



WESTERN SUBURBS TRIATHLON CLUB

Duathlon Competitor Guide (VicTriathlon)



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Welcome

On behalf of the **Western Suburbs Triathlon Club (WSTC)**, I'd like to extend a warm welcome to you as we kick off another exciting **Duathlon Season** in coordination with **VicTriathlon for Race #2**. Whether you're a seasoned athlete or taking on your first race, we're thrilled to have you join us for this fantastic event.

At WSTC, we pride ourselves on fostering a **supportive and inclusive racing environment**. Our events are designed to challenge and inspire, while also creating a strong sense of community among competitors, volunteers, and supporters. This year, we're excited to introduce a **brand-new course**, taking advantage of recent council construction improvements and the newly rebuilt Ford—adding a fresh dynamic to the race experience.

For our **club members**, this event is just one of many opportunities to race at a **discounted entry fee** throughout the **Duathlon and Triathlon Series**. If you're not yet a member, we encourage you to join and become part of a club that is passionate about multisport and athlete development.

Thank you for being part of this event. We wish you a fantastic race day—push your limits, enjoy the challenge, and most importantly, have fun!

See you at the start line!

Jason Hyde

President, Western Suburbs Triathlon Club

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Event Details & Schedule

What is a Duathlon?

A Duathlon is a multisport event that combines running and cycling, offering a thrilling challenge for athletes of all levels. Unlike a triathlon, there is no swimming—making it an excellent race for those who prefer land-based endurance sports.

Each duathlon consists of three legs:

- 1 Run – The race begins with a run to get competitors moving.
- 2 Bike – After transitioning, athletes take on the cycling leg.
- 3 Run – The final run pushes competitors to the finish line.

Duathlons test endurance, speed, and strategy, making them a fantastic way to improve fitness and racing skills.

Event Distances

The Western Suburbs Triathlon Club (WSTC) offers a variety of race distances to cater to different experience levels:

Sprint Distance - 🏃 Run: 5 km, 🚴 Bike: 18 km (3 laps of bike course), 🏃 Run: 5 km

Enticer Distance - 🏃 Run: 3 km, 🚴 Bike: 12 km (2 laps of bike course), 🏃 Run: 3 km

Dash Course - 🏃 Run: 2 km, 🚴 Bike: 6 km (1 lap of bike course), 🏃 Run: 2 km

Kids Races

We encourage young athletes to participate in our shortened courses, designed for safe and fun racing:

👧 Ages 7-9: 800m Run, 3km Bike, 800m Run

👧 Ages 10-12: 1.3km Run, 6km Bike, 1.3km Run

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Event Details & Schedule Cont.

Below is the schedule for race day, outlining key times for registration, race starts, and presentations. Please ensure you arrive with enough time to check in, set up in transition, and warm up before your event. **All competitors must attend the race briefing to ensure a safe and smooth experience.**

***The event schedule is subject to change as the event nears. Check back to ensure you have the latest information.**

Time	Activity
7:00am	Registration & Transition Open (Sprint, Enticer, Dash Events)
7:50am	Transition Close (Sprint, Enticer, Dash Events)
7:50am	Briefing (Sprint, Enticer, Dash Events)
8:00am	Race Start (Sprint)
8:02am	Race Start (Enticer)
8:04am	Race Start (Dash)
9:00am	Registration Open (Kids Events)
9:30am	Presentations (Sprint, Enticer, Dash)
9:50am	Transition Open (Kids Races)
10:00am	Briefing (Kids Events)
10:15am	Race Start (10-12 Years)
10:45am	Race Start (7-9 Years)
11:15am	Transition Open for Clearing
11:30am	Road Opening (Course Pack Up)

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Site Maps

Registration



Bike Mount/Dismount –
Dash & Sprint



Toilet / Change Rooms



Timing Area & Finish



First Aid



Athlete Recovery
Hydration Station



Club Tents/Expo



Transition



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Registration, Race Bibs & Stickers

To ensure a smooth and enjoyable race experience, all competitors must complete **registration** upon arrival. Here's what you need to know to get race-ready!

