



BRIDGE CITY DUATHLON

SPRING 2026

ATHLETE GUIDE

Race Package Pickup

Friday, May 8, 2026, 4:30-7PM.

At Event Location

Meewasin Park North, Saskatoon
2703 Spadina Cres East

This is highly encouraged! It allows you to:

- pick up your race bib the night before racing
- scope out the course the night before to help calm any jitters
- talk to race directors, Leisha and Nicole, with any last minute questions
- helps race day go that much more smoothly

Please bring your own bag so you can easily scoop up the swag and additional goodies and get them home easily. Hat colours are first come, first serve!

Race Day - Saturday, May 9, 2026

Meewasin Park North, Saskatoon, 2703 Spadina Cres East

Schedule of Events

6:00	Race course closes to traffic
7:50	Transition opens
8:00-9:00	Participant check in
9:10	Transition closes
9:20	Athlete pre-race meeting
9:30	Sprint (including relay) start
9:45	Super-Sprint (including 14-15) start
12:00	Lunch starts
12:30	Yoga



When you arrive, go directly to the Meewasin Park to check-in at registration.

Note: Spadina Cres will be completely closed to traffic starting at 6:00AM - no parking available in the Meewasin Park lot.

- From 8AM-9AM, we will confirm your race distance at the check-in table, and ensure your timing chip is activated.
- We will provide you with your race bib and timing chip if you did not attend race package pickup.
- Race numbers must be visible on the front during the run segments.
- Pins are available, but a **race belt** is recommended.

Proceed to Transition to rack your bike and arrange your area.

- Your bike area will be designated by your race distance.
- No bags are allowed to be left in the transition area.
- Only race participants are allowed in the transition area.
- Once **transition closes at 9:10** no one will be allowed back in.
- Transition will re-open only when officials allow.

Proceed to Athlete Pre-Race Meeting at 9:20

- All athletes must gather near the start line for a pre-race meeting where the race directors and officials will remind / inform you of important details.
- Questions are welcome after the initial information is delivered.
- We will also get you pumped and ready for an awesome time.

Course Distances

Super Sprint (Short Course) is 2.5km run / 10km bike / 1.25km run

Run = 1 long loop, 1 short loop

Bike = 2 loops

Sprint (Long Course) is 5km run / 20km bike / 2.5km run

Run = 2 long loops, then 1 long loop

Bike = 4 loops

Race Procedures

Smile 😊

- We have a professional photographer taking finish line photos! Look, we know what you're thinking. Race photos aren't always the most flattering. But our photographer is really good and you'll be so glad we captured you crushing it.

Review your bike and equipment prior to race day

- All bikes are welcome but you must remove all 'accessories' such as mirrors, climbing bars on mountain bikes, kick stands and loose equipment. This is for the safety of your fellow bikers. **The officials will enforce this and you will not be allowed to race if not done.** It is your responsibility to remove the items yourself. A volunteer with Saskatoon Cycles will be on site to help if any last-minute bike emergencies arise but we encourage you to bring your own pumps, tubes, tools, etc.

Transition set-up and equipment

- NOTE: Athletes only in the transition area. No children, spouses, spectators or pets.
- Platform pedals are allowed; pedal cages are allowed but all straps must be removed.
- Make sure handlebar ends are plugged, not open. [Here's why.](#) If something happens, you'll thank us.
- Your helmet must be free of cracks; the chin strap needs to be tightened so only two fingers can be inserted between the neck and the strap when worn.
- We strongly encourage you to place your helmet on the ground in your zone underneath your bike, not on your bike; even a slight breeze can blow it off and crack your helmet!
- **Your helmet must be on and strapped any time your bike is in your possession,** even walking your bike into transition. Seriously! This rule is important and enforced.
- No biking in the transition area.
- Keep equipment to a minimum to ensure the transition area is not cluttered; only have what's needed for your race, keeping backpacks and bags out of transition.
- Aerobars are allowed.
- Headphone usage is strictly prohibited during the race. The safety of being aware of your surroundings trumps their use. The officials have authority with respect to any other electronic gear.

