



Caloundra Community Bank Branch of Bendigo Bank

JUST TRI IT

TRIATHLON SERIES

EVENT INFORMATION

RACE 1
SUNDAY 4 MARCH 2018

RACE 2
SUNDAY 22 APRIL 2018

Keith Hill Park Esplanade, Golden Beach

f/caloundratriclub @www.caloundratriathlonclub.com.au ✉info@caloundratriclub.org.au



EVENT SPONSORS



CALOUNDRA AQUATIC
LIFESTYLE CENTRE





WELCOME

Thank you for entering the Caloundra Community Bank Branch of Bendigo Bank Just Tri It Triathlon Series!

The series welcomes triathletes of all ages and abilities to compete in a fun and friendly environment. The race is for the first timer wanting to 'just tri it', the weekend warrior looking for a challenge and even the serious triathlete seeking to work on their speed.

EVENT DISTANCES

Event	Swim	Cycle	Run
Long Course	600m	20km (4 laps)	6km (2 laps)
Short Course	300m	10km (2 laps)	3km (1 lap)
Kids 7 - 9yrs	100m	2.5km (2 laps)	500m (1 lap)
Kids 10 - 12yrs	200m	5km (4 laps)	1km (2 laps)
Business Teams Challenge	600m	20km (4 laps)	6km (2 laps)

**Teams (other than Helloworld Travel Caloundra Business teams) can enter either Long or Short Course events*

EVENT TIMETABLE

Time	Activity
5:30 AM	Registration Open – Short & Long Course (inc Business Challenge)
5:30 AM	Transition Open – Short & Long Course (inc Business Challenge)
6:15 AM	Registration Closed – Short & Long Course (inc Business Challenge)
6:15 AM	Transition Closed – Short & Long Course (inc Business Challenge)
6:30 AM	Road Closures in Place
6:30 AM	Warm Up & Race Briefing – Short & Long Course (inc Bus. Challenge)
6:40 AM	Race Start – Short & Long Course & Business Challenge
8:00 AM	Registration Open – Kids Races
8:15 AM	Transition Open – Kids Races
8:30 AM	Roads Reopened – Esplanade Remains Closed
8:45 AM	Registration Closed – Kids Races
8:45 AM	Transition Closed – Kids Races
8:50 AM	Warm Up & Race Briefing – Kids Races
9:00 AM	Race Start – Kids
9:15 AM	Roads Reopened – All
9:20 AM	Presentations and Random Prize Draws

**Times subject to change*



GENERAL INFORMATION

PARKING

Parking is available in the following areas:

- Esplanade, northern end;
- Anning Ave;
- Gerrybell, Raleigh and Hankinson Streets; and
- Pelican Waters Blvd.

Please do not park in the trailer parking area at the boat ramps near the race.

Please be mindful of the residents in this area early in the morning when you arrive by using quiet voices and not slamming car doors. These residents continue to support this race wholeheartedly, as long as we respect their space.

ROAD CLOSURES

The following closures are in place from 6:30am to 8:30am:

- Esplanade (between Roy Street and Booker Parade);
- Verdon Street;
- Roy Street;
- Anning Avenue (through traffic permitted, delays expected);
- Harbourslights Way; and
- Pelican Waters Boulevard (between Harbourslights Way and Bledisloe Boulevard).

REGISTRATION ON ARRIVAL

Head to the Caloundra Triathlon Club marquee on arrival to register. Please bring your confirmation email with you to registration. You will receive your race number and a swim cap at registration. Registration will be open from 5:30am to 6:15am.

RACKING YOUR BIKE IN TRANSITION

After registering and receiving your race number, all entrants must rack their bike. Overnight racking is not available; all bike racking will occur on the day of the event. You may rack your bike anywhere in transition, there are no set locations.

Please remember your helmet, check your brakes and make sure you have plugs/stops in the ends of your handlebars. Triathlon Queensland Technical Officials will be in transition checking for these items.

EVENT BRIEFING AND WARM UP

The event briefing will take place adjacent to transition. Listen for our MC who will announce when the briefing is about to begin.

Following the briefing, a fun group warm up session will be provided by one of our experienced club members.

WHAT TO BRING

Swim	Bike	Run
Goggles	Bike	Running shoes
Swim cap (provided)	Helmet	Socks
Swim suit / tri suit	Drink bottle	Hat / Visor
Sunscreen	Bike / running shoes	Sunglasses
Fins (optional)	Spare tube / tyre lever / pump	

TEAM INFORMATION

Teams can enter either the Long Course or Short Course option. The Helloworld Travel Caloundra Business Team Challenge is across the Long Course distance.

