



Saskia Says Beginner Triathlon June 4, 2023

A very warm welcome

Event Director Saskia Bjornson would like to send you a very warm welcome and thank you for participating in the inaugural Saskia Says Beginner Triathlon June 4, 2023!

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 this first year with you!

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

Weekend Schedule

Saturday June 3, 2023

Athlete Package Pick up: Trek Store (338 Catherine St)

When: 10:00am - 4:00pm

Make sure to bring photo id

If you are absolutely unable to pick up package during this time, please contact Saskia to arrange alternative option.

Sunday June 4, 2023

Event day: Saanich Commonwealth Place (4635 Elk Lake Drive)

Parking:

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

Event day Schedule:

6:30am: Transition opens

6:30-7:15am: 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.

6:30am onward: Trek bike mechanic on site in athlete village

6:30am onward: Saanich Fire first aid responders on site in athlete village

6:50am Athlete meeting in transition area

7:00am Pool area open

7:30am First swim heat starts

8:15am- onward: Post tri massage by Fix Healthcare available for athletes

10:30/11am-ish: Post event celebration! Draw Prizes and thank you's.

You don't want to miss this!

Event course

Reminder: this is a non-timed event.

Swim 500m

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 20km



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.

Run 4km



The run course was revised on May 17 due to unforeseen construction. Please make sure you review the run route before event day.

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

Rules & 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 or Julia at the Saskia Says tent
- You **MUST** wear your bib number on bike and run
- No ebikes, 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 waterbottle over to be filled. We will not be supplying cups)

Athlete village: There will be some sponsors setting up at the event to share about their business, make sure to check them out and say hello.

Photos

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.

Thank you!

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



All Athletes have a 15% discount for Naked Food (Instagram: nakeddressings) until December 31, 2023

Use code: [Saskiasaystri23](#) when ordering to receive discount.