

# Athlete Guide



**JUNE 15, 2025**

Onderdeel van:  
**TRI HARD**  
SERIES NETHERLANDS

## Partners en Sponsors



WIEL-RENT.NL



Dé verhuursite voor wielrenners

## TRI HARD Series Socks!

You can get them for just €17.95—and even better: for every pair we sell, we donate a free pair to one of our volunteers!

You can purchase the TRI HARD Series socks in advance through your Njuko account or on race day at the registration desk.



## Loyalty Rewards

We want to thank you for being part of the TRI HARD Community! That's why we're rewarding our most loyal participants this year.

- Participate in **3 races** and receive a free pair of TRI HARD socks.
- Participate in **all 4 races**, and you'll also receive a TRI HARD towel.

## End-of-Season Raffle

We'll be raffling off the following prizes among all ticket holders:

- 4 x Free entry to four TRI HARD events of your choice in 2026
- 10 x TRI HARD Merchandise Packs (Hoodie, cap, race belt, and speed laces)

### How to Earn Raffle Tickets:

After each TRI HARD race, you'll receive an email with a link to "claim" your finish on our loyalty platform. You'll also get a link to the event evaluation form.

- Participate in **3 races** this year = 1 raffle ticket
- Participate in **all 4 TRI HARD events** (RBR/Time Trial Rotterdam, TRI Almere, TRI Amsterdam, TRI Rotterdam) = 1 extra ticket, if all are claimed
- Submit evaluation forms for all 4 events = 1 more extra ticket

To track your race progress and claimed rewards, we've created a special TRI HARD page on the **Loyi platform**, where you'll be prompted to create an account when you claim your first reward: <https://trihard.loyi.io/>



## Program

Saturday June 14, 2025		
Time	Activity	Location
12:00 pm	Athlete briefing (Dutch and English)	Online
1:00 pm	Registration open	Bella Vista Park
1:00 pm	Expo & Foodtrucks 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 15, 2025		
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
12:15 am	1st Award Ceremony Standard Distance	Bella Vista Park
2:00 pm	2nd Award Ceremony Standard & Middle Distance	Bella Vista Park

## Event Location



### LEGENDA

- 1 Registratie
- 2 Bike Check- In
- 3 Recovery Area
- 4 Vrijwilligerstent
- 5 Expo
- WC's
- EHBO Post
- Hekwerk
- Horeca
- Zwemparcours
- Fietsparcours
- Loopparcours
- Massage
- Podium

**Location:** Park Somerlust & Bella Vista Park, Amsterdam

We recommend traveling to the event location by public transport. The Spaklerweg metro station and Amsterdam Amstel train station are nearby.

If you are traveling by car, please park (paid) at Q-Park Spaklerweg. To minimize inconvenience for local residents, we ask that you do not park within the Amstelkwartier neighborhood itself.



## Course

### Z3R0D Swim Course



**Middle Distance:** 1 clockwise lap of 1900 meters



**Standard Distance: 1 clockwise lap of 1500 meters**



*Advertorial*



## GPS Routes

All GPS files of the courses can be downloaded:

[download](#)

## Bike Course



**Middle Distance: 2 laps**

**Route link:**

<https://afstandmeten.nl/index.php?id=3565373>

**The entrance to the second lap is along the A2, just before Overamstel Sports Park. Athletes turn right over the viaduct for the lap.**

**Straight to enter the transition area.**

## **WATT Cycling Kilometer**

Just before the start of lap 2 (parallel to the A2), there is a timed kilometer sponsored by WATT Cycling, TRI HARD Series, and 3athlon.nl. Athletes (including the fastest men/women) can win special prizes. All distances pass this segment and are eligible.





