



Presented By



## Adult Solo/Relay Athlete Guide

Thank you for participating in the North Shore Triathlon. This document covers the Adult/Relay Race with a **300-meter swim**, **17.6-kilometre bike**, and **5.0-kilometre run**. It is intended to prepare event participants with all the information they will need for a successful and rewarding **North Shore Triathlon** experience.

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# First-Time Triathletes

If this is your first triathlon; congratulations! Doing anything for the first time takes courage. Our best advice for first-time triathletes comes from a word right in the name: try. Try your best and most importantly have fun. The goal is not to exert yourself so much it hurts or to practice until it is no longer fun. Triathlons are meant to push us and to get us out there and doing things but not at the cost of your happiness or well-being. When it comes to training just swim, bike, and run. You don't need a detailed and highly scheduled routine, but you do need practice until you are confident that you can complete each leg of the event.

If you missed our race orientation briefing back in March, please drop by transition on **Sunday, May 18th at 3:00 P.M. in the [Ron Andrews](#) parking lot** where we will be repeating that session for anyone interested. Come to Ron Andrews with your race package and your questions prepared. We will be happy to provide the answers.

## Definitions

There are many resources online to help first-time triathletes and many definitions you may still need to learn. Here are a couple that we have provided that will help you in this athlete guide and our race, but if you want to learn more feel free to contact us for helpful links or [join us](#) for a workout or two!

### Transitions:

Transition is the change from one discipline to another. For example, the transition from swim to bike. Transition is a physical location too. Our transition area is in the Ron Andrews parking lot and this is where you can rack your bike and store all your race-specific equipment. Transition is often called the fourth event as the time it takes to remove or put on clothes, shoes, and other gear does impact your time.

### Bag Check:

A bag check or bag drop is where athletes can put gear for after the event. You might want some outer layers to keep you warm while you wait for your start time. You may also want warm clothes to change into once your race is done. Vancouver weather can be pretty fickle sometimes so packing exactly what you need is crucial for an athlete.

## Relay:

A relay is where two or three participants trade-off at their numbered spot in the transition area to complete the triathlon in relay form. Despite the number of athletes participating in a relay, the team is only given one timing chip so make sure you trade your timing chip at transition.

## Drafting:

Drafting is when you pedal behind another athlete to reduce wind resistance to save energy while cycling. **Drafting is not permitted in the North Shore Triathlon.** For the safety of all participants, we ask athletes to be at least 2-3 bike lengths away other cyclists and to use extreme caution in the bike turnarounds.

# Event Schedule

## Saturday, May 17th

12:00 P.M. –  
4:00 P.M.

Package Pick-Up  
**Location:** [Jim Pattison Subaru North Shore](#)

## Sunday, May 18th

12:00 P.M. –  
4:00 P.M.

Package Pick-Up  
**Location:** [Jim Pattison Subaru North Shore](#)

3:00 P.M.

Adult Race Orientation  
**Location:** [Ron Andrews](#) parking lot

# Monday, May 19th

|                              |  |
|------------------------------|--|
| <b>7:30 A.M.</b>             | Adult/Relay Transition Opens<br><b>Location:</b> <a href="#">Ron Andrews parking lot</a>                                     |
| <b>6:30 A.M. - 8:45 A.M.</b> | Race Day Package Pick-Up<br><b>Location:</b> <a href="#">Inside main entrance of Ron Andrews</a>                             |
| <b>7:00 A.M.</b>             | Junior Elite Race<br><b>Location:</b> Inside Ron Andrews at the pool   |
| <b>7:30 A.M. - 8:40 A.M.</b> | Kid's of Steel Race<br><b>Location:</b> Inside Ron Andrews at the pool   |
| <b>8:45 A.M. - 9:25 A.M.</b> | Adult Race Starts<br>* <a href="#">See course information about waves</a><br><b>Location:</b> Inside Ron Andrews at the pool |
| <b>10:15 A.M.</b>            | Kids of Steel Awards Ceremony<br><b>Location:</b> Inside Ron Andrews   |
| <b>12:30 P.M.</b>            | Official Awards Ceremony: Adult Age Group<br><b>Location:</b> Inside Ron Andrews   |

# Course Information

## Transition

Transition opens for adult participants at 7:30 A.M. There is a Junior Elite and Kids of Steel race that occurs beforehand so transition is reserved for those younger racers before 7:30 A.M. It will be a very busy day so please **do not attempt to enter transition before 7:30 A.M.**






There are 8 bikes on a single rack in transition. **You need to place your bike in the appropriate numbered spot.** Your transition area is for storing everything you will need during the race and **nothing else.** All athletes must keep their transition area orderly. Your allotted transition space beside your bicycle is roughly the size of a typical hand towel (14" x 26") and all of your race gear must fit in this space.



