



PARTICIPANT INFORMATION

DTS AMSTERDAMSE BOS 2025

Date: 27 September 2025

Organized by
Amsterdam Sport Events



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Dear triathlete,

A new swim course, a new bike course, and a completely new run course!
DTS BOSBAAN has become DTS AMSTERDAMSE BOS. Perhaps a unique event and just for one time, perhaps more often. We don't know yet, so for now, you'll be at the starting line of a triathlon at a unique location.

The reason for this is a large-scale renovation of the Bosbaan and its buildings for the World Rowing Championships, which will be held there in 2026. Such a revamp will also benefit our race, so we're happy to make room and move to the middle of the Amsterdamse Bos.

The advantage of this situation is that we can organize a OD. 350 of you jumped at the offer and will start next Saturday with the 1500m swim, 40km bike ride, and 10km run. 600 of you will start in the Sprint.

A warm welcome to all KPN colleagues, the ATAC competitors, and of course, the teams from the DTS Team Competitions which have the grand Final and competing for a 5-day trainingsweek on Mallorca.

Of course, we'll be having the Wattcycling KM again this year, as we can cycle along one side of the Bosbaan. So you have three (Sprint) or five (OD) chances to set the fastest 1KM cycling time. We'll also put the fastest woman and man of the day on the podium, and they'll receive a fantastic prize from Wattcycling.

For the first time this year, there will be no STRONGERTHANEVER CHALLENGE. For ten years, we've been able to make Alexander Strijbos' dream come true and, together with him, create a fantastic event. I'd like to take this opportunity to sincerely thank Alexander for the many wonderful and emotional moments, for which he was largely responsible. Thank you, Alex!

Here is the Participant Information for Saturday, September 27th. Please read it carefully. It contains essential information for your race.

See you Saturday the 27th in the Amsterdamse Bos!

Best regards,

Lars Vreugdenhil

And... did you know that DTS always has five MarathonPhotos photographers around who take awesome action shots of everyone? And that includes you! For just €22.50, you can buy your high-resolution action photos. Find your photos the day after the race via this link. Enter your name or race number on this page and be amazed by your own performance!

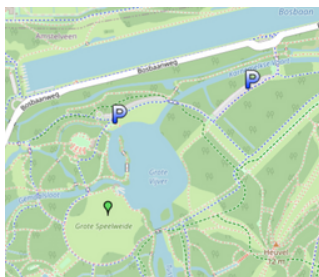


THE LOCATION

DTS AMSTERDAMSE BOS is held in the heart of the Amsterdamse Bos.

The event site, registration, start, and finish are at the Grote Speelweide (Large Playground).

Address:
De Duizendmeterweg
1182 DC Amstelveen



ACCESSIBILITY AND PARKING

Parking is available around the event site. From the parking lot, it's always a 5- to 10-minute walk to the event site.

P1 = De Duizendmeterweg, 1182 DC Amstelveen

P2 = Amsterdamse Bos Forest, Nieuwe Meerlaan 3, 1182 DB Amstelveen

P2 is easily accessible via the A9, exit Aalsmeer, Schiphol Oost, and then into the Amsterdamse Bos.



By public transport

There are several options for traveling to the Amsterdamse Bos by public transport. The nearest train station is Amsterdam Zuid station. From there, you can take the bus to the starting location. For personalized advice you can consult the following websites:

- www.9292ov.nl
- www.connexxion.nl
- www.gvb.nl
- www.maps.google.com



COURSE



PROGRAM

07:30 uur	Registration OPEN
08:00 uur	Bike Check in OPEN
09:00 uur	Wave 1: Olympic Distance Individual
10:30 uur	Wave 2 & 3: Olympic Distance Individual & Relay Teams
12:00 uur	Wave 4 & 5: Sprint Distance Rookie wave & Relay teams
13:00 uur	Wave 6: Sprint Distance Recreational
14:00 uur	Wave 7: Sprint Recreational & DTS Team Competition & ATAC
14:30 uur	Wave 8: KPN Sprint - exclusive voor KPN
Circa 14:10 uur	Medal Ceremony Olympic Distance
Circa 16:30 uur	Medal Ceremony Sprint Distance, Team Competition, KPN



REGISTRATION

You can pick up the registration kit you need to participate in DTS AMSTERDAMSE BOS at the registration tent before the start. The registration kit includes a BIB number and accessories. If you don't have these, you cannot participate in the race. If you ordered a finisher's shirt, race number band and/or Lock Lace laces, these will also be included in your envelope.

