

2025 tSt Breeze Triathlon – Athlete Notification

Organizer: [tSt](#) **Email:** tstgroup.service@gmail.com **Phone:** +886-2-2523-6905

Venue: Breeze Canal, Greater Taipei Metropolitan Park [Location Map](#)

Official Website: <http://tstgroup.com.tw> (athlete list and information.)

Online Certificates & Real-Time Results: [BraveLog Results](#)

Race Pack Pick up

| | |
|-----------------|--|
| At the venue | May 10 (Sat), 13:00–17:00 Bring a valid ID for collection. For relay teams, any team member can collect. Proxy collection requires a photo of the athlete's ID. |
| Postal Delivery | Parcels will be shipped on May 2, and tracking will be available via the official website from May 5 |

Timing Chip Pickup:

Timing chips will **not be included** in the race pack. Pick up your chip at the **transition area tent during bike check-in**. Lost chips will incur a replacement fee of **NT\$1,000**.

Bike Check-In: **May 10 (Sat):** 13:00–17:00 or **May 11 (Sun):** 04:30–05:40

Event Schedule (Swimming practice is not allowed due to safety arrangements.)

| May 10 (Sat) | |
|--------------------------------|--|
| 13:00–17:00: | On-site race pack collection, transition area open for bike check-in |
| 15:30–17:00 | Athlete briefing (recommended for first-timers, includes course details) (Chinese) |
| May 11 (Sun) - Race Day | |
| 4 : 30 | Transition area opens for bike check-in and gear drop-off |
| 5 : 50 | Transition area closes |
| 5 : 50 | 113 Individual & Relay swimmers proceed to swim start with staff |
| 6 : 00 | 113 Swim starts (after standard starts, 113 late swimmers are marked DNF) |
| 6 : 05 | Duathlon participants gather |
| 6 : 10 | Duathlon participants run start |
| 6 : 20 | Standard swimmers gather by stage and line up by pace Sprint swimmers gather by stage and line up by pace |
| 6 : 30 | Standard Distance swim start |
| 7 : 00 | Sprint swim start |
| 7 : 10 | Youth & FUN Triathlon swim start |
| 09 : 00~10 : 00 | Award ceremony (staged by final results) |
| 09 : 30~10 : 30 | Bike retrieval (based on race route status) |
| 12 : 00 (latest) | Road closure ends (subject to change based on race progress) |

Triathlete package contains:

| | | | | | | |
|---------|-------------------|--------------|-----------------|----------------|--------------|------------|
| T shirt | athlete wristband | swimming cap | tattoo stickers | helmet sticker | bike sticker | bib number |
| 1 | 1 | 1 | 2 | 2 | 2 | 1 |
| relayx3 | relayx3 | swimmer | swimmer | Biker | Biker | Runner |

Duathlete package contains:

| | | | | |
|---------|-------------------|----------------|--------------|------------|
| T shirt | athlete wristband | helmet sticker | bike sticker | bib number |
| 1 | 1 | 2 | 2 | 1 |

Distances, Timing, and Rules

- Chips are collected during bike check-in and returned when retrieving bikes.
- Relay teams use one shared chip and exchange in the **relay tent at the transition area**.
- Athletes who do not finish or abandon must **report to staff** in the transition tent and can continue the next event; your result will show as DNF with split times recorded but no total time.
- Rolling start. Swim timing begins when crossing the chip checking line. Cutoff times are indicative; safety permitting, the organizer will support athletes to complete.
- Wetsuits and rescue tube are allowed. Timing and rankings are unaffected.
- Each course turning point differs.

| Category | Distance | Lap | Cut-off Time (For Reference) |
|------------------------------------|------------|-----|---|
| 113km Triathlon Personal. Relay | Swim 1.9km | 1 | 1 hour 30 minutes after the swim start |
| | Bike 90km | 6 | 5 hours 30 minutes after the swim start |
| | Run 21km | 2 | 8hours 30 minutes after the swim start |
| 51.5km Standard Personal. Relay | Swim 1.5km | 1 | 50 minutes after the swim start |
| | Bike 40km | 4 | 2 hours 50 minutes after the swim start |
| | Run 10km | 1 | 4 hours after the swim start |
| 25.75km Sprint | Swim 750m | 1 | 30 minutes after the swim start |
| | Bike 20km | 2 | 1 hour 40 minutes after the swim start |
| | Run 5km | 1 | 2 hours 40 minutes after the swim start |
| 50km Duathlon | Swim 400m | 1 | 50 minutes after the run start |
| | Bike10km | 1 | 2 hours 50 minutes after the run start |
| | Run 2.5km | 1 | 4 hours after the first run start |
| Youth Triathlon Fun Triathlon | Run 5km | 1 | 20 minutes after the swim start |
| | Bike 40km | 4 | 50 minutes after the swim start |
| | Run 5km | 1 | 1 hour 15 minutes after the swim start |



