



DUATHLON SERIES SEASON 2022

INFORMATION PACK v.1

31/7/22, 21/8/22, 19/9/22 & 16/10/22

SALTER
CYCLES

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CYCLES

Welcome

Welcome to Hobson's Bay and the Western Suburbs Triathlon Club (WSTC).

We understand what a difficult time it's been for many, in fact, horrendous for some, and it isn't over for many, but we're excited to be able to welcome everyone back to the beautiful Altona foreshore

Our events will look and operate a little differently to ensure we are cCOVID safe. We trust that everyone will cooperate and do what's required to keep us all safe and well.

Important things to note -

- Practise good hygiene; hand sanitiser will be available.
- No 'snot' rockets or spitting please.
- Cough and sneeze into your elbow or a tissue.
- Maintain physical distancing of 1.5m where possible;
- If you feel unwell or have any cold or flu like symptoms, PLEASE STAY HOME, do not attend our event.

We pride ourselves on providing a relaxed and welcoming environment for all abilities to participate in our events. We want this to continue despite "covid" requirements.

This information pack provides important information about the event and the course. Please ensure you watch the relevant briefing videos prior to attending.

If you have any further questions, please don't hesitate to contact us at admin@wstc.org.au or 0417 308 509.

We look forward to seeing you at the start line 😊

Jill Stevenson

President



Event Site Map

KEY

Hydration available



Bike Mount/Dismount – All distances



Toilet / Change Rooms



Timing Area & Finish



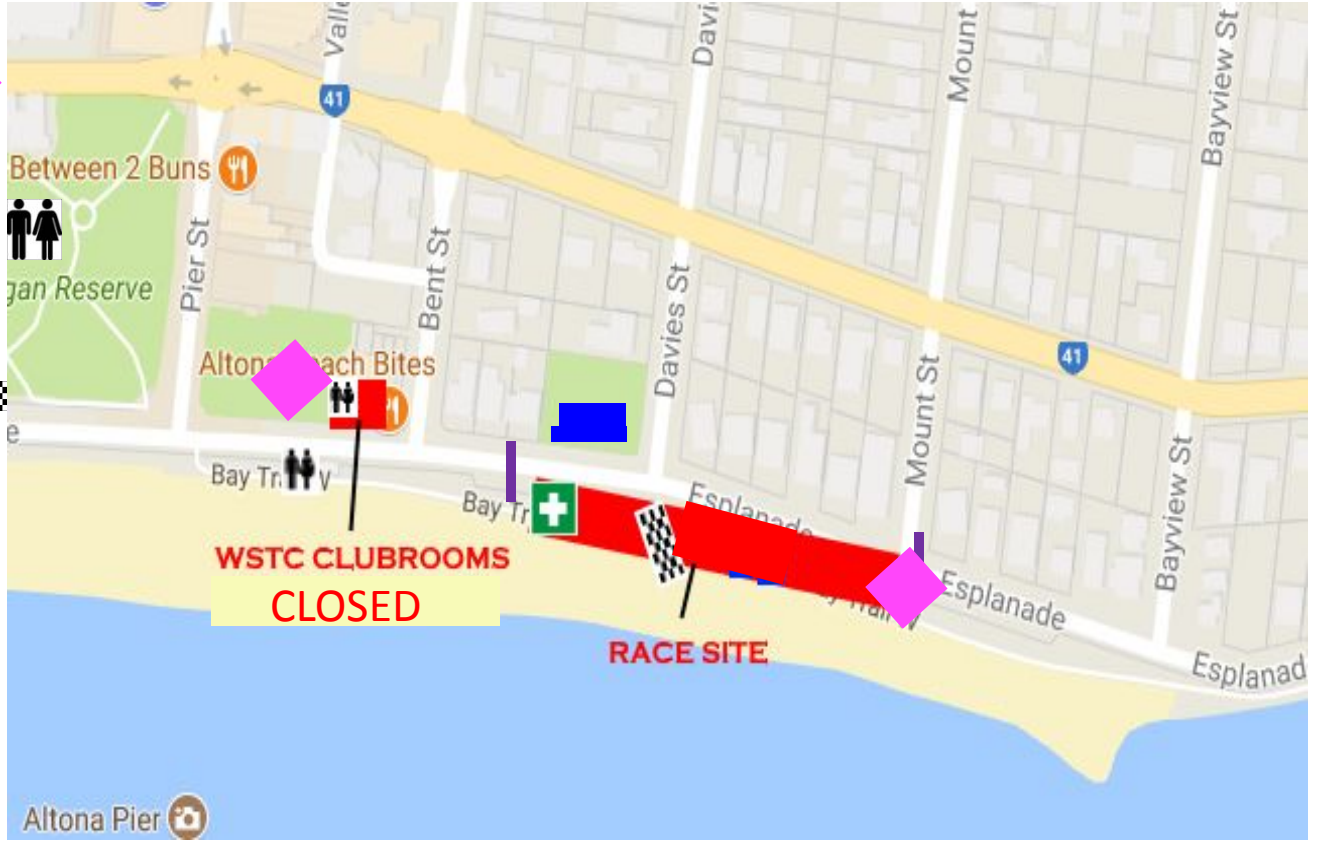
First Aid



Registration



Transition



EVENT DETAILS

**ROAD ACCESS – PLEASE NOTE ROADS AND PATHS ARE OPEN TO THE PUBLIC.
THIS IS NOT A CLOSED ROAD EVENT.**



Please treat our local residents and other path/road users with courtesy and respect. We rely on the support of local residents to continue to run community events. Normal road rules apply. Please note pedestrians have right of way on the path, the path is NOT closed and is fully open to the public.

COURSE MAPS

Course maps are included in this information pack. Please note changes to run course from prior years as path works being undertaken west bound on the Bay Trail.

REGISTRATION

- Registration is in the reserve opposite the transition. Cnr Davies & Esplanade Altona, not the clubrooms.
- All events start progressively from 8.00am, registration - 7.00 - 7.30. Race concludes by 10.00am

REGISTRATION PACKS

Timing chip – to be worn on the left ankle throughout the event.

Race belt and number bib – NOT IN USE - due to covid.

Timing chips are to be returned at the conclusion of the event. We ask that you remove your own chip and place it in the disinfectant buckets provided at the finish line.

TRANSITION

To put your bike into transition you must have a timing chip.

Transition compound opens at 7:15 am and closes at 7.45 am. Participants should make their way to the start banner on the path, beside transition, by 7.50 for any course updates, before 8.00am start.

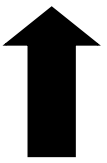
BIKE & RUN COURSE – refer video <https://youtu.be/cfgiBwXEVIY>

This is a NON drafting event. Please note POP UP SPACE mentioned in the video is not in place for the duathlon series.