First Run

- The officials will fire the starting gun to begin the race. You will not be timed until your timing chip crosses the mat.
- Sprint course and Super Sprint course athletes will start at different times.
- The run heads south along Spadina Cres. East for 1.25 km, returning along the paved path to the start / finish area, to loop if doing the long course.
- Please note there will be water available on the run course but no other sports drink or food/fuel. We encourage you to pack your own sources of food the race.

T1: Transition from First Run to Bike

- Put your helmet on and clasp it before touching your bike.
- Walk or run your bike past the mount line.
- Athletes must mount their bikes after the mount line by having one complete foot contact with the ground after the mount line.
- Preferably the rear wheel is also past the line before mounting.
- When mounting your bike, watch for other athletes already on the course.

Bike: Critical information!

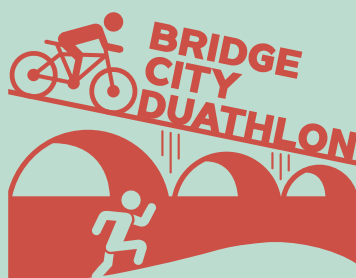
- This course travels along many public areas which is a great show for spectators and beautiful scenery for our racers, but it does pose risk of injury for you and members of the public. Volunteers and signage will be in place to significantly limit the public from being on any part of the course but they simply cannot monitor everyone. Safety is an absolute priority and you must race responsibly.
- This is a no-drafting event! Keep your distance from other cyclists – a bit more than 10 meters from the cyclist in front of you. **Think: the length of a school bus.** There may be sections of the course where this is difficult – do your best. The intent here is to prevent drafting.
- If you are ready to pass, call out “passing on your left” and pass within 20 seconds.
- If you are being passed, don’t speed up; wait for the other athlete to come alongside then fall back within 20 seconds until you are the 10 meters back from the cyclist that passed you.
- You are responsible for keeping track of your bike laps. Find a [counting system](#) that works for you. You could move rubber bands or hair ties from one wrist to another or slide them down your handle bars each time you complete a lap for an even easier visual.

T2: Transition from Bike to the Second Run

- Get off your bike before the dismount line.
- Walk or run your bike back to the same spot on the bike rack.
- Rack your bike – your choice of wheel direction (by seat or both brake levers).
- Only then may you unclasp and remove your helmet.

Second Run

- Start down the paved path, down to the turn-around (near turn-around for Super Sprint, far turn-around for Sprint), then back up the paved path! Don’t continue back to transition. The finish line is west of the building. Don’t forget to smile as you cross. You should feel really proud!



Additional Information

Registration Closes May 7th at midnight. Race Day sign up is not allowed. No exceptions.

Kids and strollers are not allowed on the main race course, nor in transition. Have those little ones cheer from the sidewalk. With signs!

Parking is not available in the Meewasin Park parking lot. You will not be able to drive into the park. You will need to park on residential streets and walk or ride to the park. Please be respectful of area residents! Skeena Cres. and Saguenay Dr. are easily accessible.

Water will be available near the transition area.

A link for **finish times and results** will be posted on STCI's social media pages, website and via email to race participants. Be patient. We are volunteers and it may take time to get these out to you but we promise to be as quick as possible.

Be good to the **environment**. Keep the course clear and do not leave garbage or gear on the course. Once you finish that gel, it goes in your pocket, not on the ground.

Wear appropriate **clothing**. Your entire torso must be covered on the bike and run. Keep in mind, May comes with variable weather. Plan to feel at least 10 degrees cooler than air temperature on the bike. Should the temperature drop, consider wearing gloves during the bike. If the forecast is warm and sunny, don't forget to wear sunscreen.

If you decide to pull out of the race because of an **injury** you must notify an official or volunteer. Medics will be available on site.