Transition is often called the fourth event as changing clothes, shoes, and other gear impacts your time. This is true even **if you are participating as part of a relay.** Relay racers will **need to pass their timing chip to their teammate once their leg is complete.**

## Start Times

The anticipated start time of the race is 8:45 A.M. This is an estimate and can vary depending on how long the prior events take to complete. We start the event with **the fastest swimmers first.** Racers will be called into the building in waves **based on their expected swim time.** The following are estimated start times for the various swim waves. The more accurate your swim time estimate, the better your experience in the pool.

|   |   |
|---|---|
|  | <b>Swim time under 5 minutes and 30 seconds:</b><br>Race start time is at 8:45 A.M. |
|  | <b>Swim time under 6 minutes and 30 seconds:</b><br>Race start time is at 8:55 A.M. |
|  | <b>Swim time under 7 minutes and 30 seconds:</b><br>Race start time is at 9:05 A.M. |
|  | <b>Swim time under 8 minutes and 30 seconds:</b><br>Race start time is at 9:15 A.M. |
|  | <b>Swim time over 8 minutes and 30 seconds:</b><br>Race start time is at 9:25 A.M.  |

These times are approximate. Please allow yourself sufficient time to set up your transition area before your wave is called into the building. If you are picking up your race package on race morning you must do this before you will be allowed into transition.

## Bag Check

When your race wave is called and you enter the building you will be directed toward the bag drop where your gear will be held for you. Please attach the baggage tag you received in your race package to your bag if you are checking gear before the race. **Do not check your bag before your swim wave is called.** You will be obliged to wait outside the facility until your wave starts and you will get cold. **Do not check things that will be needed during the event.** Everything you need for the triathlon should be at your transition area.

Although the bag drop area is continually monitored we cannot be responsible for any valuables so please avoid including those in your checked bag. You must pick up your checked bag, items at transition, and bike before 1 P.M. Your wristband will be checked against your bike tag by transition volunteers when you are removing your equipment from transition. You cannot send someone else to pick up your gear.

## Access to Ron Andrews

The interior of the building is for athletes only. No spectators are allowed inside. The only exception is support adults with RED wristbands. Please make sure that you arrive wearing the gear you intend to use in the pool with easily removable warm layers over top. You will not be able to use the change facilities to dress for the event.

# Quick Overview

## Swim

**Total Distance:** 300-meter swim in 12 lengths of a 25 M pool

**Start:** Ron Andrews Swimming Pool

**Finish:** Ron Andrews Swimming Pool

**Additional Notes:** After you exit the pool via the stairs, safely head to the Ron Andrews parking lot where the transition area is located to get ready for the bike course.

## Bike

**Total Distance:** 17.6 KM in 4 laps

**Start:** North East corner of transition

**Finish:** North East corner of transition

**Additional Notes:** At the start of the loop section at Emerson Drive there is a timing mat so your laps will be recorded. This helps us keep track of your laps but does not help you keep track. Please have a plan to help you count your own laps. we cannot do this for you.

## Run

**Total Distance:** 5 KM

**Start:** South East corner of transition

**Finish:** Finish line just southwest of transition

**Aid Stations:**

- On Lytton Street near the start of the run
- On the run course halfway through

Aid stations will have water and F2C sports drinks.

**Additional Notes:** Once you cross the finish line you will receive a finisher's medal and relay participants can pick up medals for their other team members. You will return your timing chips at the finish line.