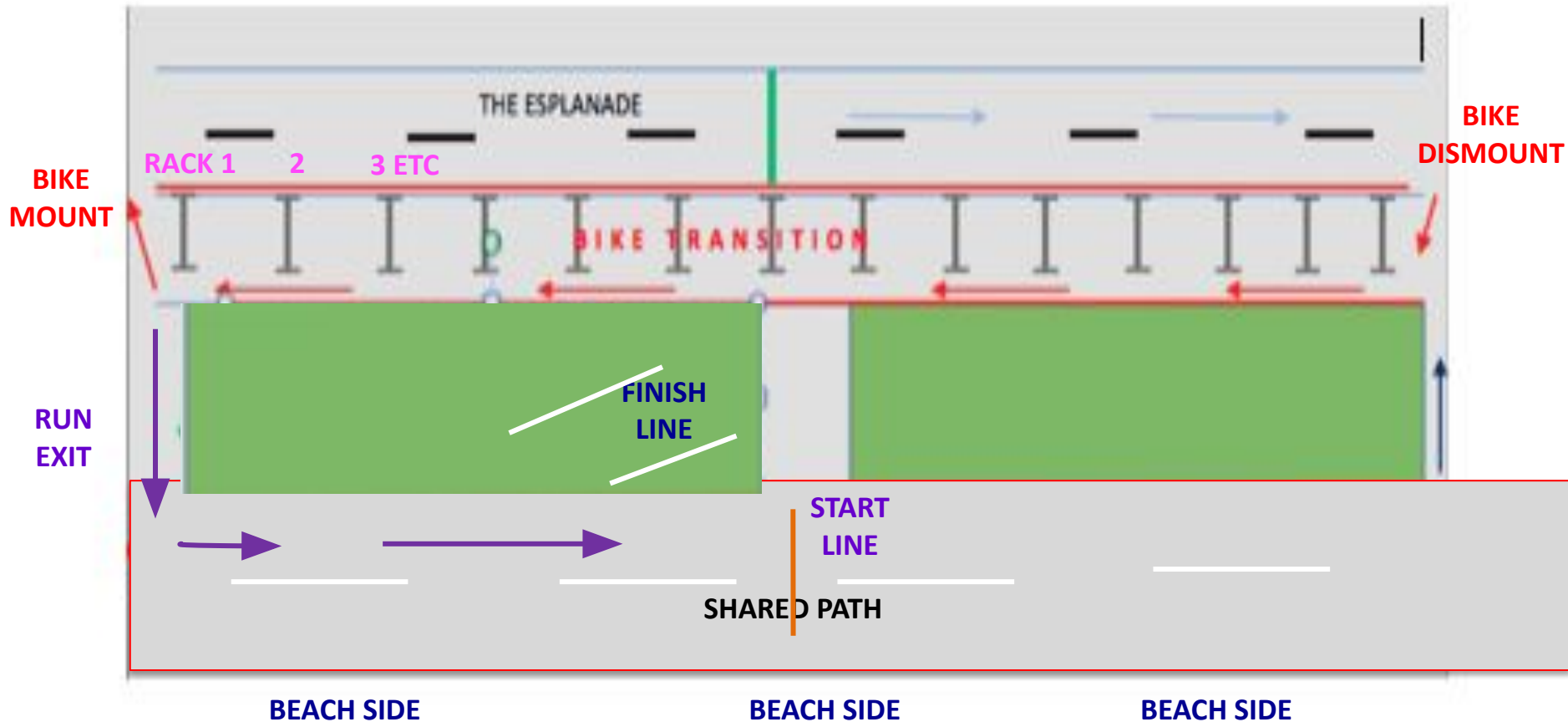
FIRST AID – St Johns Ambulance will be in attendance.

TRANSITION SET UP PLAN

NORTH



Transition will be open to remove bikes once all competitors have completed the bike leg. You will be advised when area can be accessed.





COURSE MAPS
2022
DUATHLON SEASON



DASH DISTANCE

1.5KM RUN (1 LAP) / 5.5 KM BIKE / 1.5KM RUN (1 LAP)

Please be aware you may encounter vehicles on the road (OPEN ROADS) & foot traffic on the shared path during the event. Please adhere to normal road rules (including keep left) and interact respectfully with residents whilst participating &/or spectating during the event.