**Standard Distance: 1 lap**

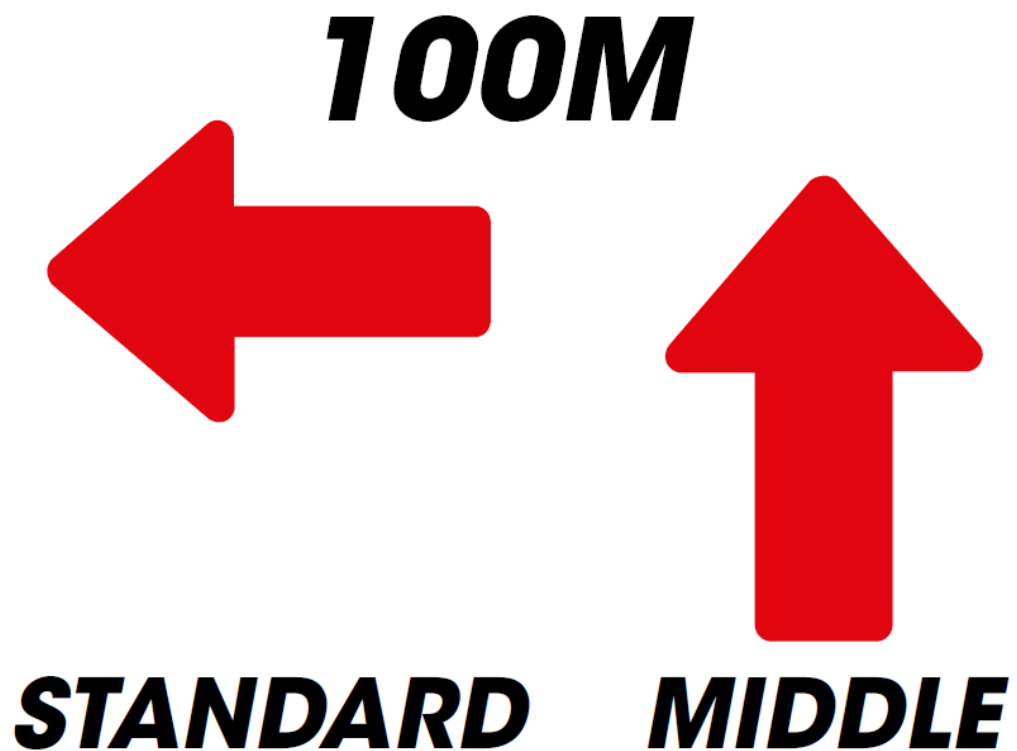
**Route link:**

<https://afstandmeten.nl/index.php?id=3564161>

**⚠ Important: On Polderweg (just past Loenersloot), the course splits:**

- **Standard Distance:** turn left through the tunnel
- **Middle Distance:** go straight

**This is clearly marked with large signs. Athletes are responsible for following the correct route. Timing mats are used to verify laps.**





## Run Course



**Middle Distance:** 4 laps of approx. 5 km

<https://afstandmeten.nl/index.php?id=3875703&key=MRez1BNJQKM.k>

**Standard Distance:** 2 laps of approx. 5 km

<https://afstandmeten.nl/index.php?id=3875700&key=MRez1BNJQKM.k>

### Middle Distance Breakdown

- **Swim:** 1 lap of 1900 m
- **Bike:** Start section 2.6 km + 2 laps of 42.7 km + final stretch 3.1 km = 91.1 km
- **Run:** 4 x ~5 km = 21.1 km
- 

### Standard Distance Breakdown

- **Swim:** 1 lap of 1500 m
- **Bike:** 1 lap of 42 km
- **Run:** 2 x ~5 km = 10.2 km
-



## Registration

To participate in TRI AMSTERDAM, you must collect your registration kit before the race at the registration tent in Bella Vista Park. The kit includes your bib number and other items. Without this kit, you cannot start the race.

Please bring valid ID (passport, ID card, or driver's license). If you indicated that you hold a valid license from NTB, KNWU, KNZB, or Atletiekunie, you must present it at registration.

Your registration is **personal**. You will receive a wristband with your kit—this wristband is required for access to the transition zone and start area.

**Important:** We strongly advise collecting your registration kit and checking in your bike on Saturday, June 14. You must check in your bike and helmet at the same time. The transition zone will be open on Saturday from 13:15 to 18:15 and will be guarded from that point on.

On Sunday, June 15, the registration desk opens at 07:00. You can still pick up your registration kit up to 45 minutes before your race wave starts.