## Swim Course

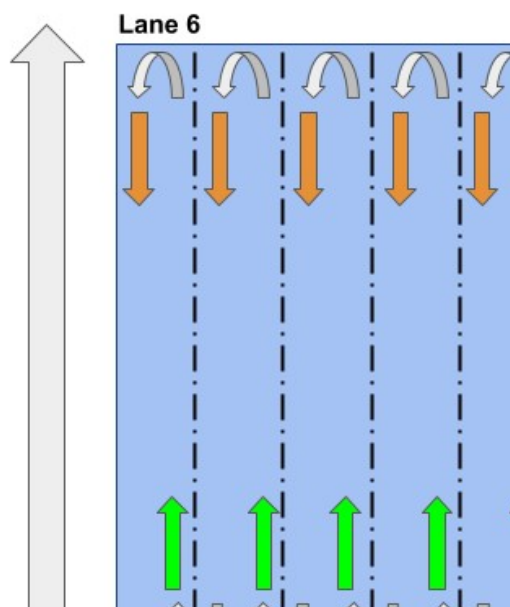
The swim section of the triathlon is a **300-meter swim** in 12 lengths of a 25 M pool and will be conducted as a course. Athletes will swim up the right side of lane 1 before turning around and swimming back down the right side of lane 1. After a full lap in lane 1 athletes duck under the lane rope and repeat for lane 2 (and so on), this continues until all 6 lanes are complete.

Race start time is in waves **based on your expected swim time** with fastest to slowest within an assigned wave. The more accurate your swim time estimate, the better your experience in the pool will be. Please make every effort to have a good **swim estimate 2 weeks before the race**, it makes everyone's race better.

The wave times are approximate so please allow yourself sufficient time to set up your transition area before your wave is called into the building. If you are picking up your race package on race morning you must do this before you will be allowed into transition.

There is absolutely **no diving permitted** into the pool. After completing a full up and down in all 6 lanes all athletes must exit the pool via the stairs and head to transition in the Ron Andrews parking lot. **Running on deck is not permitted**, please keep your pace to a controlled jog for the safety of yourself and those around you. Passing during the swim is permitted but should only happen at the end of the lane. If someone is overtaking you, pull over briefly at the end of the lane and allow them to pass before continuing. Please swim to the right at all times and keep an eye out for others. Flip turns are permitted but the shallow end is **very** shallow so flip turns are not recommended at this end of the pool.

To  
Transition



## Bike Course

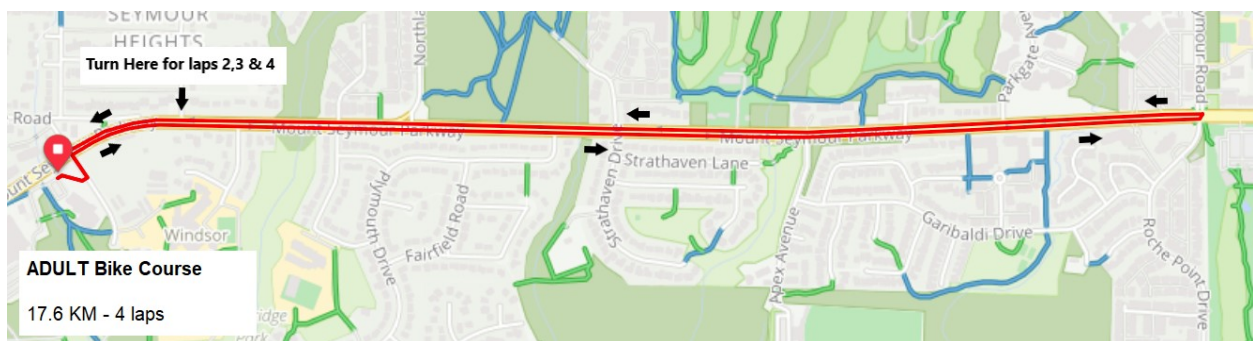
Bike helmets are mandatory. Your bike helmet must be on your head and properly secured at all times when you are in control of your bike. Do not remove your bike from the transition rack unless your helmet is on. Do not take your helmet off until you have re-racked your bike.

The bike course is 17.6 KM long with a short section exiting and re-entering transition and 4 laps between Emerson Drive and Mt Seymour Road. The south side of Mt Seymour Parkway is closed to vehicle traffic. There are a few intersections where residential traffic will need to cross the course and these intersections are controlled by professional flaggers. Although we hope it won't be necessary, it's possible that traffic management personnel may need to slow or stop you briefly to allow vehicle traffic across the road. You must obey any and all instructions from traffic management personnel. Your safety is our primary concern.