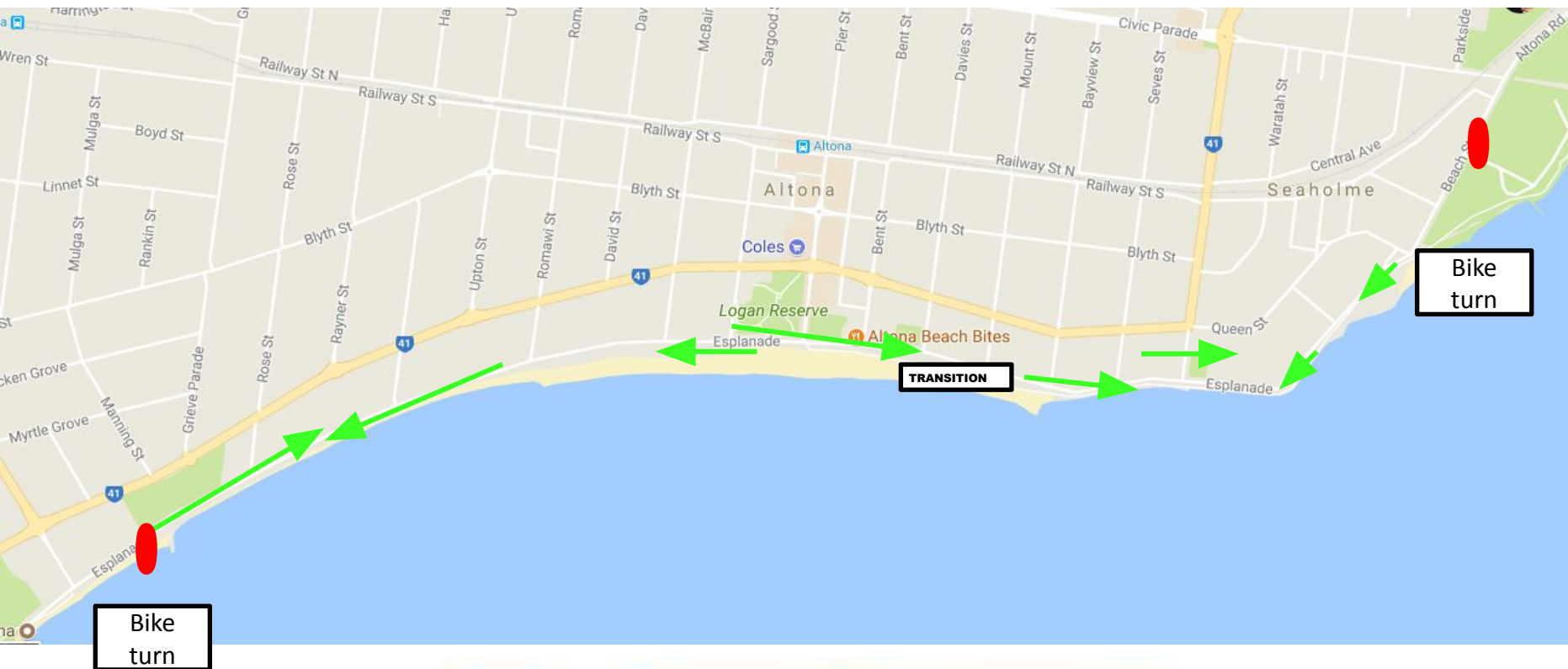


DASH DISTANCE

1.5km RUN / 5.5 KM BIKE / 1.5KM RUN

(1 LAP ON THE BIKE)

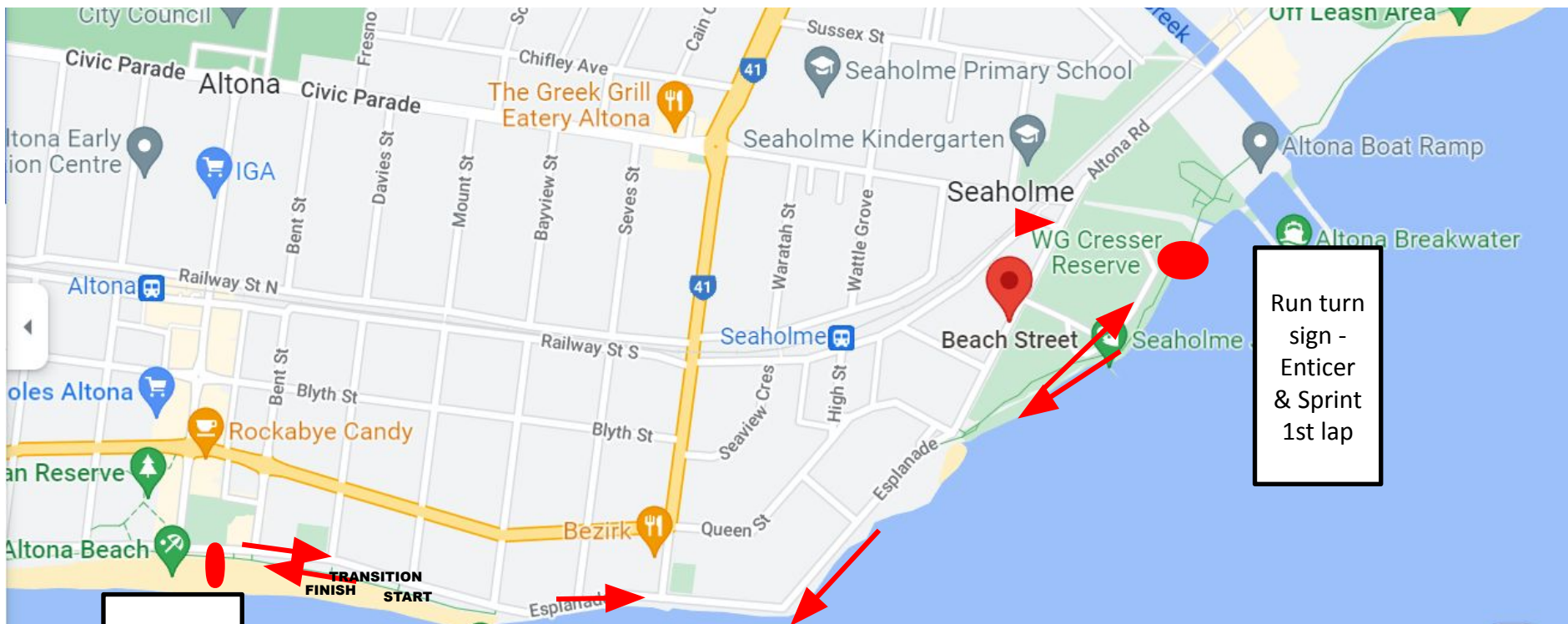
Please be aware you may encounter vehicles on the road (OPEN ROADS) & foot traffic on the shared path during the event. Please adhere to normal road rules (incl. keep left) and interact respectfully with residents whilst participating &/or spectating during the event.