新北微風鐵人賽 Breeze Triathlon





Common Questions

1. **No official bike rental provided.** Nearby rental station: [Bike Rental Info](#). Check business hours. You may rent a bike on Saturday and return it on Sunday.
2. **Closest MRT station:** Luzhou MRT. Consider taxi on race morning or bike to the venue for check-in.
3. **Driving and parking:** Roads around the venue are closed from 6:00–12:00 Sunday. Retrieve bikes only when permitted via announcements.
4. **No on-site showers:** A water truck will be near the swim exit until all swimmers finish, then moved to the portable toilet area.

Competition Rules

General:

1. Total time includes transitions.
2. No bare upper body during bike or run.
3. No headphones or glass containers allowed during the race.
4. Organizers may alter or cancel the race due to safety concerns.
5. Bring your National Health Insurance (NHI) card. The organizer provides public liability insurance only.

Swim Rules

1. Use the provided swim cap. Line up by estimated finish time. 5 swimmers start every 5–10 seconds.
2. Slow or breaststroke swimmers and those with buoys must start at the back.
3. Resting on buoys/ropes is allowed; forward propulsion is not.
4. If unwell, raise your cap overhead to signal rescue. Boarding a safety boat = DNF, but you may continue the race.

Bike Rules

1. **Prohibited:** U-bikes, baskets, bikes without hand brakes, bullhorn bars.
2. **Allowed:** Folding bikes, mountain bikes, aero bars.
3. Bikes must have working brakes; no helmet = no race.
4. No glass bottles, PET bottles, or sandals. No bare upper body.
5. No bike change mid-race. Mechanical issues must be self-handled.
6. No riding side by side.
7. Bikes must be returned to your own rack before relay handoff or continuing.

Run Rules

1. Wear the provided bib. No bare upper body.
2. Bib must be visible on the front for identification.

Transition Area Rules

1. Helmet must be worn from the time the bike is removed until returned.
2. Each athlete has a rack with a numbered spot. No storage bins; use your own bag. Do not touch others' gear.
3. Do not obstruct others; do not move others' gear.
4. Mount after the "Mount Line" sign; dismount before the "Dismount Line". No riding in the transition area.
5. The organizer is not responsible for lost items. Safeguard your valuables.