The west end turnaround (Emerson Drive) is very narrow and must be negotiated carefully and at modest speed. Do not attempt to pass anyone in the turnaround. Riders starting the course will be merging just after the turn so everyone needs to be especially alert in this area.

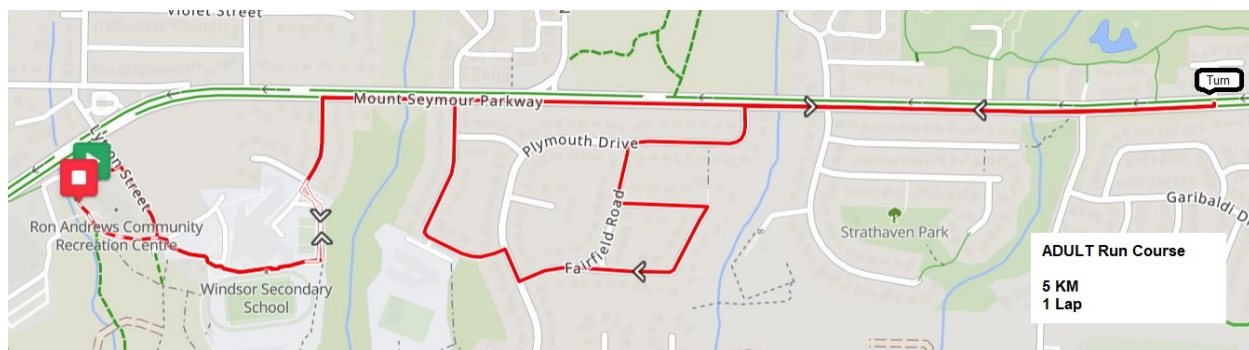
Leaving transition, the start of the bike course is uphill. Make sure your bike is in an appropriate gear before you start. The return to transition is downhill. Please be careful to control your speed.

There is a bike mount line in the transition area that is monitored by Triathlon BC officials. You must run your bike completely over the line before mounting your bike. Likewise, there is a dismount line when you return to transition. You must bring your bike to a complete halt and dismount before you cross this line.



## Run Course

The run course is 5.0 KM long and includes residential streets and a section along Mt Seymour Parkway. There is an aid station near the start of the run and one approximately halfway through. When running in the section along the parkway, eastbound runners will use the separated bike lane and westbound runners will use the sidewalk.

