



BEGINNER **TRIATHLON**

ATHLETE
GUIDE

A very warm welcome!

I would like to send you a very warm welcome and thank you for participating in the third annual **Saskia Says Beginner Triathlon on June 15, 2025!**

This triathlon has been created to provide a fun, accessible, and supportive opportunity for you and our community to get out and try something new!

We are thrilled with the support we have been receiving and we can't wait to share another year with you!

We look forward to welcoming you and sharing this experience together!

Happy training!

Saskia Bjornson
Event Director

WEEKEND SCHEDULE

SATURDAY - JUNE 14

Athlete Package Pickup

TREK BICYCLE STORE

338 Catherine St.
Victoria, BC, V9A 3S8

12:00 PM – 4:00 PM

Photo ID Required

If you are unable to pick up your package, please send an email to info@saskiasays.com to arrange alternative option.

SUNDAY - JUNE 15

EVENT DAY

Saanich Commonwealth Place
4636 Elk Lake Dr.
Victoria, BC V8Z 5M1

Parking: There is limited parking available. Please do your best to carpool, be dropped off or even ride to the event.

Event Day Schedule

- 6:30 Transition opens.
- 6:30 - 7:15 Athlete body marking in front of finish line.
*Make sure to take your bib to body marking and then put the bib in your transition set up.
- 6:50 Mandatory athlete meeting in transition area.
- 7:00 Pool area open
- 7:30 FIRST SWIM HEAT STARTS
- 8:15 Post tri massage by Fix Healthcare for athletes starts.
- 10:30 Post event celebration! Draw Prizes and thank you's

Trek Bikes mechanic and Saanich Fire first aid responders on site

WEEKEND SCHEDULE

EVENT COURSE



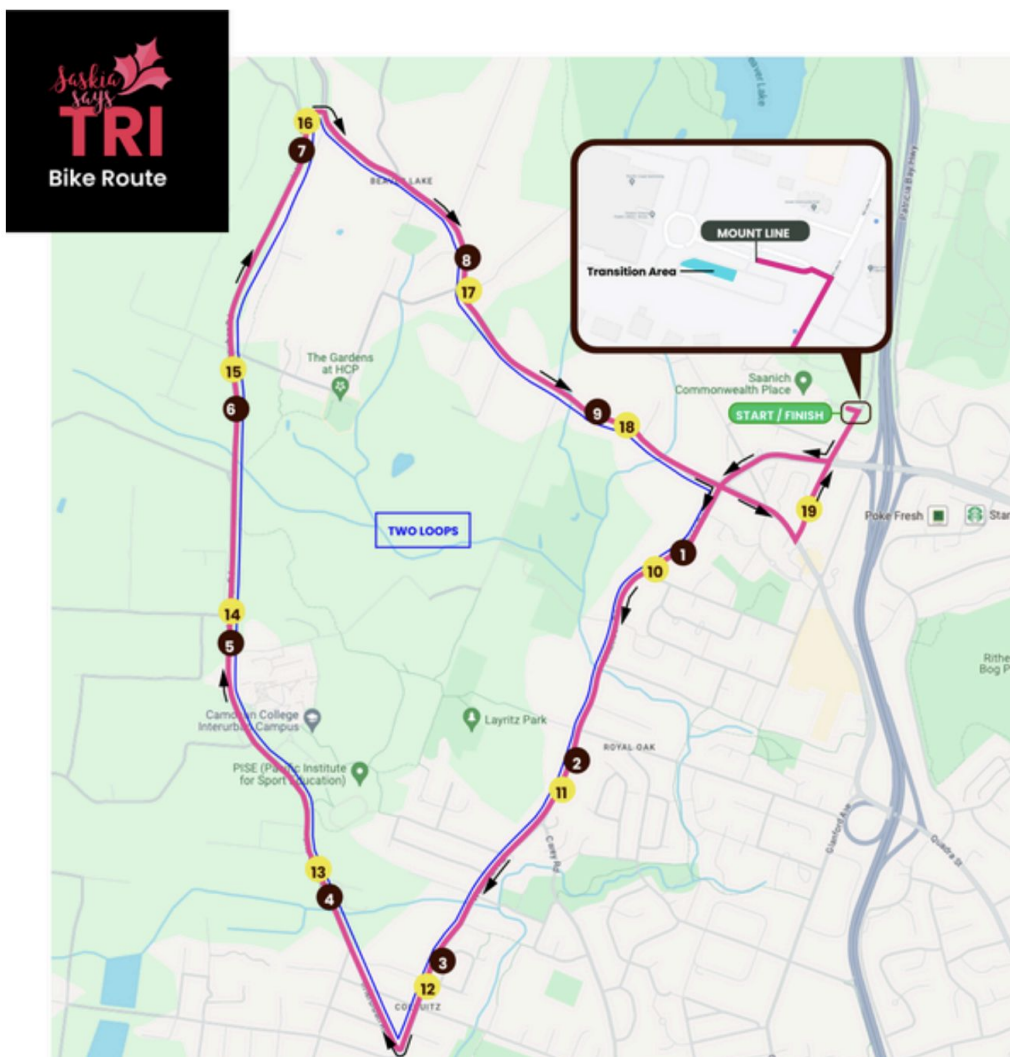
The swim takes place in Saanich Commonwealth Pool. The pool is 25m which is 10 laps (there and back, 50m) to complete 500m. Athletes will be placed in heats dependant on their estimated submitted times.