ENTICER DISTANCE

3KM RUN (1 LAP) / 11 KM BIKE / 3KM RUN (1 LAP)

Please be aware you may encounter resident vehicles on the road (OPEN ROADS) & foot traffic on the shared path during the event. Please adhere to normal road rules (incl. keep left) and interact respectfully with residents whilst participating &/or spectating during the event.

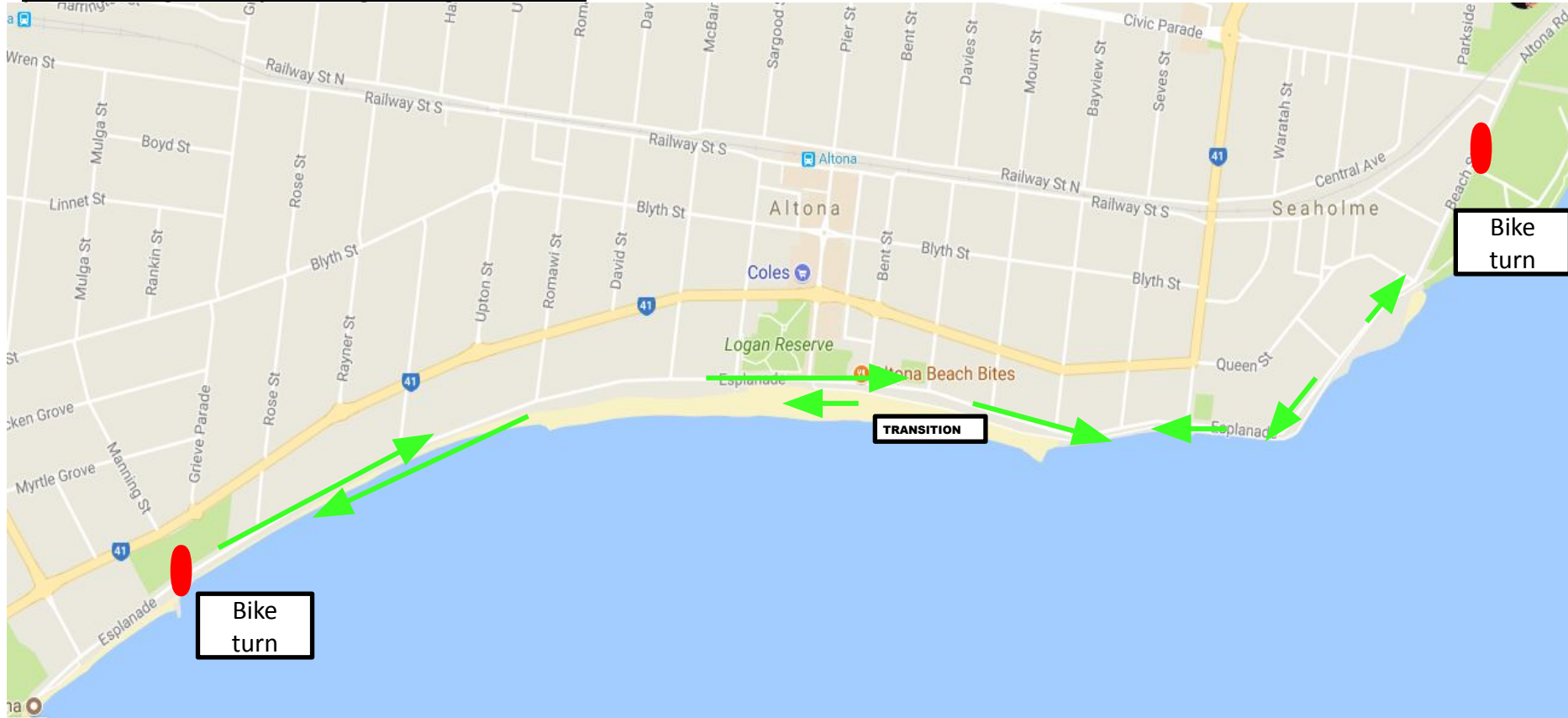


ENTICER DISTANCE

3KM RUN / 11 KM BIKE / 3KM RUN

(2 LAPS ON THE BIKE)