## Registration Kit

When you register, you will receive a kit containing:

- Race bib number
- Sticker sheet (helmet sticker, bike sticker, bag label)
- Swim cap
- Timing chip (if rented)

## Race Bib & Bib Belt

It is recommended to wear your race number using a bib belt. If you don't own one, you can purchase one at the registration desk. The bib must be worn:

- **On your back** during the bike leg
- **On your front** during the run

## Sticker Sheet

Every participant receives a sheet with stickers for the bike, helmet, and optionally a bag.

- **Bike Sticker:** Attach to the seat post with the number facing backward. It must be clearly visible from both the left and right sides.  
Do not remove the sticker until you check out from the transition zone.

- **Helmet Stickers:** Place one on the **left** and one on the **right** side of your helmet. Also not to be removed until after check-out.

## Swim Cap

You are required to wear the **official swim cap** provided by the organization during the Z3R0D swim leg. Personal swim caps are not allowed.

## Timing Chip

Timing services are provided by **MyLaps**. You must wear the timing chip on your **left ankle** with the provided band. If worn incorrectly, timing may not work properly.

- Individual participants must wear the chip throughout the entire race.
- Relay teams share **one chip**, which must be handed off between segments.

If you own a **ProChip**, you may indicate this during registration. Otherwise, you'll rent one with your entry.

⚠ The rented chip will be included in your race packet. All rented chips **must be returned** after the race at the designated return bin near bike check-out. If the chip is not returned, a **€25 fee** will be charged.

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## Public Transportation

There are several public transit options for getting to TRI AMSTERDAM. The nearest stations are:

- **Amsterdam Amstel:** trains, buses, and metro
- **Spaklerweg:** buses and metro

For personalized travel advice, check:

- [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)

## Transition Zone Check-in

Before the race, place all your required gear in the transition zone at your assigned spot. Keep the following in mind:

- Make sure all necessary stickers are applied to your bike and helmet.
- Wear your bib number and helmet when entering the transition zone.
- Your bike and helmet will be inspected for safety. You will not be allowed to race if your bike is deemed unsafe—**safety first**.
- Place your bike in the rack matching your bib number. Your transition spot is numbered and grouped by wave.
- Take time to familiarize yourself with the layout of the transition zone so you can find your gear quickly.
- All other race-day gear must be placed neatly next to your bike. Items not needed during the race are **not allowed** in the transition area. Use the bag drop at WATT Cycling for those items.

**IMPORTANT:** We recommend checking in your bike and helmet on **Saturday, June 14**, to keep race morning stress-free.

## Wetsuits

Wetsuit regulations are based on World Triathlon competition rules.

Swim Distance	Mandatory Below:	Forbidden Above:
Up to 1500m	15,9°C	22°C
1501m or more	15,9°C	24,6°C

The **water temperature on race day** determines wetsuit usage. Pre-race measurements are only indicative. If the air temperature is below 15°C, a correction to the water temperature is applied. Refer to pages 29–30 of the World Triathlon rules [World Triathlon-rulse on the website of the Dutch Triathlon Federation](#).

- Wear the timing chip **under** your wetsuit on your **left ankle** to prevent it from coming off when removing the suit.
- To avoid wetsuit mix-ups, we recommend writing your name on the inside.

## Wetsuit Rental

You can rent a wetsuit for any TRI event. Limited rentals are available on race day at the **Z3R0D stand**.

## Briefing

An extended race briefing will be available **Saturday, June 14**, in both Dutch and English. It will be published by 12:00 noon on the TRI HARD Series YouTube channel: <https://www.youtube.com/channel/UCXBmpMxEPTcX6x7pHhUdCA>

On race day, a **short last-minute briefing** will take place 15 minutes before the start of each wave. This will cover only the most essential updates or changes.

**IMPORTANT:** All participants must attend the pre-start briefing for their wave.

## The Race

Middle Distance:


	Distance
Swim	1900 meters - 1 lap
Bike	90 kilometers – 2 laps
Run	21 kilometers – 4 laps

Standard Distance:

	Afstanden
Swim	1500 meters - 1 lap
Bike	42 kilometers – 1 lap
Run	10 kilometers – 2 laps

## Bag Drop-Off

On race day, bags can be left in the designated tent in the transition zone. You may also store items under supervision at **WATT Cycling** (approx. 200 meters from the start).

 It is **not allowed** to leave bags next to your bike—only race equipment is allowed in the transition zone.