Respect and good sporting behavior is absolutely required by all participants, spectators, and volunteers. You must abide by the instructions and / or decisions of the officials, race directors and volunteers. It is our top priority to create a safe environment for everyone.

Stay and Socialize. If you are speedy please stay and cheer for those finishing behind you – we all need support. Share your race stories and upcoming adventures with your fellow club members, new and old! You'll want to hang out because we've got delicious **Night Oven sandwiches** and **Darkside Donuts** to feed you after the race and everyone is welcome to join our soothing post-race yoga session.

Did we miss anything?

Should you have any further questions that need to be answered before race day please do not hesitate to ask race directors Nicole and Leisha at bcd@stci.ca.

Thank the volunteers who work so hard.

We need a lot of hands to make events fun and it's not too late to convince a family member or friend to volunteer. Find the sign up link [here](#).

Remember this race is put on by your member-based, volunteer-run, non-profit [Saskatoon Triathlon Club](#).

Please consider signing up for some of our upcoming events like [Kids of Steel](#) or the [Living Sky Triathlon](#) at Pike Lake. As always, bringing a friend to volunteer is appreciated.

Thank you to our generous sponsors.
Without them, this race would not be possible!



BRIDGE CITY DUATHLON

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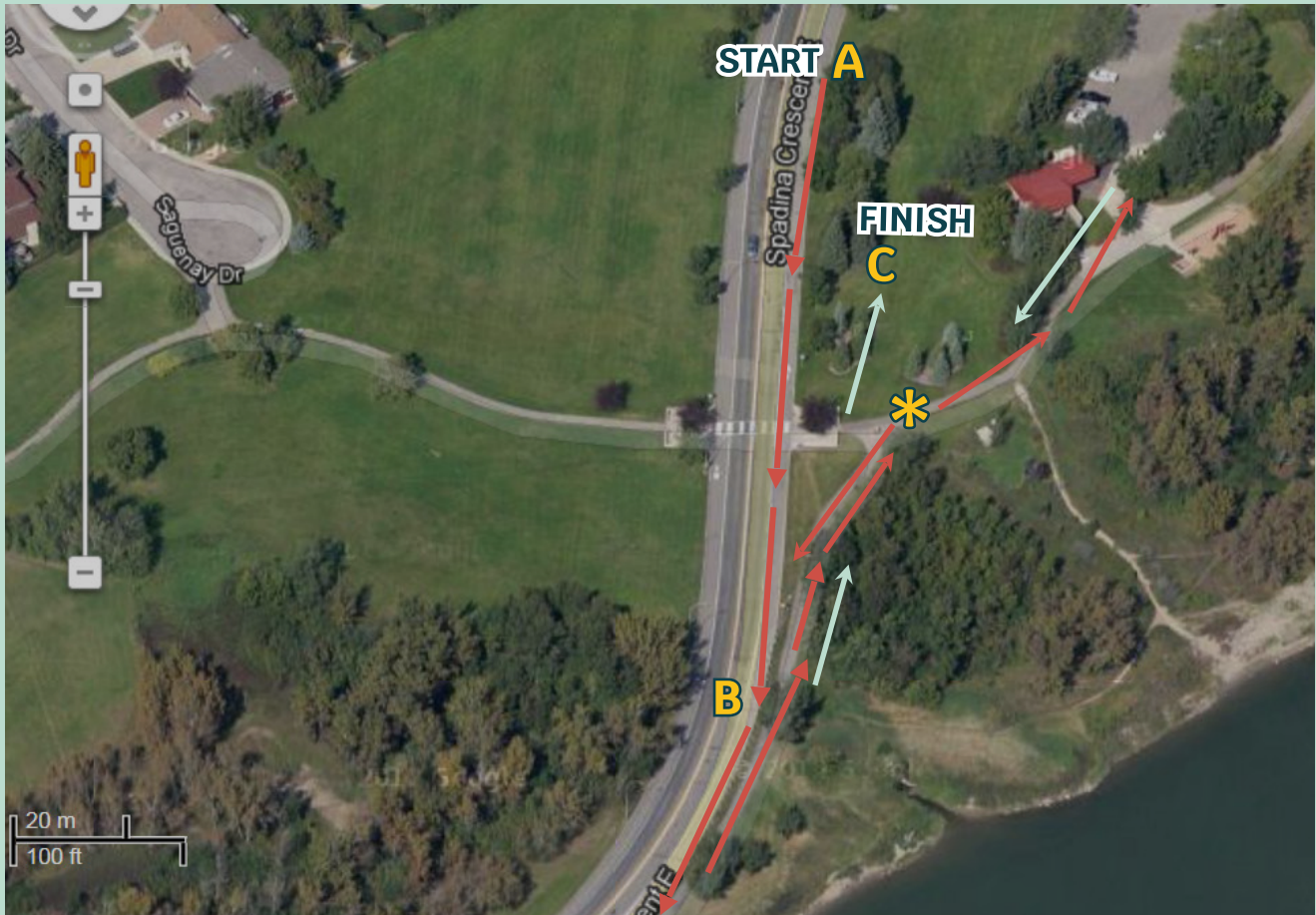
SITE LAYOUT AND TRANSITION FLOW