Please be aware you may encounter resident vehicles on the road (OPEN ROADS) & foot traffic on the shared path during the event. Please adhere to normal road rules (incl. keep left) and interact respectfully with residents whilst participating &/or spectating during the event.

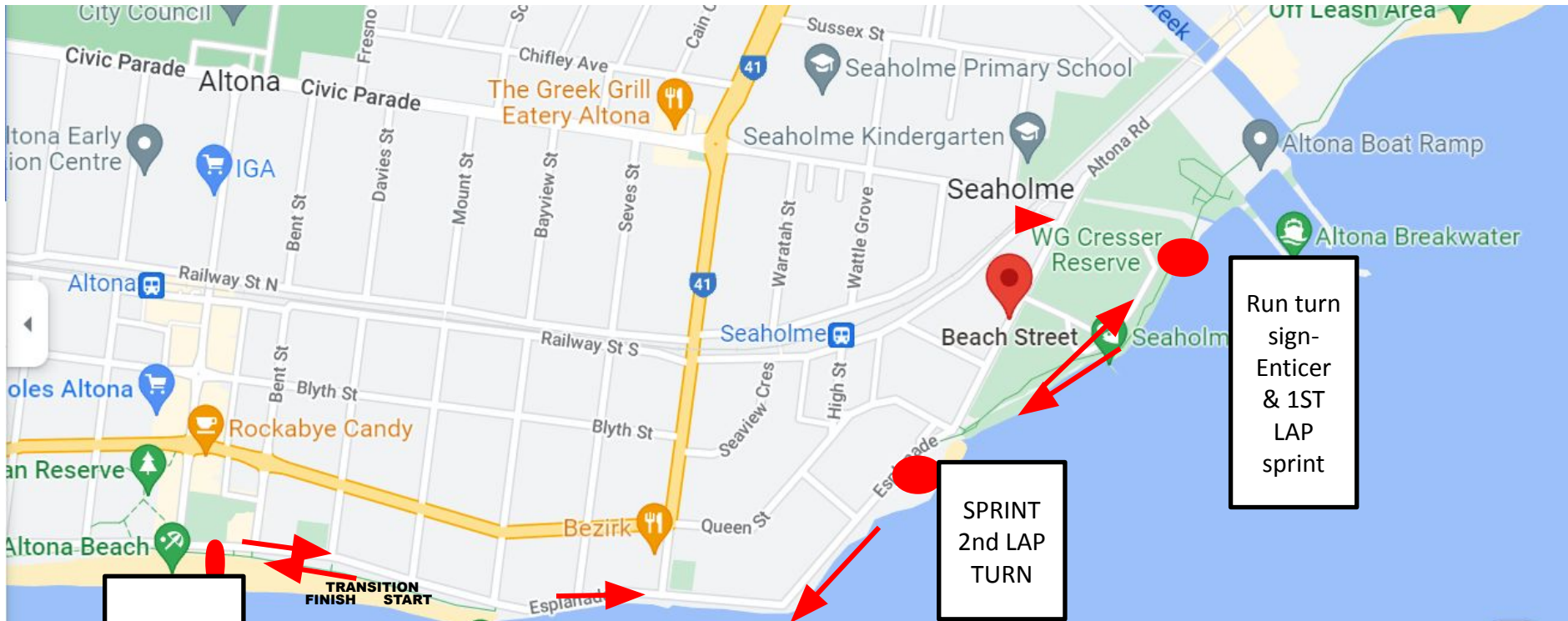


SPRINT DISTANCE

5KM RUN (2 LAPS) / 16.5 KM BIKE / 5KM RUN (2 LAPS)