- Please do not enter pool before instructed.
- You will have 5 min warm up before your heat starts.
- When swimming you will go up the right side (bleacher side) of the lane and back down the left side (hot tub side)
- If you are over-taking an athlete, tap their toes and they should pull over at the wall to let you pass.
- There will be lane counters to keep track of how many laps you completed. When you have 1 lap to complete, the volunteer will place a kickboard in water to notify you.
- Once you have completed your swim, you can climb out of your lane and WALK on pool deck to exit.
- If you need access to ladder to exit pool, you must notify Saskia before event day.



Bike is a 2 Loop course. The course is an open course which means we will be sharing the road with others. You are responsible for your safety and being cautious on the road.

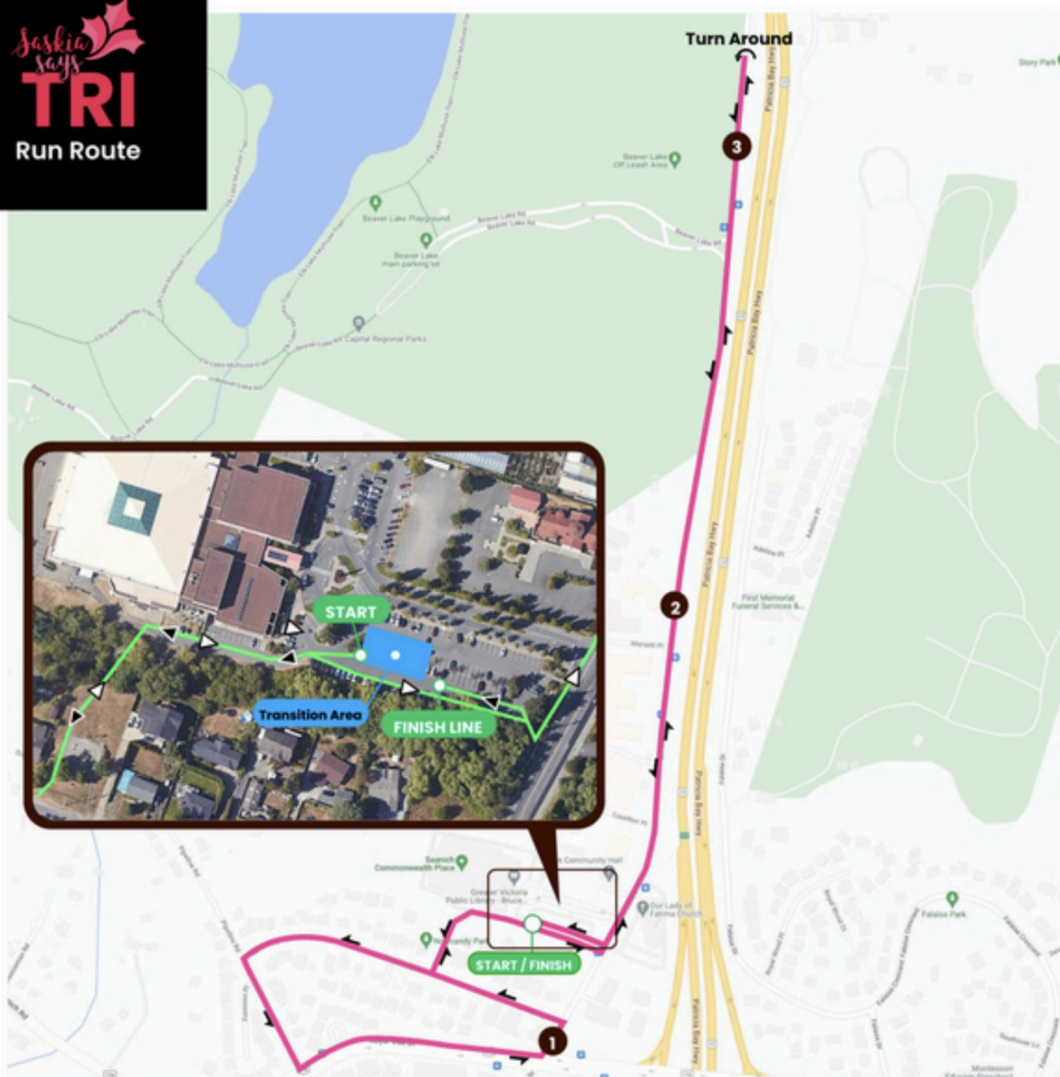
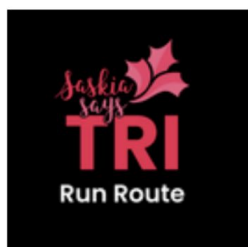
- Most of the bike course has a bike lane - please use it.
- Saanich Police are providing traffic control at all left hand turns on the course.
- Make sure to review the bike course so you are familiar with the route.
- There will be volunteers and signage out there to help guide you but again it is up to you to ensure you are staying on course and staying safe.



