

# 2026 MOCK TRIATHLON

PARTICIPANT PACKET MAY 9TH, 2026

## VANCOUVER LAKE PARK

6801 NW Lower River Rd. Vancouver, WA 98660

This is an excellent training event - allowing you to see where you are in your triathlon fitness, as well as offering first-timers the opportunity to try the sport in a supportive environment. This is a “mock” triathlon, not a formal competition with finisher medals and official timing. It is a learning race where all participants see demonstrations, attend clinics, and go through a Sprint or Olympic distance triathlon. Everyone has a chance to “TRI” in a safe, healthy atmosphere.

## EVENT SCHEDULE

**PTC Mock Tri** | Saturday, May 9th Vancouver Lake Park, Eagle Picnic Shelter Area

6801 NW Lower River Rd. Vancouver, WA 98660

**Race Day** 7:00 AM-8:30 AM Registration Check-in (closes at 8:30)

7:00 AM Transition opens

7:30 AM Clinics start

8:45 AM Transition Closes and **MANDATORY** Pre-event Safety Briefing

9:00 AM Event Start

11:00 AM BBQ and Celebration begins (BBQ is included for all registered participants. Friends/family can purchase extra tickets for \$10.00 on the day of the event.

# TRI SPORTS PACKING LIST

This list is to be used as a packing guide. Don't fret if you don't have everything that is included on this list.

## CLOTHES

- **Racing kit**
- **After the race clothes**
- **Additional but not necessary**
  - Arm sleeves
  - Rain coat
  - Run shorts

## NUTRITION

- **Recommended but not necessary**
- Nutrition Bars
- Gu
- Chews
- Salt tabs

## SWIM

- **Wetsuit**
- **Swim cap**
- **Goggles**
- **Additional but not necessary**
  - Neoprene booties
  - Ear plugs
  - Neoprene Cap

## OTHER

- Bodyglide or Vaseline
- Lip balm
- Sunscreen
- Towel
- Garbage or plastic bag
- Chairs for the BBQ
- Meds – As Necessary
- Camera

## BIKE

- **Bike**
- **Bike Shoes**
- **Helmet**
- **Sunglasses**
- **Water Bottles**
- **Additional but not necessary**
  - Spare tubes
  - Tires
  - Co'2 s
  - Gloves
  - Tools
  - Pump
  - Socks
  - Race wheels
  - Bike Computer

## RUN

- **Shoes**
- **Visor/hat**
- **Sunglasses**
- **Additional but not necessary**
  - Socks
  - Run Watch

## MEMBERSHIP BENEFITS

If you haven't joined the Portland Triathlon Club, we'd love to have you. Join our practices, attend our events, take advantage of all the incredible discounts with our sponsors, and get involved in this amazing community! **\$55 for a one-year membership or \$100 for two years.**

## PARTNER DISCOUNTS

To access the discount codes for our partners, please login to your membership page, the codes are located under the members only section.



THANKS! Can't wait to see everyone represent the PTC in 2025!

# RACE COURSE

**SWIM | 500yd or 700yds** Swim will start on the Vancouver Lake beach and follow the outside swim markers counter clockwise. There will be kayakers in the water to mark the course and for safety. Swimming can be the most stressful part of a triathlon. This is your chance to try a simulated swim start and test your open water skills. If you get nervous, don't worry, you can swim as far as you want. If you aren't comfortable swimming, then wade in the water a bit or hang out while the swim session is happening. You can jump on your bike as soon as some of the swimmers are out of the water.

## BIKE | ~ 13 & 26 MILES



Athletes will exit the park at the main Entrance/Exit and turn left on NW Erwin and then right on NW Lower River Rd. As an Out/Back course, athletes will follow NW Lower River Rd to the dead-end then follow the course back to the park entrance. Course will be marked and there will be event staff on the course to provide direction.

**Sprint Distance:** Athletes will complete one out and back lap.

**Olympic Distance:** Athletes will complete two out and back laps. Turn around for the second loop at the park entrance.

**Ride safe and be polite.**

### Caution!

**The course will not be closed to automobile traffic. You MUST follow the rules of the road while cycling.**

## RUN | 3.1 & 6.2 MILES



Athletes will leave the transition area following the paved run/walk trail towards the play structure area. The trail follows a flat gravel trail that is compact. Please watch your footing for some roots and twigs. The trail is open to other users, but can comfortably fit 2-3 people wide. The trail is flat and out and back.

**Sprint Distance:** Turn around will be at the aid station after about 1.5 miles. This is an out/back on the path back to Vancouver Lake.

**Olympic Distance:** Athletes will do the out/back twice at mile 3.1 and then finish in the area by the picnic shelter.

**AID STATION** There will be one aid station with water on the run course. Since this is an out and back course, you will have access to the aid station once if doing the Sprint, twice if doing the Olympic.