Awards & Results

1. No overall ranking.award.
2. Trophies will be presented to the winners of each category. No prize money.

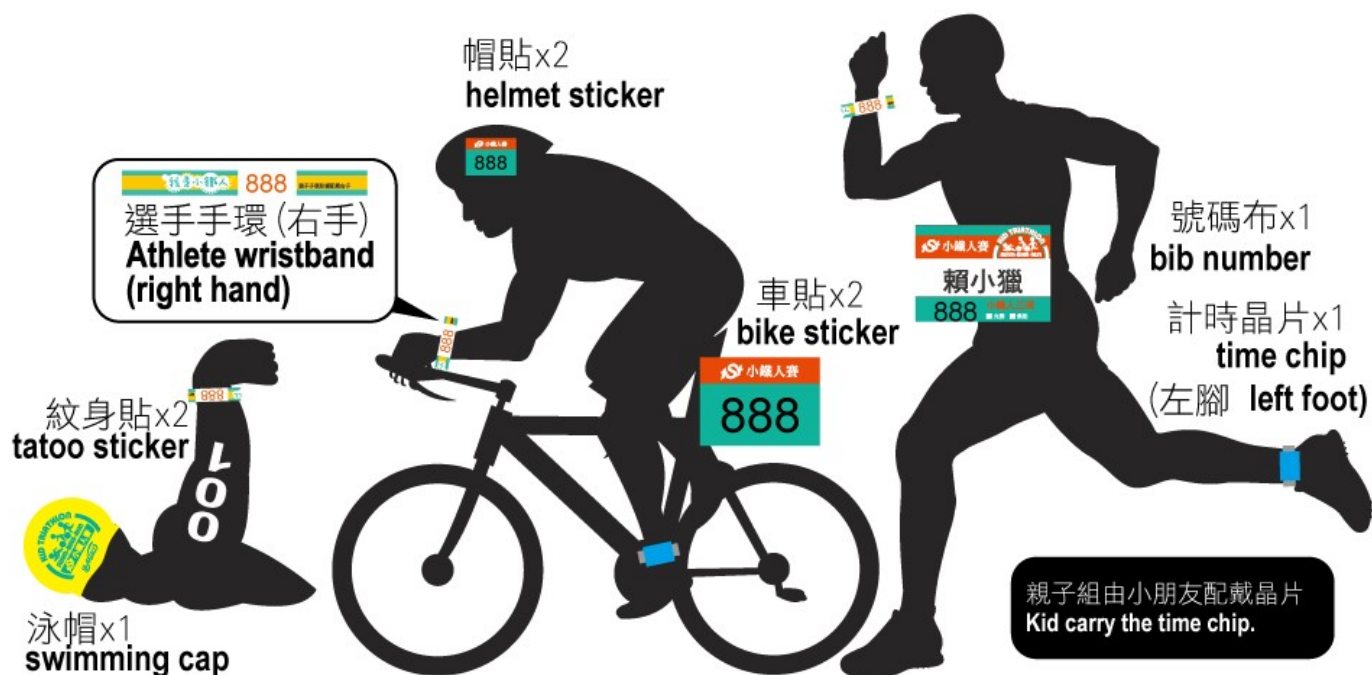
| Category | 113km | Standard | Sprint | Youth | Duathlon |
|------------------|-------|----------|--------|-------|----------|
| Collegiate Women | | 1 | | | |
| Collegiate men | | 3 | | | |
| F20 | | 3 | 5 | | 1 |
| F25 | | 2 | 4 | | 2 |
| F30 | | 2 | 3 | | 2 |
| F35 | | 1 | 2 | | 2 |
| F40 | | 2 | 2 | | 2 |
| F45 | | 1 | 1 | | 2 |
| F50 | | 1 | 1 | | 2 |
| F55 | | 1 | | | 1 |
| F60 | | 1 | 1 | | |
| F65 | | | 1 | | |
| F70 | | 1 | | | |
| M20 | 1 | 4 | 7 | | 1 |
| M25 | 1 | 6 | 3 | | 2 |
| M30 | 1 | 6 | 4 | | 3 |
| M35 | 2 | 6 | 3 | | 3 |
| M40 | 3 | 7 | 5 | | 5 |
| M45 | 2 | 8 | 4 | | 5 |
| M50 | 2 | 6 | 3 | | 3 |
| M55 | 1 | 6 | 3 | | 2 |
| M60 | 1 | 17 | 5 | | 13 |
| M65 | 4 | 11 | 6 | | 5 |
| M70 | | 3 | 1 | | 3 |
| Relay | 2 | 7 | | | |
| Youth Boy | | | | 3 | |
| Youth Girl | | | | 2 | |
| Junior Boy | | | | 5 | |
| Junior Girl | | | | 3 | |

tSt Athlete Pre-Race Gear Checklist (For Reference Only)

Items highlighted in yellow are provided by the organizer.