Important: The registration desk opens at 7:30 AM. We recommend arriving 1.5 hours before your start to allow plenty of time to prepare for your race. If you start in the 10:30 AM OD, please arrive around 9:00 AM. If you start in the 12:00 PM Rookie wave, we recommend arriving around 10:30 AM. You can pick up the registration kit up to 30 minutes before the start of your wave. You can submit changes at the registration desk up to 45 minutes before the start of your wave. We ask for a valid ID when picking up your race kit, and participating under someone else's name is not permitted.

REGISTRATION KIT

The registration kit contains the following items:

- BIB number
- Sticker sheet (helmet sticker, bike sticker, bag label)
- Swim cap
- MyLaps timing chip with corresponding ankle strap

BAND AND BIB NUMBER

To attach your BIB number, we recommend wearing a bib number band. If you don't have one yet, you can purchase one for €15 at the registration desk. The bib number must be attached to the bib number band or to an elastic band. The BIB number must be worn during both the cycling and running. During the cycling, you wear the BIB number on your back (**mandatory**) and during the running, you wear the bib number on your front (**mandatory**).

STICKER SHEET

All participants receive a sticker sheet with stickers for their bike, helmet, and possibly a bag.

BIKE STICKER

Attach the bike sticker to the seat post with the number facing backward. The number must be clearly visible from both the left and right sides. Do not remove the bike sticker until you have checked out of the transition area. When checking in and out in the transition area, we will check whether the number on your bike matches your BIB number.

HELMET STICKER

Attach the stickers to the left, right, and front of your helmet.



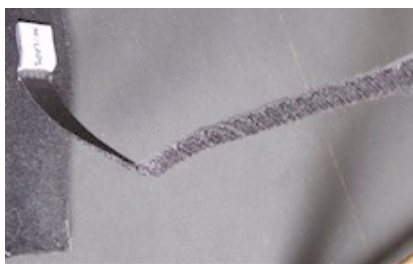
SWIMCAP

During the swim, it is **mandatory** to wear the organizer's swim cap. You are allowed to wear your own swim cap, but it must be UNDER the organizer's swim cap and not be visible.

TIMING CHIP

Timekeeping during DTS AMSTERDAMSE BOS is provided by MyLaps. You must wear the timing chip and its accompanying strap on your LEFT ankle (so that it doesn't touch your bike chain). It is important that you don't wear the chip anywhere else, as the timekeeping may fail if the chip is too far from the mat. Individual participants must wear their timing chip throughout the entire competition. Team participants receive one timing chip per team, which must be returned after each event.

Below is an example of how the chip should be attached to the included strap.



Important: All rented chips and straps must be returned after the competition. This can ONLY be done during the Bike Checkout. A lost chip costs €25. In that case, the participant must pay this €25 immediately at the Bike checkout by debit card.

FINISHER SHIRT

Ordered finisher shirts must be collected by the participant at the registration desk. Requesting a finisher shirt to be mailed costs €11 (€6 postage + €5 handling).



BEFORE THE RACE

THE TRANSITION AREA

The transition area is located on the Grote Speelweide (Great Playground). It is open from 8:00 AM to 5:00 PM. Please prepare your belongings on time and thoroughly inspect the transition area to ensure a smooth race. There are portable toilets and a urinal in the transition area. One portable toilet is for women only. There are permanent restrooms at the canoe rental.

LOCKERS

Rent a Lock-Moby locker and securely store your valuables during the event. This way, you can focus on your race with peace of mind – without worrying about your phone, keys, or wallet. The organizers are not ultimately responsible for the security of personal belongings.

- ✅ Reserve your locker now via [THIS LINK](#)
- 👉 Reserve your locker through Lock-Moby
- 💰 Cost: €8.50 rental + €10 deposit (you'll get the deposit back upon return)

CHECK-IN TRANSITION AREA

Before the race, please place all your necessary items in the transition area in the designated spot. When checking in your items, please keep the following in mind:

- Make sure the required stickers are attached to your helmet and bike;
- Wear a helmet when entering the transition area;
- Your bike and helmet will be checked for safety;

It is important to ensure that you have a properly functioning bike before the race. It doesn't have to be a racing bike; a city bike in good condition is also permitted. Our judges will check the brakes, whether the handlebars are equipped with caps, and whether the helmet strap is tight enough. If your bike is deemed unsafe, the judges will not allow you to start. Safety comes first. Bikes that are not in good condition will not be allowed in the transition area.