## Swim Segment

- A pre-race briefing will take place in the start area.
- Swim direction: **north toward the Berlage Bridge**, then return south and exit near the harbor on the east side of the transition zone.
- Wearing the **official swim cap** is mandatory.
- **Rolling start:** Athletes enter the water one at a time, each second, following the start signal.

If water temperature is **below 13°C**, the swim will be replaced by a run, according to NTB rules.

## Transition: Swim to Bike

- You may change into your cycling gear at your bike.
- **Nudity is not allowed** in the transition zone.
- You must fasten your helmet **before** taking your bike from the rack.
- Double-check that your **timing chip is still on**. If not, notify a volunteer immediately.
- Your **race number must be on your back** during the bike leg.


 **Cycling inside the transition zone is prohibited.** You may only mount your bike **after** crossing the mount line.

## Bike Segment

- Distance: 1 or 2 laps, depending on your event.
- **Helmet is mandatory.**
- **Drafting is not allowed**—you must maintain at least **12 meters** behind the cyclist in front of you. Overtaking is allowed.

 **If you draft**, a judge may show you a **blue card**. You must then serve a penalty of:

- 1 minute (Standard Distance)
- 2 minutes (Middle Distance)  
at the next **Penalty Box**.
- **Failure to serve your time penalty = disqualification.**
- The Penalty Box is located at the end of the bike course and is marked in advance.
- Keep to the **right side of the road**, and **do not overtake on the right**—this results in a penalty.
- **You are responsible** for riding the correct number of laps.

 Always follow the instructions of traffic controllers, race officials, and emergency services.

If emergency vehicles must enter the course, the race may be briefly paused.



## Road Conditions Warnings

- **Buitensingel (km 3 and 46):** bad asphalt in a curve
- **Underpass A9 near Ouderkerkerplas:** sharp bend due to construction
- **Westkanaaldijk (km 21/27/70):** bumps and potholes


Adjust your speed accordingly to ensure safety on these sections.

## Transition: Bike to Run

- You **must dismount** your bike **before** crossing the line into the transition zone.
- Return your bike to the rack at your designated spot (marked by your bib number).
- **Only unclip your helmet after** racking your bike.
- Leave all cycling gear neatly next to your bike.

## Run Segment

- Run segment consists of 2 or 4 laps, depending on your distance.
- After your final lap, you'll be directed into the **finish area**—stay alert.
- Multiple **aid stations** are available along the run course, offering:
  - Water
  - Powerbar gels and sports drinks
  - Cola

 Always follow the instructions of traffic personnel, race staff, and emergency services. You are considered a **participant in traffic** during TRI AMSTERDAM

## Time Limits

Due to bridge and lock operations, and the availability of staff and volunteers, **generous time limits** are set. Most participants should not be affected. All participants must start their **final run lap by 15:45**.



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## Aid Stations

### On the Bike Course

Two aid stations:

1. **Schimmelpenninckhoeve** (at 14 km & 57 km)
2. **Sporthuis Abcoude** (at 34 km & 77 km)

Each station offers:

- Water bottles
- Powerbar sports drink bottles
- Powerbar energy bars

### On the Run Course

**At 0.7, 6.2, 11.7, 17.2 km:**

- Water
- Powerbar sports drink
- Cola

**At 3, 8.5, 14, 19.5 km:**

- Water
- Powerbar sports drink
- Cola
- Energy gels

**At 5, 10.5, 16 km:**

- Water
- Powerbar sports drink
- Cola
- Energy gels

**Volunteers wear vests color-coded by product:**

- **Blue** = Water
- **Yellow** = Sports drink
- **Red** = Cola
- **Green** = Food (gel or bar)

Each aid station has a **waste zone**, which starts 100 meters before and ends 200 meters after the station. ⚠ Littering **outside of these zones** results in a penalty or disqualification.

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## Additional Info for Relay Teams

This section applies to athletes competing as part of a relay team.

- Each team uses **one timing chip**. This chip is your relay baton and must be transferred and worn **on the left ankle** before the next athlete begins their segment.
- The registration kit contains **two race bibs**. Each team member has their own bib for transition access.
  - **Cyclist**: wears bib on the **back**
  - **Runner**: wears bib on the **front**

### Swimmer

- Wears the timing chip on the left ankle. After the swim, run to the bike in the transition zone to pass the chip to the cyclist.