All team members must register and have their team number displayed. The changeover point for all teams is at the cyclist's bike racking area.

PARTICIPANT BREAKFAST

After you have finished this great event, all participants will receive a free "Galah" burger (bacon and egg) from our lively social director and BBQ King, Galah.

PRESENTATION AND PRIZES

There are some fantastic random draw prizes up for grabs so stick around for the presentations and cross your fingers that your race number is drawn out!

The major prize sponsored by Bicycle Centre Caloundra is a shiny new bicycle valued at \$1500 and will be drawn after the second race. You must enter both races in the series to be in the draw for the bike.

RESULTS AND PHOTOS

Results and photos will be available on the Caloundra Triathlon Club website a few days after each event. Follow our 'Just Tri It' and Caloundra Triathlon Club pages on Facebook for updates.



Thank you again for being part of this magnificent event. We hope you enjoy the experience and look forward to cheering you across the line on the day.

RACE INFORMATION

RACE PRECINCT



TRANSITION



SWIM

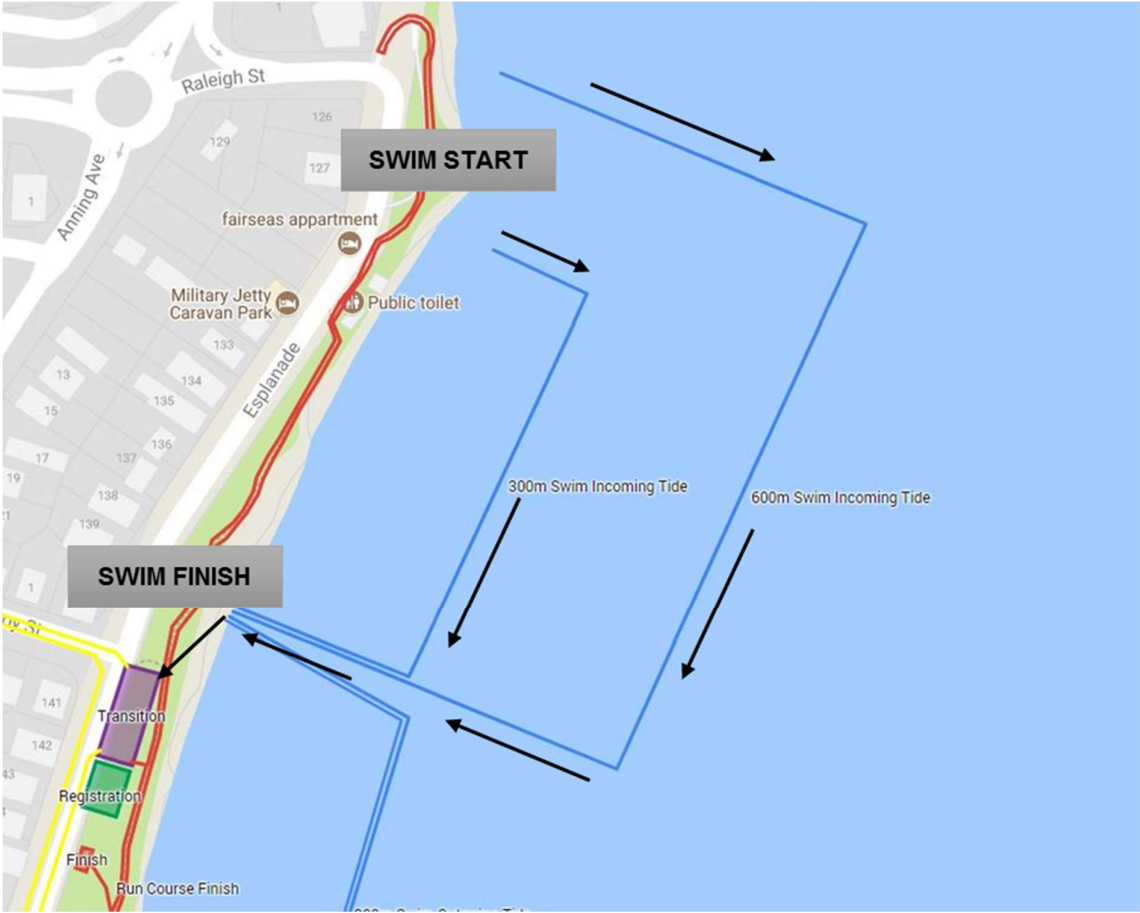
The exact swim start location will be determined on the morning of the event depending on conditions and tide (incoming vs outgoing). The course will be clearly marked with buoys. If you need any assistance during the swim, please raise your hand and call for one of the water safety team.