BRIDGE CITY DUATHLON

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RUN DETAILS



A Runners start at the START line, heading south on Spadina.

B Runners will run on the shoulder of Spadina for approx 200 metres, then cut onto the path. Continue on the Meewasin trail to the appropriate turnaround. (See next page)

Super Sprint (1 lap): Complete a 180 degree turn at your pylon and run back on the right side of the path towards transition.

*** Sprint (2 laps on 1st run),** turnaround at rock-monument, running another loop out, then back to transition.

C On your 2nd run, run from transition, to your appropriate turnaround, then head back towards the finish line on the grass!

SUPER SPRINT

1st run = 1 long loop
2nd run = 1 short loop

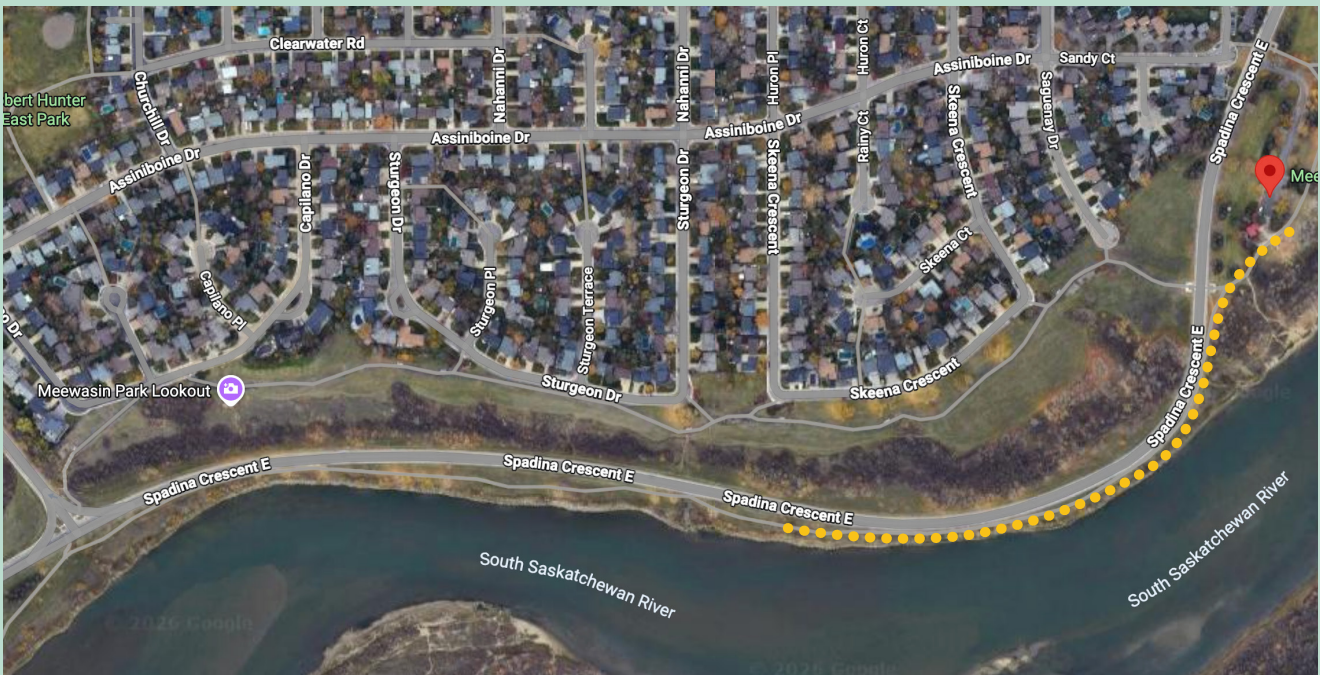