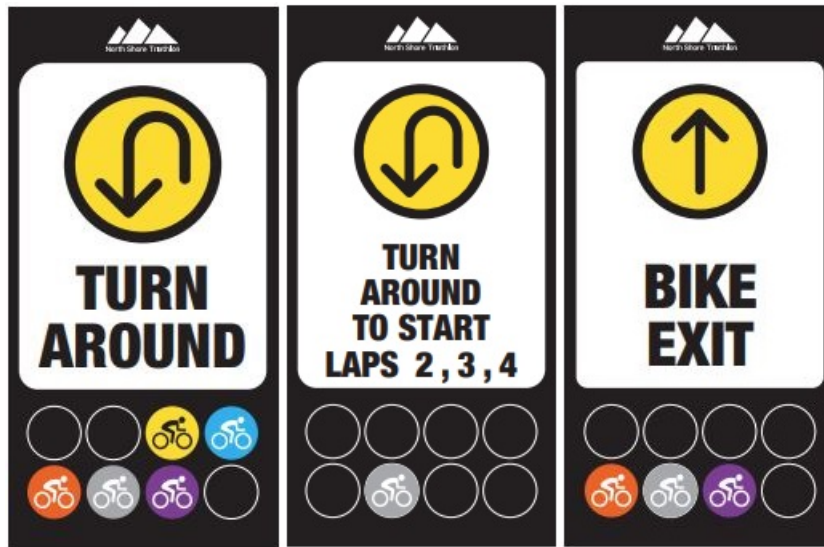


## Course Signage

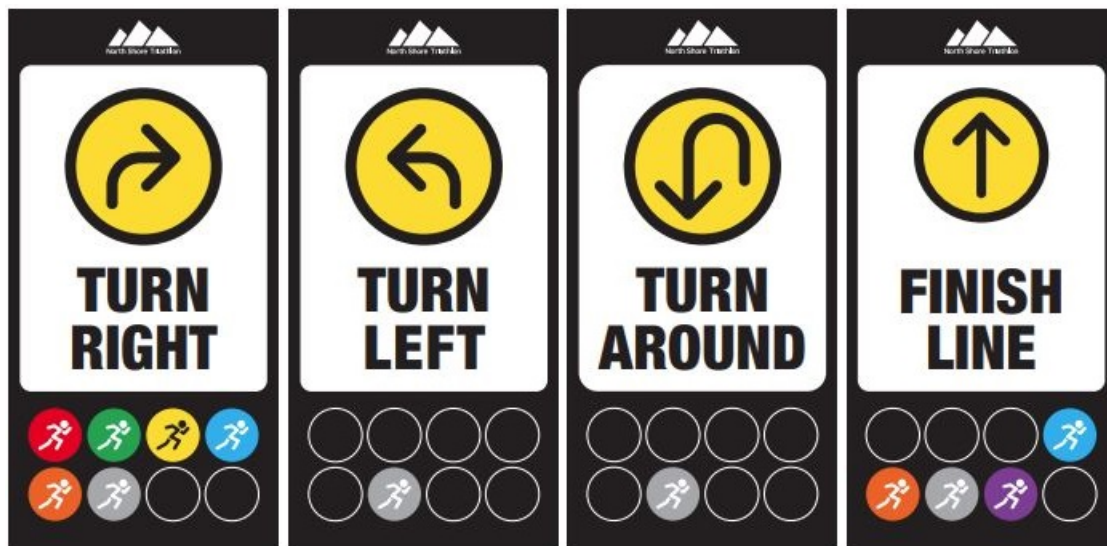
Both the bike and run courses are well-marked with signage. The North Shore Triathlon is actually comprised of seven separate events (1 Elite race, 5 Kid's races, 1 Adult Solo/Relay race) and each is marked by a different colour. The Adult race is coloured **GRAY**. All the signs are colour-coded to match the colour of your race id (bib, wristband, etc.) . The Adult race is the last event of the day and most of the signage that was specific to earlier events will have been removed from the course. However, where there is overlap between the Adult race and prior races some multi-event signage will still be in place. Do not follow any signs that do not show a **GRAY** indicator. There are separate signs for the bike and run courses.

All important intersections and course turns will be manned by volunteers who will do their best to direct you. It is, however, your responsibility to know the course so please review the maps. Note that the far end of the run course where you turn to start the inbound leg of the run will be marked by signage only. It's very hard to miss but it has been done.

Sample Bike Signage:



Sample Run Signage:



# Pre-Race Info

## Package Pick Up

Package pick-up is at [Jim Pattison Subaru North Shore](#) at 809 Automall Drive, North Vancouver on Saturday, May 17th and Sunday, May 18th from 12:00 P.M. until 4:00 P.M. If you are coming from out of town and can't make either of these times, package pick-up will be available onsite race morning until 8:45 A.M. Please come in-person and bring your photo ID. If you are picking up a package for someone else please bring a photo of their ID with you.

If you are planning to pick up your package on race morning, please send the race director ([racedirector@tripeaks.ca](mailto:racedirector@tripeaks.ca)) a note so we can staff appropriately and arrive early so you have plenty of time to set up in transition.

In your race package, you will receive

|   |                          |   |   |
|---|--------------------------|---|---|
| • | A numbered wristband     | • | A numbered helmet sticker                       |
| • | A numbered bike sticker  | • | A numbered race bib                             |
| • | A numbered bag check tag | • | North Shore Triathlon branded socks or race cap |

If you ordered an event shirt you will also receive it at package pick up. We will have a limited quantity of race number belts for anyone who needs one.

## Event Identification

Everything you receive in your race package will be used to identify you.

Your numbered wristband must be worn until you retrieve your bike and gear from transition after the race.



Your bag check tag needs to be attached to your gear bag before dropping it at the bag check.



You will need to attach your numbered bike sticker to the seatpost of your bicycle. Your helmet sticker must be attached to the front of your bike helmet.



Transition volunteers will match your wristband to your bike sticker when you retrieve your bike from transition.