Fins are allowed but you must start at the back of the pack and be careful not to kick near other participants.

OUTGOING TIDE



INCOMING TIDE



BIKE

Your helmet must be done up before you remove your bike from the rack. When you are finished with the bike leg you must rack your bike before you can remove your helmet.

Roads are closed for the cycle leg; however, please remain mindful of official and emergency vehicles which may be using the roads.

Keep to the left at all times, unless you are overtaking another participant.

No DRAFTING is permitted – you must stay at least 7m behind the competitor in front, unless you are overtaking. You have 15 seconds to overtake.

No BLOCKING is permitted – you must keep to the far left of the road at all times and as soon as you overtake someone, so as not to block another participant who may be trying to pass you.

Your upper torso must be covered at all times on the bike.



RUN

There are drink stations along the run course so please make use of these to ensure you are hydrated.

Remember to keep left on the path to allow faster runners to pass if they wish.

Although notice is given to the public regarding the event, always keep an eye out and be respectful of other people using the path.

Your upper torso must be covered at all times on the run.

NORTHERN RUN SECTION (START / FINISH)





SOUTHERN

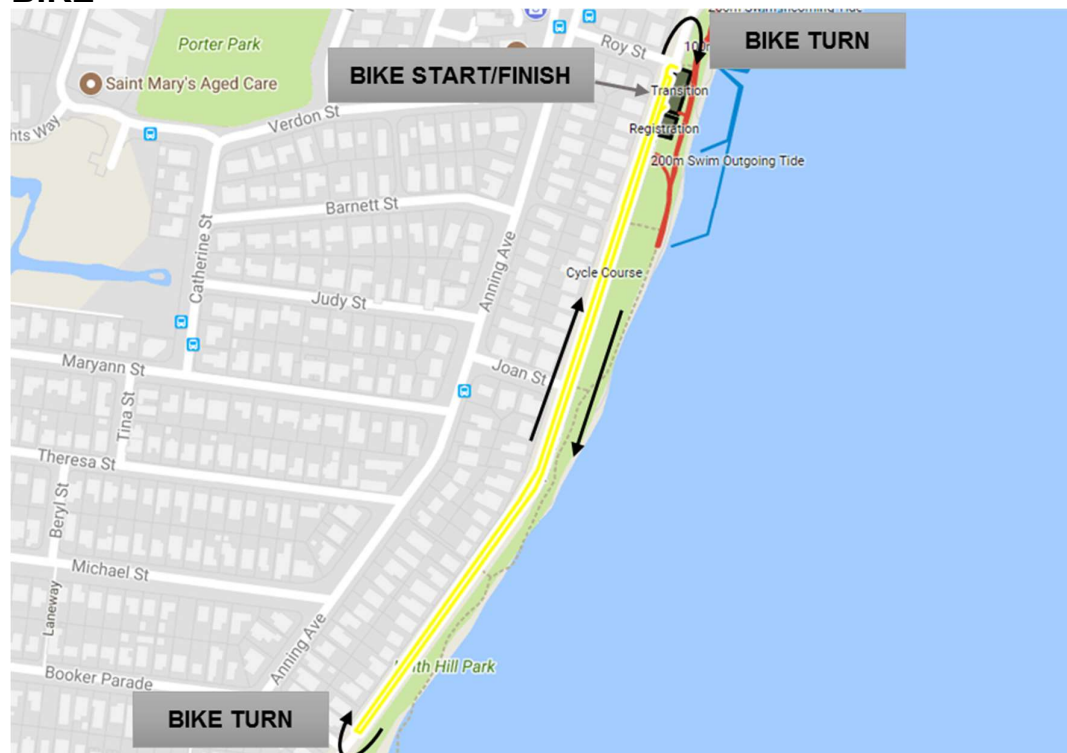


KIDS RACE INFORMATION

SWIM AND RUN



BIKE



SPONSORS

Thank you to our sponsors and club volunteers who make this event possible.

EVENT SPONSORS

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CLUB SPONSORS



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