SPRINT

1st run = 2 long loops
2nd run = 1 long loop

LONG LOOP



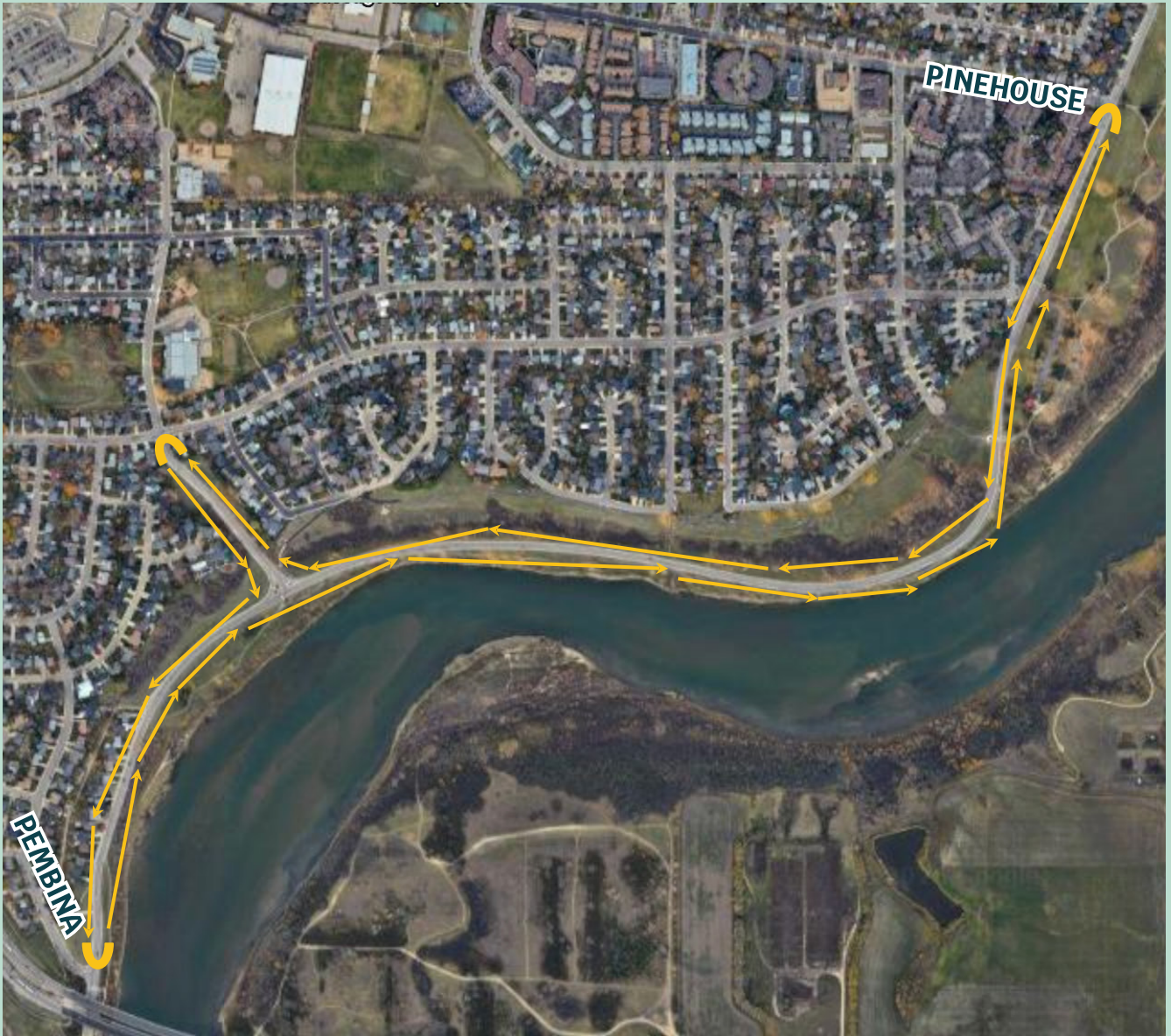
SHORT LOOP



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BIKE ROUTE

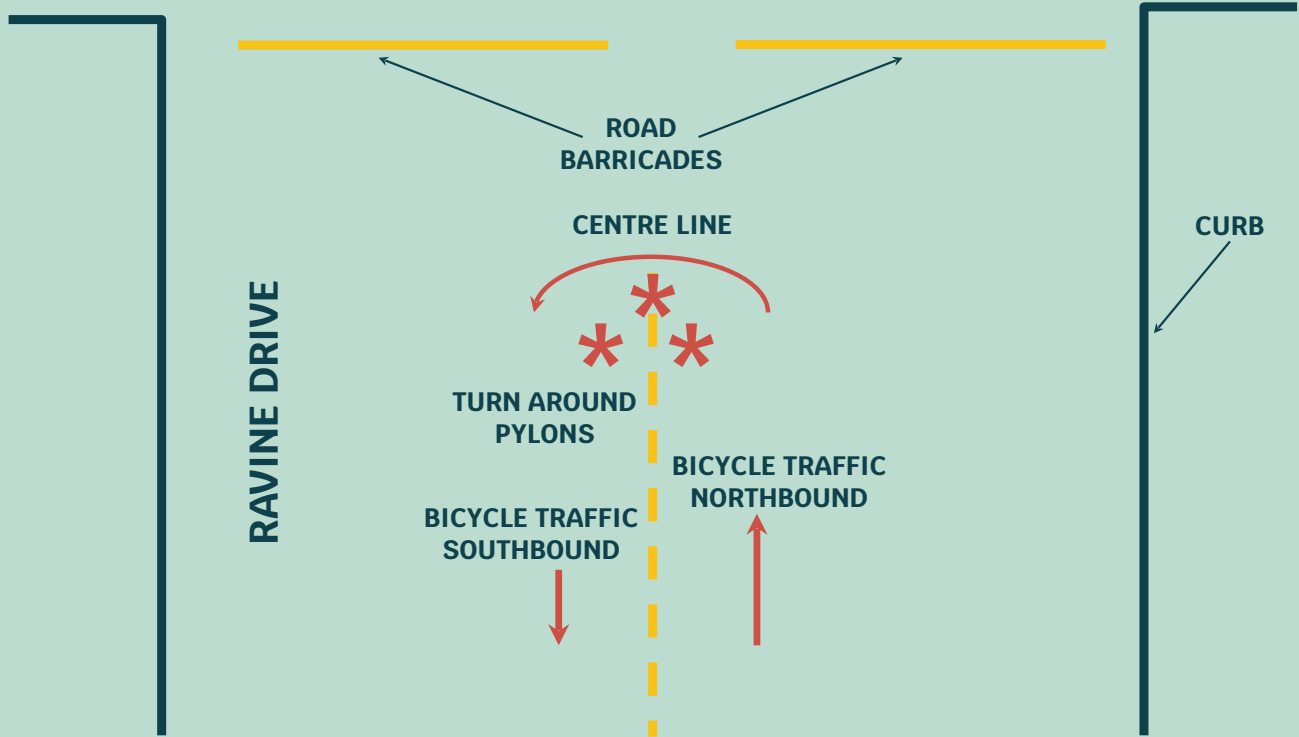


SUPER SPRINT
Two loops