For the run portion of the event your numbered race bib must be visible on the front of your body. You can attach it to the front of your run shirt with safety pins or you can use a race belt. A race belt is often the most practical solution as you will be able to add or drop layers depending on weather conditions without having to reattach your bib. Your race bib is waterproof and can be worn in the pool if you prefer.



## Timing Chips

Timing chips will be assigned and distributed at package pick-up. If you are doing package pick-up on race morning please leave sufficient time to pick up your chip before the race starts. Again, please email the race director in advance if you are picking up on race morning. The timing chip is attached to your left ankle with a velcro strap and is worn throughout the entire event. You will return your chip after you cross the finish line. Lost or misplaced chips will incur a \$40 charge.

## Race Day Clothing

Vancouver weather in late May can be unpredictable. Whatever you wear make sure to test your clothing in training. Consider what you will need to stay comfortable for the duration of the race. Wearing something you love can also boost your confidence so show off your personality and accessorize if you want. In ideal weather what you wear in the pool is what you wear all race. If you plan to add a layer for the bike make sure it's something you can easily put on over wet skin.

# Equipment Checklist

This is to help ensure you have everything for the triathlon that you need and will bring into transition. Make sure your equipment is in good working order.

|   |   |   |   |
|---|---|---|---|
| • | Timing chip                                   | • | Small towel - to dry off with (the size of a tea towel) |
| • | Bike  | • | Water bottle  |
| • | Loose-fitting jacket to put over wet clothing | • | Shorts  |
| • | Glasses for biking                            | • | Swim goggles  |
| • | Swimsuit or Tri suit                          | • | Swim cap  |
| • | Bike helmet                                   | • | <a href="#">Race Belt</a>                               |
| • | Running shoes & socks                         | • | Bike shoes if necessary/different than running shoes    |

## Optional

- Flat repair tools
- Sunglasses

## Aid Stations

There are no aid stations on the bike course. Aid stations on the run course will be stocked with the following:

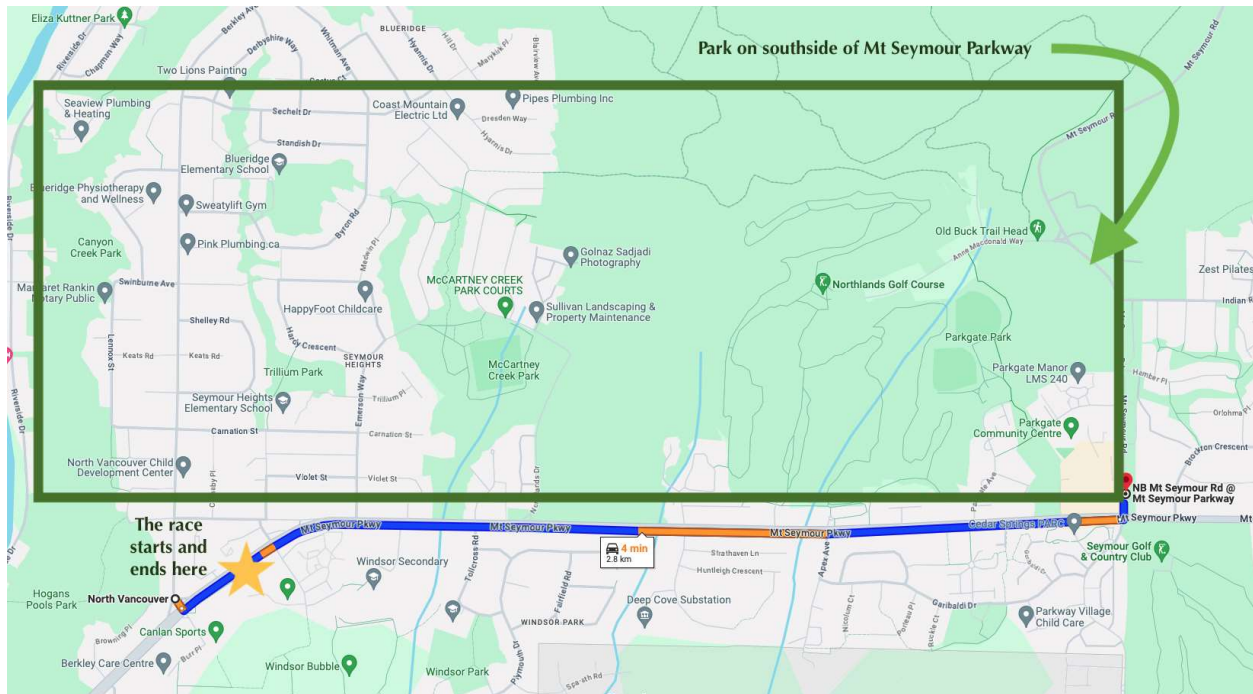
- F2C sports drinks
- Water

There are two aid stations on the run course. One is located just outside the transition area at the top of the Ron Andrews driveway on Lytton Road and the other is roughly halfway through the run.



