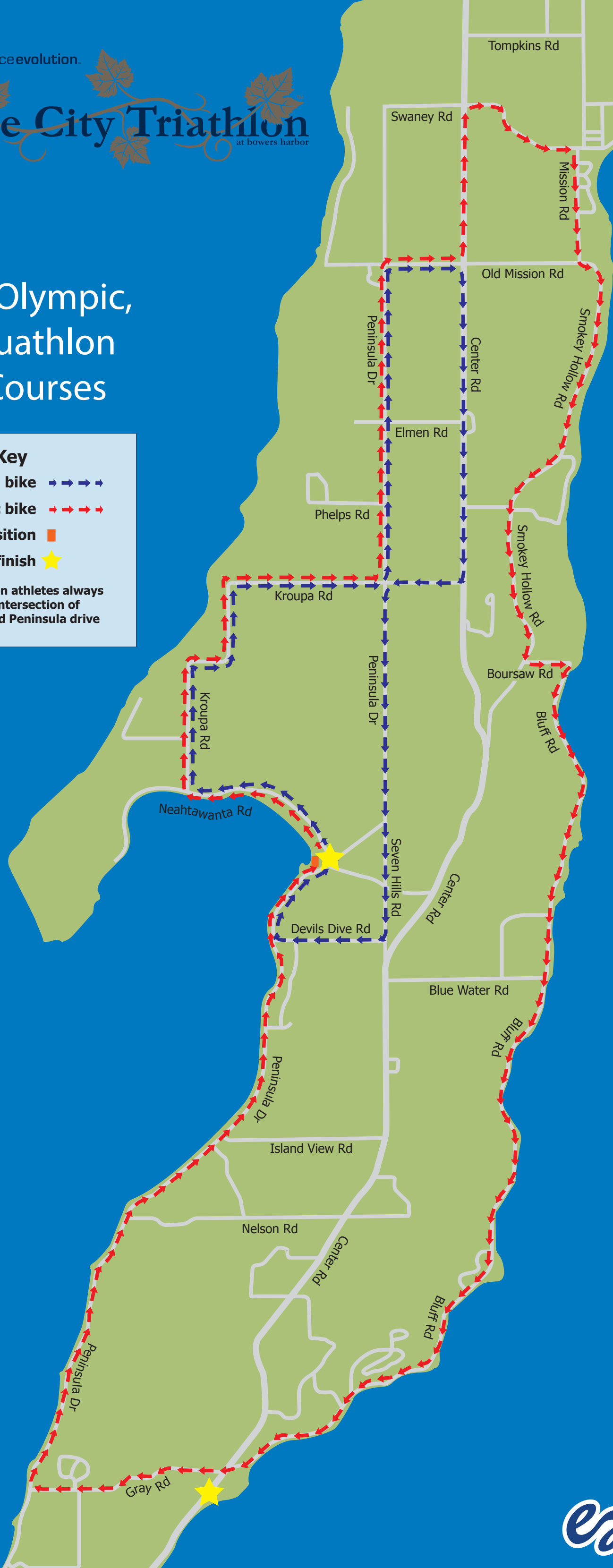


Sprint, Olympic, and Duathlon Bike Courses

Key

- Sprint/Duathlon bike** → → → →
- Olympic bike** - - - -
- Transition** ■
- Bike start/finish** ★

Sprint / Duathlon athletes always turn left at the intersection of Kroupa Road and Peninsula drive



Race rules

Below are the most commonly violated rules in the sport of triathlon. Committing an infraction—intentionally or accidentally—could result in a time penalty or disqualification.

Helmets must be worn at all times on the bike. Whenever you are on a bike (before, after, or during the race), you must have a helmet on and buckled.

No drafting on the bike. You must keep at least three bike lengths behind the rider in front of you. Once you enter this zone, you must pass within 15 seconds. No riding side-by-side.

On the bike, always pass on the left.

On the bike, stay as far right as safely possible.

No headphones at any time during the race, including during the run.

No littering. Do not drop water bottles, gel packets, or clothing along the course.

Race numbers must be worn at all times during the run. Please make sure your bib is on your front at the finish line.

Be a good sport. Race safely, treat volunteers and athletes with courtesy, and show respect to the residents that graciously share this beautiful area with us.

Beginner advice

We've made many mistakes in our triathlon careers. Take a few tips from them and set yourself up for a great race.

Set your bike in the right gear. You'll be tired when you get out of the water and there is a very slight incline out of transition. Set your bike in a gear that's easier than what you think you'll want. It's much safer and faster to get started in a low gear.

Know where your transition spot is. Before the race, walk the exact route that you'll take from the swim to your bike. Count the number of racks from the entrance to your spot if you need to. Do the same from the bike entrance. Remember these numbers and count racks as you run past them during the race. Don't rely on being able to spot your gear when the adrenaline is flowing during the race.

Relax during the swim. For those who aren't comfortable or confident in the water, know that your mind is your biggest enemy during the swim. If necessary, let faster athletes get a head start and stick to the outside. If you need a rest, grab onto a kayak until you're ready to resume racing.

Know the course. There will be signs and volunteers to direct you, but getting to the finish is ultimately your responsibility.

Communicate with other riders. Don't expect that other athletes know where you are or what your intentions are. If someone is riding too far left, shout "on your left!" before you pass.

Take in water and calories. You're asking a lot of your body. The least you can do is treat it to some water, sports drink, gel, or an energy bar.

Have fun and challenge yourself!