in the transition area.

Next to that you can leave bags guarded at WATT Cycling / Amstelgym. (200 meter from the start.)

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 meters 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 meters 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.

Please note the race takes place on public roads and there are some spots on the course where the road surface is not as good:

-Buitensingel (kilometers 3 and 46): Some bad asphalt in the bend.

-Westkanaaldijk (from kilometer 21 for the Standard distance and km 27 and km 70 for the Middle distance): Several bumps and holes in the road.

Participants are responsible to adjust their speed where necessary to pass these stretches safely.

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 1/8 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.

- At 15.45 hrs you need to have started your last run

Advertorial

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BUILT TO LAST

**Our apparel is
designed and tested
BY ATHLETES
FOR ATHLETES**

Lightweight Crash Replacement UV Protection

[DOWNTHEROAD.CC](https://www.downdtheroad.cc)

[WWW.DOWNTHEROAD.CC](https://www.downdtheroad.cc)

Aid stations

Bike course

There are 2 aid stations on the bike course (only for the standard and middle distance)

The first aid station is Zorgboerderij Schimmelpenninckhoeve after 14 and 57 kilometers.

The second aid station is at Sporthuis Abcoude near Abcoude Station after 34 and 77 kilometers.

Both posts include:

water bottles

Bottles of Powerbar sports drink

Powerbar nutrition bars

Run course

For the 1/8, standard and Middle distances are a couple of aid stations (see parcours overview)

-

The aid station after 0,7 - 6,2 - 11,7 and 17,2 kilometer serves:

- Cups water
- Cups isotonic Powerbar drink
- Cups cola

The Red Bull Energypoint after 2 - 7,5 - 12,5 - 18 kilometer serves:

- Cups Red Bull
- Cups water

The aid station after 3 - 8,5 - 14 - 19,5 kilometer serves:

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

The aid station after 5 - 10,5 - 16 kilometer kilometer serves:

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

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.

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 stand. 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 of sweet snacks are served! Here you will also receive your finisher shirt.

U-sport will take care of protein shakes for quick recovery.

Changing, showers and bag drop off

At Amstel Gym / WATTCycling you can drop off your bag at 7am. You can use the changing rooms and showers.

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 1/8 & Middle 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

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/>.

Photo's

During TRI Amsterdam Marathon Photos will make your personal pictures. You will find a personal link in your mailbox after the race.

You can also find the photos at this link:

<https://marathonphotos.live/Event/Sports%20FNL%202024%20Tri%20Hard%20Amsterdam/>

HERSTEL ALS EEN PRO MET EEN U-SPORT EIWITSHAKE!



Eiwitten zijn ontzettend belangrijk voor het herstel en de opbouw van spierweefsel. Vaak worden eiwitten geassocieerd met sporters die echt spiermassa willen opbouwen, maar ook als je geen spieren wilt opbouwen, is eiwit belangrijk voor het herstellen van belast spierweefsel.

Wanneer je te weinig eiwitten binnenkrijgt, zul je merken dat je meer spierpijn krijgt en ook minder goed kunt presteren. Als je een sporter bent die 2 keer of meer in de week sport, dan is het belangrijk dat je meer eiwitten binnenkrijgt dan een niet-sporter, om ervoor te zorgen dat je spieren goed herstellen.

De Whey Protein Support is een hoog gedoseerde proteïnepoeder waarmee je op een makkelijke en snelle manier je lichaam voorziet van voldoende eiwitten. De poeder met vanille- of aardbeismaak is eenvoudig te mixen tot een heerlijke eiwitshake. De Whey Protein Support bevat een hoog en compleet aminozuur profiel (inclusief 5 gram BCAAs), om spierafbraak tegen te gaan en spiergroei te bevorderen.

Gelijk na de finish van de TRI Amsterdam vind je de U-Sport stand waar je gratis onze Whey Protein Support kunt proberen!

De richtlijnen voor dagelijkse eiwitname zijn:

- ▶ *Duursporters: 1.2 - 2.0 gram eiwit per kilogram lichaamsgewicht*
- ▶ *Krachtsporters: 1.5 - 2.0 gram eiwit per kilogram lichaamsgewicht*



WHEY PROTEIN SUPPORT

- **Ondersteunt spieropbouw en spierherstel**
- **23 gram eiwitten per portie**
- **Bevat alle 9 essentiële aminozuren**
- **Is vegetarisch & laag in suikers en koolhydraten**

Gebruik de Whey Protein in je trainingen voorafgaand aan de TRI Amsterdam en sta optimaal voorbereid aan de start! Deelnemers van de TRI Amsterdam profiteren van een exclusieve aanbieding: **20% KORTING** op alle producten van U-Sport met de kortingscode **AMSTERDAM20** www.u-sport.com.*

*Code is eenmalig te gebruiken bij bestellingen vanaf €9,95 en geldig t/m 23 juni 2024.

**BESTEL
HIER!**



WE CARE U SPORT.

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.

Check-out will close at 5pm. Make sure you pick up your bike before that.

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. 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 set up 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 cloves

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