- The bike must be placed in the bike rack corresponding to your start wave and race number. At the ends of the bike racks, you will find signs indicating which race numbers are assigned where in the transition area. A label with your race number will also be displayed at your spot in the transition area.



WETSUIT

We apply the following rules for the use of wetsuits during DTS AMSTERDAMSE BOS:

Required below 16 degrees Celsius and not permitted above 24 degrees Celsius.

RENT A WETSUIT

You can rent a wetsuit for every triathlon. Wetsuits can be rented via the Mylaps (Njuko) registration form. If you haven't rented a wetsuit during registration, you can still rent and order one via [THIS LINK](#).

The water temperature measured on the day of the event is the determining factor. Any measurements taken prior to the event are for illustrative purposes only and are not a reliable basis for the expected temperature during the race. The timing chip must be attached to the left ankle **UNDER** the wetsuit. This prevents the chip from becoming detached when you remove the wetsuit.

Important: To prevent wetsuit mix-ups, we recommend putting your name inside your wetsuit.

Your rented wetsuit will be mailed to you a week before the event and must be returned within one week (with the return sticker).

BRIEFING

A briefing will take place 10 minutes before the start of each wave. During this briefing, the most important information regarding the race will be told. Any changes will also be announced during this briefing. The briefing will take place at the podium.

Important: Every participant must attend the briefing prior to their starting wave.

WARM-UP

After the briefing, there will be an opportunity to warm up until the starter asks all participants to line up at the starting line.

DE WEDSTRIJD

SPRINT DISTANCE

Swim: 750 meter (1 Lap)
Bike: 24 kilometer (3 laps)
Run: 5 kilometer (1 lap)

OLYMPIC DISTANCE

1500 meter (2 laps)
40KM (5 laps)
10 KM (2 laps)



SWIM

- Wearing the swim cap provided by the organizers is mandatory.
- This is a water start, meaning everyone lines up at the starting line in the water and waits for the starting gun to begin their race.

TRANSITION FROM SWIM TO BIKE

- You can change near your bike in the rack.
- It is not permitted to be completely naked in the transition area.
- We recommend wearing a trisuit, which you can wear throughout the race.

Important: Cycling is prohibited in the transition area. You may only get on and start cycling once you have completely passed the barrier at the end of the transition area.

BIKE

- Wearing a helmet is mandatory;
- Drafting (cycling closely together) is not permitted. You must stay at least 12 meters behind the rider in front of you. Overtaking is, of course, permitted;
- You are responsible for completing the correct number of laps. If it turns out after the race that you have completed fewer laps, you will be disqualified.

Important: If you are too close to the rider in front of you, you are considered a stayer. You may receive a warning for this from the motorcycle judge. If this is observed repeatedly, you will be disqualified. We do not have a penalty tent. If you receive two or more warnings, DSQ will appear after your name in the results. Protests are not possible. The decision of the judges and organizers is final.

Important: Overtaking on the right is strictly prohibited and will be punished by the judges with a DSQ.

Important: The cycle paths in the Amsterdamse Bos are closed to other cyclists and walkers for the race, but we cannot guarantee that no other road users will end up on the course. As a participant in DTS BOSBAAN, you participate in traffic. You must always follow the instructions of the traffic controllers, the organizers, and any emergency services. If emergency services need to access the route to reach their destination, the race may be briefly halted. Emergency services always have priority over the race.

TRANSITION FROM BIKE TO RUN

- You must dismount before passing the barrier at the entrance to the transition zone;
- Place your bike in the correct spot in the transition zone;
- Your helmet may only be removed after you have placed your bike in the rack.

RUN

- The course is 5KM. Sprint riders complete 1 lap and OD riders complete 2 laps.
- An **XXL refreshment station** will be set up on the running course, offering water and sports drinks.



XXL Nutrition is a partner of DTS and will take good care of you during your run. They have a fantastic aid station ready with the best products to help you get back on track. You may only dispose of empty gels or other waste just before and just after the aid station (so our team can clean it up for you). You may not throw away any litter anywhere else along the run course—including the bike course! You will be immediately disqualified if you do so! If it's really sunny and the temperature is 23 degrees Celsius or higher, we will set up a second aid station with water and sponges along the run course.

ADDITIONAL INFORMATION FOR RELAY TEAMS

Each team has only one timing chip, and each team member has their own bib number. The chip also serves as the "relay baton." The timing chip must be transferred and attached to the teammate's left ankle before they can start the next segment. During the race, the BIB number must be worn by the cyclist on their back and by the runner on their front.

Swimmer

The timing chip must be worn around your ankle. After swimming, follow the designated route to the transition area. The chip will then be passed to the cyclist in the designated spot.