# Parking

There is **no parking available on-site** [at the Ron Andrews parking lot](#) or at the [CanLan Ice Sports](#) arena next door. Your best parking option is on **the neighbourhood streets north of Mount Seymour Parkway**. The south side of the Parkway is closed for the event and access to the neighbourhoods on the south side is extremely limited. Plan to be parked and onsite approximately one hour before your anticipated start time.



## Road Closures

The eastbound lanes (south side) of Mount Seymour Parkway will be closed from 6:30 A.M. to approximately 12:00 P.M. from Berkley Road to Mount Seymour Road. Eastbound lanes will be closed at Riverside Drive from 8:00 AM. The north side of Mount Seymour Parkway will be used for westbound traffic only. Please make sure you are parked before 8:00 AM or you will face a lengthy detour to reach the site. Traffic control personnel will be present to assist motorists and to ensure the safety of all participants. Access to the side streets south of the Parkway will be limited.

## Volunteers

Our volunteers are our best resource. The event cannot run without them. Be kind to our volunteers. Individual volunteers will be familiar with their own duty station but don't be

surprised if they don't have information about other aspects of the event. Any abuse of, or disrespect towards a volunteer or any event staff will be cause for immediate disqualification.

## Event Rules

Please read all the rules carefully. You are responsible for these rules:

|          |   |           |   |
|----------|---|-----------|---|
| <b>1</b> | All athletes are responsible for the safe condition and competent handling of their bicycles. There are no mandatory bike safety checks.  | <b>2</b>  | Each course must be adhered to and followed at all times. No shortcuts or alternate routes are permitted.   |
| <b>3</b> | Athletes must wear a helmet while operating their bicycle. This means any time you are in control of or on your bike. All athletes must wait until their bike is racked before removing their helmets. Be advised that <a href="#">Triathlon BC</a> race officials will stop you if your helmet is not properly fitted. | <b>4</b>  | <a href="#">Triathlon BC</a> race officials will be on-site and shall have the authority to disqualify any athlete.   |
| <b>5</b> | Athletes must attach their numbered sticker to their bike seat post, helmet, and gear bag before the race begins.   | <b>6</b>  | All athletes are responsible for themselves throughout the event including navigation of the course. Please keep track of your laps and don't shorten the race course. Volunteers will be able to assist but it is your responsibility as the athlete to know where you are going. The course is marked with cones and signage. |
| <b>7</b> | Timing chips need to be attached to the Athlete's left ankles with a velcro strap and worn throughout the entire event. Timing chips not attached may be cause for disqualification.  | <b>8</b>  | Your numbered wristband grants you access to the transition area and must be worn until you retrieve your bike and gear from transition after the race.   |
| <b>9</b> | No diving into the swimming pool and no running on deck. Please control your pace for the safety of yourself and those around you.  | <b>10</b> | Drafting on another event participant is NOT allowed on the bike course.  |

|           |  |           |   |
|-----------|--|-----------|---|
| <b>11</b> | <p>Support, crews, friends, and family members are NOT allowed on the course or in transition. Friends can and are encouraged to support and cheer from the sidelines.</p> <p>If you feel you will need some assistance setting up your transition please ask one of the transition area volunteers to assist.</p> | <b>12</b> | <p>Fraud, theft, abusive treatment of volunteers, staff, or others and acts of poor sportsmanship are grounds for immediate disqualification and may result in the athlete being suspended from competing in future events.</p> |
| <b>13</b> | <p>Challenges to event results must come from a registered participant and must be made either in-person on the day of or via email to <a href="mailto:racedirector@tripeaks.ca">racedirector@tripeaks.ca</a> and must be received no later than 48 hours after the closing of the race finish line</p>            |           |   |

# Tips & Tricks

## On Starting The Bike Course:

Start in a low gear. The first part of the bike course is uphill so when you rack your bike in transition make sure it is all set to go in an appropriate gear.