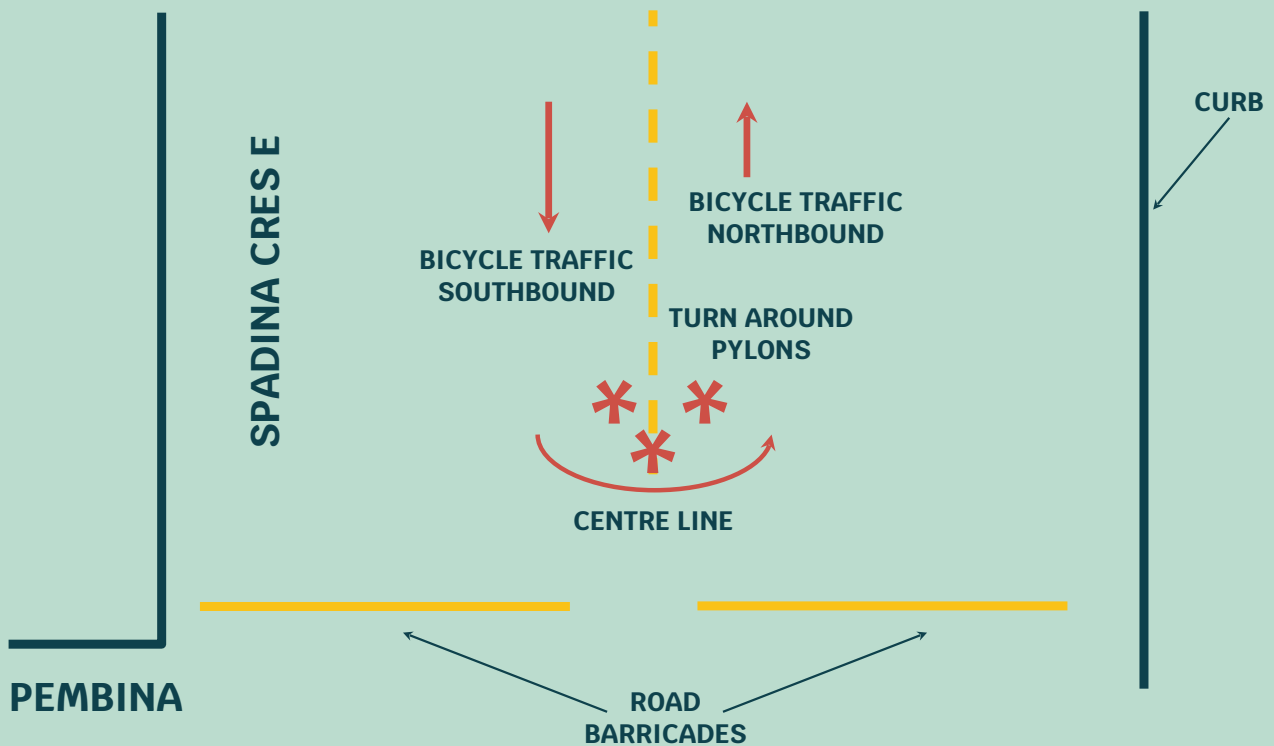
SPRINT
Four Loops

BIKE DETAILS / TURN AROUNDS

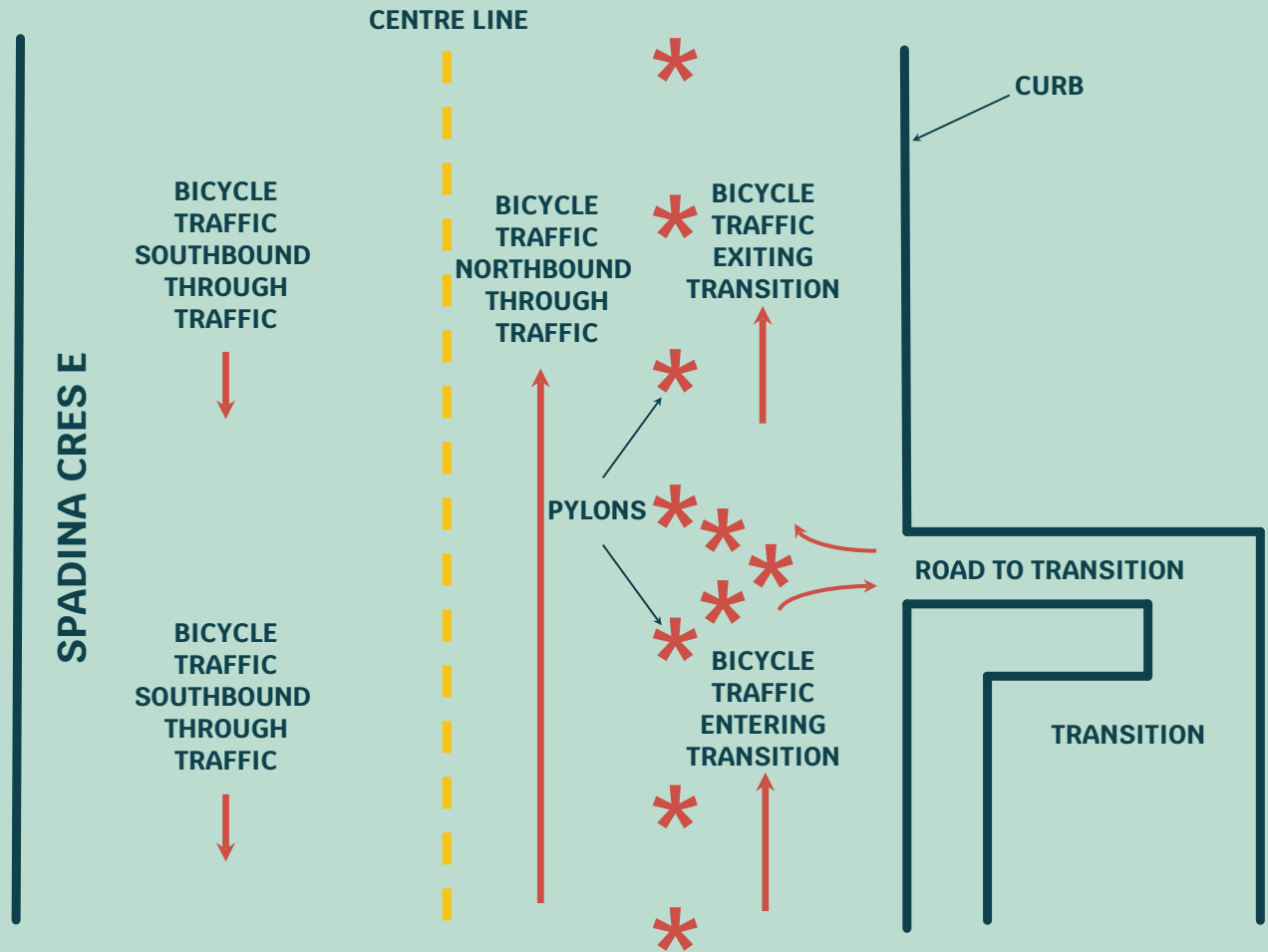
RAVINE DRIVE TURN AROUND



SPADINA CRES TURN AROUND (AT PEMBINA)



BIKE COURSE ENTRY/EXIT TO TRANSITION AREA



PINEHOUSE DRIVE TURN AROUND