### Cyclist

- Must wear and fasten helmet before taking the bike. Wait at the bike rack until the swimmer hands off the chip. After the bike leg, return the bike to the rack **before** transferring the chip to the runner.

### Runner

- Waits at the team's transition spot. Takes the chip after the cyclist racks the bike, then starts the run. Make sure the bib is **visible on the front** at the finish.

### Finish

The team may **finish together**. Once the runner enters the finish zone, teammates may join to cross the line as one.

### Transition Zone Access

Due to limited space, only:

- the **cyclist** may be in the transition zone during the first exchange
- the **runner** during the second exchange  
Other teammates must wait outside.

## After the Race

### Medal

All finishers receive a medal. After crossing the finish line, please proceed along the marked path to the aid station, so other athletes can finish undisturbed.

### After-Race Area

Once you've finished and received your medal, you can enter the **after-race area**. Here you'll find:

- Fruit
- Drinks
- Plenty of sweet snacks
- Your **finisher's shirt**

### Changing Facilities, Showers & Bag Collection

You can drop off your bag at **Amstelgym / WATT Cycling** starting at **07:00**. After the race, you can **shower and change** there as well.

### Award Ceremony

#### Standard Distance

- Prizes are only awarded for the **Dutch National Championships (NK) Age Group categories**.
- Top 3 athletes in each age group (20–24, 25–29, 30–34, etc.) will be honored.
- Prizes for the **top 3 relay teams**.
- No overall prize ceremony.

#### Middle Distance

Prizes for 1st, 2nd, and 3rd place in the following categories:

- 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

Race results will be posted within **one hour** after the last finisher at:

[www.triamsterdam.com](http://www.triamsterdam.com)

## Massage

**Free massages** are available after the race by our professional sports masseurs. The massage area is located in the after-race zone at Bella Vista Park.

## Photography

Photos will be taken by **Marathon Photos** during the race. A few days after the event, you'll receive an email with a link to your personal gallery.

Photos can also be found here:

<https://marathonphotos.live/Event/Sports/NFNL/2025/Tri%20Hard%20Amsterdam/>

## Transition Zone Check-Out

After the race, you can collect your bike and other belongings from the transition zone.

- Entry only with your bib number, via the **bike check-in/check-out tent**
- Your bib number must match the sticker on your **bike** and **bag**
- Do **not** remove the stickers before exiting the transition zone

⚠ Make sure to collect **all your items** and return your **timing chip** at the bike check-out.

The transition zone **closes at 17:00**—after that, it is no longer supervised.

## Lost & Found

Lost items can be dropped off and collected at the **registration desk** during the event.

Lost something? Email: **info@trihard.nl**


If found, your items can be picked up at the TRI HARD office in **Almere**.

## Medical Support

First aid is provided by **Top Medical** to ensure the safety and health of all participants and spectators. There will be:

- A fixed first aid post at the event site
- Mobile first aid units along the course

Report any emergencies immediately to the nearest medical post or race official.

 Always follow instructions given by medical personnel.

We also work with **SAFE-ID** for added safety. You'll receive an email with login details to set up a medical profile, allowing first responders to access your critical info quickly.

1. Go to [www.safe-id.nl/tri-hard-series](http://www.safe-id.nl/tri-hard-series)
2. Enter your personal code (TR1/XXXXX, sent via email)
3. Create your profile via the blue button

This service is **free of charge**.

## NTB Rules – Summary

Here's a brief overview of key **Dutch Triathlon Federation (NTB)** rules and fair play guidelines:

- Arrive early and review all event info
- Know how many laps you need to swim, bike, and run
- Bring your ID and valid license
- Check the start, finish, and route maps
- Always wear a helmet while biking
- Secure your bib number with a race belt or safety pins
- Place your bike and gear only at your assigned spot
- Know the transition layout: entry/exit for bike and run
- Do not draft—keep 12m distance when cycling
- No nudity in the transition area
- Obey all traffic laws and race officials
- Headphones, phones, and glass containers are prohibited during the race
- Follow the race course exactly—no shortcuts
- Always respond to instructions from officials (wearing green/orange vests or tri-color jackets)