Cyclist

Wait in front of the swimmer by the bike in the transition area. Leave your bike in the rack until the swimmer has transferred the timing chip and it is attached to your ankle. Make sure your helmet is on and fastened and wear your bib number on your back. After cycling, first put your bike away in the designated spot before the timing chip and bib number can be transferred to the runner.

Runner

Wear your BIB number at the front. Wait for the cyclist by your BIB number in the transition area. After the cyclist has placed their bike in the designated spot, they can transfer the timing chip and bib number. Place the timing chip around your ankle before starting the run. Make sure your race number (on your stomach) is clearly visible at the finish line.

Finish

A team can finish together. When your team's runner reaches the finish line, the other two team members can join the runner so they can cross the finish line together.



AFTER THE RACE

After finishing, everyone receives a beautiful medal. There will also be all sorts of treats to keep you entertained, such as candy, fruit, and a recovery drink from XXL Nutrition. If you ordered a finisher shirt during registration, you can pick it up (exclusively) at the registration tent. It's best to do this before your race when you pick up your starting envelope.

MASSAGE

After you finish, our sports masseurs will be ready to give you a well-deserved, free massage.

Mylaps Chip

Important: All rented chips must be returned after the race ONLY during the Bike Checkout. A lost chip costs €25 and must be reimbursed immediately by debit card (before the bike can be checked out!).

RENTED BIKE OR WETSUIT

You are responsible for returning the rented wetsuit to Dare2Tri in Dordrecht by mail. This is easy and free with the included return sticker. You return your bike to the WielRent bus.

AWARD CEREMONY:

In addition to the overall winners for the men's, women's, and relay teams, there will be award ceremonies for the various age groups. All starting waves will be added together. KPN and the DTS Team Competition will also have their own award ceremonies. For the daily awards for the regular race, we assume five Age Groups.

14/16-29 years

30-39 years

49-49 years

50-59 years

60+

AWARD CEREMONY:

OD: Approximately 2:10 PM - both OD waves will be combined into one result.

Sprint: Approximately 4:30 PM - both SPRINT waves will be combined into one result.

Therefore, there will be no separate Rookie wave result.

We try to hold the awards ceremony at each event as soon as possible after the last contender has finished on the podium. We find it a shame when participants have already gone home just as we like to celebrate them on the podium. Honorary awards are not sent out for that reason! Not sure but have a feeling you might have won a prize? Then stop by the Mylaps tent and ask if they can tell you if you might have made it to the podium.



TRANSITION AREA CHECKOUT

The transition area is guarded until 5:00 PM. After the race, you can collect your bike and other belongings in the transition area, and you must also return your Mylaps chip at that time. You can only enter through the bike check-in/check-out tent and by showing your race number. You can only check out your bike and bag if your race number matches the number on your bike and—yes, once again—you return your chip! When leaving the transition area, please double-check that you have taken all your belongings with you. Your spot in the transition area is a safe place to leave your other belongings/bag while you race. However, we, the organizers, are in no way responsible for lost, misplaced, and/or stolen property. It is always at your own risk.

RESULTS

The race results are on the DTS AMSTERDAMSE BOS website. Click on the link to see the standings during the day. Mylaps uploads the results several times a day. There's also a QR code you can scan at the registration tent. All Sprint and OD waves are combined for the results, so it's possible that a top-placed athlete from the first wave might be beaten by a faster triathlete starting in a later wave. There will be no separate Rookie wave results or award ceremony.

FOUND AND LOST ITEMS

Lost and found items can be handed in during the event and collected at the registration desk. If you lose anything during the day, please send an email to info@dtseries.nl. If we find your items, you can collect them at our office in Aalsmeer.

MEDICAL SUPPORT

A professional medical team from 't Witte Kruis will ensure the safety and health of participants and spectators during the DTS AMSTERDAMSE BOS. A permanent first aid station will be set up on the event grounds. In addition, several mobile first aid stations will be present along the course, and two lifeguard boats will always accompany the swimmers. Report any emergencies immediately to the nearest first aid station or someone from the organization. Staff will proceed to the scene of the emergency as quickly as possible. We request that all participants follow the instructions of medical personnel in all cases.

When registering for a DTS race online, you always agree to our Terms and Conditions. These Terms and Conditions also briefly and clearly describe the regulations. Tip: read them again so you know what the rules are and what you have agreed to:
<https://www.dutchtriathlons.nl/algemene-voorwaarden/>

Good luck and have fun!