2 LAP COURSE = 1 X 3KM LAP PLUS 1 X 2KM LAP

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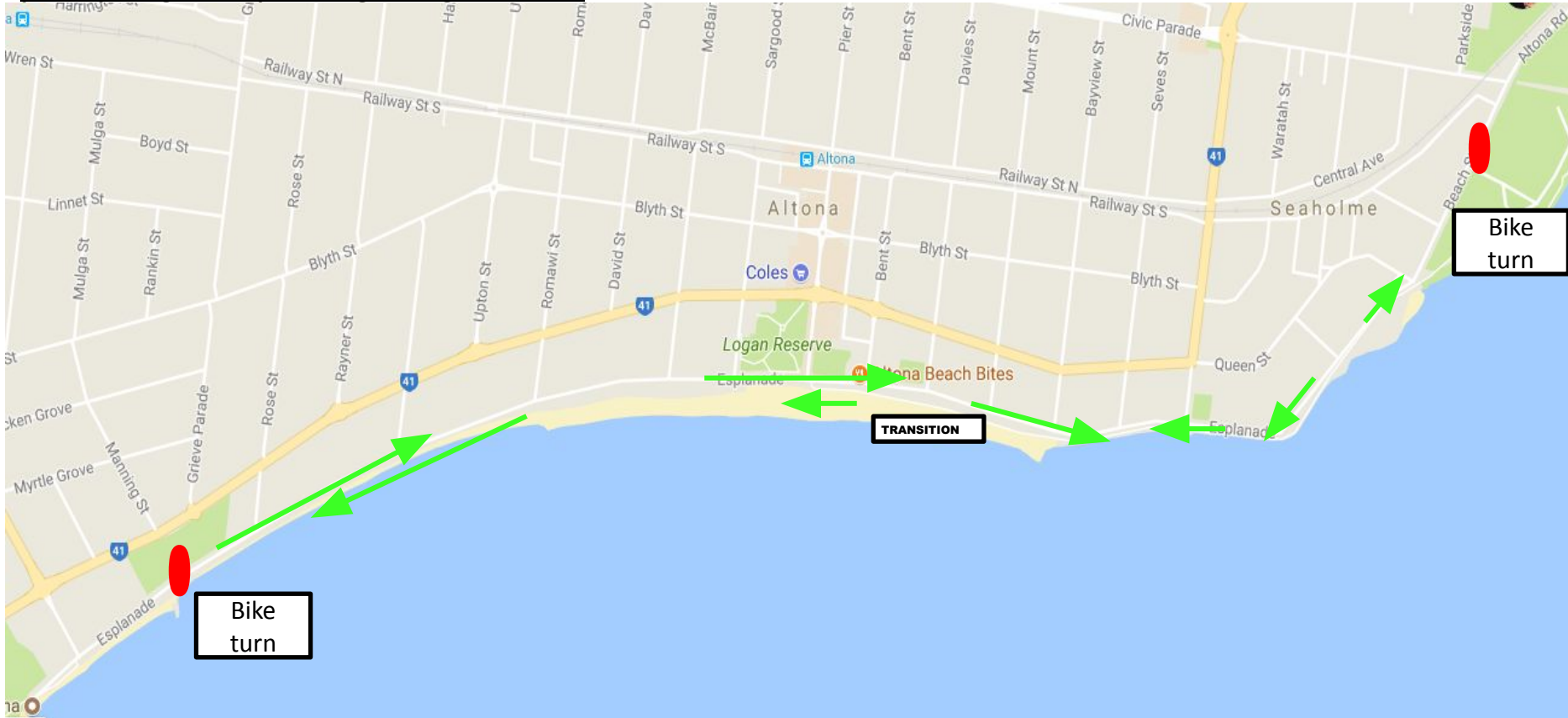


SPRINT DISTANCE

5KM RUN / 16.5 KM BIKE / 5KM RUN

(3 LAPS ON THE BIKE)

Please be aware you may encounter resident vehicles on the road (OPEN ROADS) & foot traffic on the shared path during the event. Please adhere to normal road rules (incl. keep left) and interact respectfully with residents whilst participating &/or spectating during the event.



**HAVE FUN &
ENJOY “YOUR” FINISH** 😊

THANKS TO ALL OUR VOLUNTEERS

WESTERN SUBURBS TRIATHLON CLUB

YOU CAN FIND ALL OUR EVENT DETAILS AT - WWW.WSTC.ORG.AU