## On Tracking Laps:

It is remarkably easy to lose track of your bike laps. Have a plan. Volunteers will not be able to help you. Consider something like:

1. Line up pieces of electrical tape on the handlebar of your bike and switch them to the other handlebar as you complete a lap.
2. Eat a gummy bear from your pocket or some other single-serving sweet to count laps.

## On Equipment:

On race day use gear you have tried and tested in practice. Don't use new gear on the day of the triathlon. This is not the time to test new equipment as you want to control as many factors as possible. Keep your bike in good working order. Make sure to stop by your local bike shop if you want more assistance in optimizing your bike for training.

## On Race Numbers:

It is imperative you have your bib number showing during the run. If you are cold and put on a jacket, your number needs to be on top and using a race belt allows you to quickly make your race number visible.

# Emergency Information

We want everyone to have a safe and enjoyable triathlon experience. Unfortunately, accidents can happen. We have dedicated first aid stations on-site. They are located near the transition and the east end of the bike course. **If you experience or see anyone in need of some assistance please locate the nearest volunteer.** The volunteer will contact the race director who will dispatch appropriate medical personnel.

## Safety Rules

1. You must make sure your bike is in proper working condition before race day.
2. You must be confident in your physical ability. Do not over-exert yourself and have plenty of nutrition and water leading up to and day of the race.
3. All athletes are advised not to compete if any health professional has recommended against participation.
4. The bike turnarounds are **no passing zones**. Do not attempt to pass other competitors in these areas.
5. The exit from the bike course to transition is downhill and has two sharp turns. This area of the course can be tricky especially if the roadway is wet. Control your speed.

## Awards

All participants will be eligible for 1st, 2nd, and 3rd place in their appropriate race division.

## Schedule

**10:15 A.M. -  
11:15 A.M.**

Kid's Race Award Ceremony  
**Location:** Inside Ron Andrews

**12:30 P.M.**

Adult Race Award Ceremony  
**Location:** Inside Ron

Awards will be announced and podium medals distributed for 1st, 2nd, and 3rd place in 5-year age groups separated by gender.

Results will be posted online the next day.

# FAQs

## **- When should I be on site?**

This depends on when your race starts, but at least one hour before the anticipated start time so you are ready to race. However, note that street parking is limited so earlier arrival times might be better. Feel free to arrive early and cheer on the kids during their race.

## **- When can I get into transition?**

7:30 A.M. is the earliest you can get into transition. For reference see [the transition section](#) again.

## **- Are there toilets?**

Toilets are located in Ron Andrews and individual porta-potties are accessible outside of Ron Andrews

## **- When will my event start?**

This varies per participant and is based on athletes' expected swim completion time. For reference see the [start times](#) and [swim section](#) again.

## **- How will I know how many bike laps I've done?**

Only you can know for sure! Please track your bike laps because we can't do it for you. There is a timing mat that allows us to evaluate the number of laps after the race is over but that won't help you during the event. Have a strategy.

## **- How will I know how many swim laps I've done?**

The zigzag nature of the pool swim means you won't have to count laps. When you get to the stairs you are done.

## **- Where's the best spot for spectators?**

The best spot to cheer on athletes is on Mt Seymour Parkway between Broadview and Tollcross. From this position you can see all four bike laps and both the outbound and inbound sections of the run.

## **- Will there be food at the finish?**

Yes! There will be fruit, sports drinks, bagels, and other snacks as post-event food. This is arranged by [Exceleration Triathlon](#).

**- When/where can I see the results?**

Results will be posted online following the event. Your timing chips will track you throughout the race.

**- When can I get my gear out of transition?**

Depending on when you finish you can remove your gear out of transition as early as 10 A.M. But all athletes must remove their belongings no later than 1 P.M. Any leftover belongings will be left with Ron Andrews recreation staff.

# Sponsors

We'd like to thank the following sponsors for making the North Shore Triathlon possible. We are proud to be supported by homegrown and local businesses that invest back into our community. We kindly ask our participants and fans to look to these sponsors first for the services or products they provide. We truly could not host these amazing events without them.

## SINCERE THANKS TO