| ✓ | Item | Remarks |
|----------|--|--|
| | 1. Timing Chip & Strap | Pick up at bike check-in in the transition area. Return after the race when retrieving your bike. NT\$1000 fee for lost chips. |
| Swimming | | |
| | 2. Swimming Cap | Must wear the official cap provided by the organizer for identification. |
| | 3. Number Tattoo Stickers | Apply to both upper arms. Keep skin dry. Remove the clear film and apply the printed side to skin, then wet the blank side and press gently for a few seconds before peeling off. If sticker is wet before use, it becomes unusable—request manual marking from staff if needed. |
| | 4. Athlete Wristband | Recommended on right wrist. Wrap and secure using adhesive strip. Used to identify athletes entering/exiting the transition area. |
| | 5. Tri Suit or Swimwear | |
| | 6. Swim Goggles | |
| | 7. Wetsuit | |
| | 8. Buoyancy Device | |
| Cycling | | |
| | 9. Bicycle (with functioning hand brakes) | For safety, remove aero bars with bullhorns, front/rear lights. |
| | 10. Helmet | Mandatory. No helmet = no race. |
| | 11. Bike Water Bottle | Must fit securely on the bike. PET bottles or loose containers are not allowed. |
| | 12. Bike Number Stickers | place on both sides of the seat tube. |
| | 13. Helmet Number Sticker | Place number sticker on both sides of the helmet. |
| | 14. Tri Suit / Cycling Gear | Upper body must not be exposed. Athletes may wear their own appropriate gear. |
| | 15. Cycling Shoes / Running Shoes (Socks) | |
| | 16. Sun Sleeves / Sunglasse | |
| Running | | |
| | 17. Bib Number | Must be on the front. |
| | 18. Safety Pins | Included in the race pack. Extras available at the Service. |
| | 19. Tri Suit / Running Gear | Athletes may wear their own appropriate apparel |
| | 20. Running Shoes (Socks) | |
| | Sun Sleeves / Sunglasses / Hat | |

| | | |
|-------------------|--|---|
| Other (As Needed) | | |
| | 21. Personal Medication | Non-banned substances |
| | 22. Water / Hydration Drinks | |
| | 23. Food / Energy Gels | |
| | 24. Sunscreen / Vaseline | |
| | 25. Towel / Change of Clothes | |
| | 26. Repair Kit / Spare Tubes | Floor pumps for both Presta and Schrader valves, and hex wrenches available in transition zone. Bring additional tools as needed. |
| | 27. ports Watch / Bike Computer | |



Other Important Notices (Same as in the Official Race Manual)

- To prevent accidents, participants who feel unwell should not force themselves to compete. The race officials and medical staff reserve the right to stop a participant from continuing or disqualify them based on their physical condition. Participants may not dispute such decisions and shall bear full responsibility for any consequences.
- Public Liability Insurance Notice: The organizer has arranged public liability insurance for this event. Only injuries resulting from “public accidents” are covered under the policy. The following situations, among others, are *not* covered:
 - (1) Injuries caused by the participant’s own pre-existing conditions.
 - (2) Incidents resulting from a participant’s failure to exercise proper caution, poor physical condition, personal health issues, or cardiovascular-related events such as shock, heart attack, heat stroke, sunstroke, altitude sickness, epilepsy, dehydration, etc.
 - (3) On-site emergency medical services provided by the organizer in response to personal medical episodes.

- (4) Accidents occurring between participants.
3. Coverage details: The insurance covers:
- Up to NT\$5 million per person for bodily injury
 - Up to NT\$30 million for each accident involving bodily injury
 - Up to NT\$2 million for each accident involving property damage
 - Total maximum compensation during the policy period: NT\$64 million (*All coverage terms and exclusions are subject to the insurance provider's official policy.*)
4. Insurance Coverage Scope:
- Covers third-party bodily injury, death, or property damage caused by public accidents for which the insured is legally liable.
 - Covers accidents occurring during event operations at the venue listed in the policy.
 - Covers incidents caused by buildings, passageways, equipment, or other facilities used during the event.
 - The policy includes NT\$5 million per person coverage for injury or death. A deductible of NT\$2,500 must be met before any claim is paid. Only damages caused by public accidents are eligible for claims.
5. Special Insurance Notes:
- Participants seeking additional coverage should purchase their own insurance policies to ensure sufficient protection.
 - The organizer will assist injured participants in seeking medical treatment and filing insurance claims but is unable to provide additional compensation or condolence payments.
 - Participants must bring their National Health Insurance Card for medical access and personal protection.
6. In the event of a typhoon, force majeure, or epidemic warnings issued by the CDC, the organizer reserves the right to cancel, postpone, or alter the race route for safety reasons. Please follow updates on the official website.
7. If the event is postponed due to typhoon or force majeure and the participant is unable to attend on the new date, the registration fee will not be refunded.
8. All event-related matters are subject to change and will be based on the latest on-site announcements.