Directions

- Start at Saanich Commonwealth Place (SCP)
- Right onto Elk Lake Drive
- Right onto Royal Oak Drive
- Straight onto Wilkinson Road
- Through Mann Ave Intersection
- Right onto Interurban Road
- Right onto West Saanich Road
- Right onto Wilkinson Road (second loop)
- Right onto Interurban Road
- Right onto West Saanich Road
- Left onto Elk Lake Drive
- Left into SCP Driveway





Directions

- From Transition Area parking lot (short trail through Normandy Park) turn right onto Normandy Rd.
- Turn left onto Pipeline Road
- Turn left onto Royal Oak Drive sidewalk
- Turn left onto Elk Lake Drive sidewalk
- Turn right back onto Normandy Park trail and continue through parking lot.
- Take small sidewalk from parking lot and left onto Elk Lake Drive.
- Turn around point and back down Elk Lake Drive.
- Turn right onto small sidewalk into Commonwealth Pool parking lot and through the Finish Line!

Elevation



Please note there will NOT be any aid stations on the bike or run course.

RULES AND IMPORTANT INFO

- If there is an emergency during the event, please call 911 and contact a volunteer or Saskia directly.
- If you are unable to finish or complete the course and have decided to stop, you **MUST** notify event director Saskia at the Saskia Says tent.
- You **MUST** wear your bib number on bike and run.
- No e-bikes, kickstands, or mirrors on your bikes.
- No headphones allowed during event.
- Bike helmets are mandatory and must be fastened on your head before you remove bike from bike rack. And then once completed bike portion, you must rack your bike before you unbuckle your helmet.
- No cycling in transition area - you must use the mount and dismount line.
- No drafting on the bike - you must stay 12meters back (think 5 bike lengths) from cyclist in front of you.
- No nudity in transition.
- No littering.
- You **MUST** have Tri BC insurance to participate in this event.

POST EVENT

- **Draw prizes and thank you's:** Once all athletes have completed the triathlon we will go straight into prizes at the finish line area. You **MUST** be present to receive your prize if your name is called.
- **Massage:** Fix Healthcare will be providing athlete massages so make sure to head over to their tent for a treatment.
- **Food/water:** Visit the food tent for snacks and water once you have completed your triathlon. **Remember to bring your water bottle over to be filled as we will not be supplying cups.**
- **Athlete village:** Some of our amazing local sponsors will have booths set up near the finish line to sell sweet treats, merch, and tell you more about their business. Be sure to check them out and say hello! This is a great space for friends and family to mingle while their athletes are finishing the event.

PHOTO OPPORTUNITIES

We are so lucky to have some very talented local photographers coming out to our triathlon! They will be capturing this special day and sharing these images with you. Stay tuned for links to download images.

Please make sure to tag @saskia_says_ and use hashtag #saskiasaystri with your posts!

GREEN INITIATIVE

One of the initiatives of this Triathlon is to be as low waste as possible. Our goal is to not fill more than 1 garbage can! Help us do this by bringing reusable bottles, coffee cups etc. You can bring over your cup to fill it with water at the food tent.

OUR SPONSORS

A HUGE thank you to our sponsors for this event. Without them, none of this would be possible!



CONTACT SASKIA SAYS

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Event Director & Head Coach



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www.saskiasays.com



@saskia_says_