Where & When to Register

📍 **Location:** Western Suburbs Triathlon Club Rooms

🕒 **Time:** 06:00am for Dash, Enticer and Sprint Races (See schedule for kids registration times)

Upon arrival, head into the **club rooms** at the designated time to meet the **friendly WSTC crew**, who will assist you with check-in and answer any last-minute questions.

Pre-Registration Recommended for Race 1!

While **on-the-day registration** is available, we strongly recommend **pre-registering** for **Race 1**, as it's expected to be a **big event**. Pre-registration helps streamline the process, ensuring you have everything you need before race day.

What You'll Receive at Registration

- ✅ **Timing Chip** – Essential for tracking your race time and will be collected when you cross the finish line
- ✅ **Bib Number** – Must be worn during both bike and run leg
- ✅ **Bike Sticker** – Attach to your bike for identification
- ✅ **Coloured Wristband** – Indicates the event distance you've entered

Your **wristband colour** will help officials and volunteers guide you through the correct course and transition areas.

Final Steps Before Racing

- ✓ Ensure your **bike is racked** in the transition area
- ✓ Attend the **race briefing** for important safety and course details
- ✓ Warm up and get ready to race

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Race Briefings

Before the race begins, all competitors must attend the **Race Briefing**, where officials will provide an overview of the course, highlight any changes, and address important safety considerations.

Safety & Hazards

🚧 **Closed Road Event** – While the course is closed to general traffic, please be aware that **some vehicles may still be present**, including:

Local residents accessing their properties.

Business operators conducting essential activities.

Official event vehicles and emergency services.

⚠️ **Be Alert & Aware** – Competitors must remain vigilant and **follow marshal instructions** at all times. If you encounter a vehicle on the course, **stay to the left** and proceed with caution.

Course Marshals & Assistance

Marshals will be stationed throughout the course to provide guidance and ensure safety.

If you need assistance or have any concerns, **ask a marshal** or visit the **registration desk** before the race begins.

Final Reminders

- ✅ **Know your course** – Ensure you understand your **turn points** and transition entry/exit locations.
- ✅ **Respect other competitors** – Maintain safe distances and follow race etiquette.
- ✅ **Enjoy the race!** – Push your limits, but most importantly, have fun!

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Course Descriptions

Bike Course – Altona Foreshore

The bike leg of the duathlon takes competitors along the stunning Altona Foreshore, stretching from Bent Street to Altona Road. This scenic route offers uninterrupted views of Port Phillip Bay, with the fresh coastal breeze adding to the challenge and excitement of the ride.

Recent redevelopment efforts by the Hobsons Bay City Council have transformed the foreshore into a vibrant and accessible space, enhancing the cycling experience. Riders will pass through the east sections of the Esplanade, as a result of in progress upgrades to improve pedestrian and cyclist access, ensuring a smooth and safe ride.

The course also takes advantage of the newly rebuilt Ford, a key infrastructure improvement that enhances connectivity along the route. This section provides a fresh racing experience, allowing competitors to push their limits on a well-maintained and dynamic course.

Run Course – Towards Williamstown

The run leg heads towards the city, taking competitors just short of the old Williamstown Race Track, a site rich in history. Once considered one of Victoria's finest racing venues, the Williamstown Racecourse was home to legendary races, including Phar Lap's victory in the Underwood Stakes in 1931.

Originally established in 1869, the racecourse was a hub for thoroughbred racing until World War II, when it was repurposed for military use. Though racing was set to resume post-war, a devastating fire in 1947 destroyed the grandstands, marking the end of its era. Today, the site is part of Altona Coastal Park, preserving remnants of its storied past, including grandstand steps and a lone palm tree that once stood among flourishing gardens.

Runners will experience a fast and flat course, with the coastal backdrop providing a motivating atmosphere. The route blends historical significance with modern endurance racing, making it a unique and memorable challenge for all competitors.

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Race Start

The first leg of the duathlon (run) will start on The Esplanade road – Athletes for each event distance will self seed as this will be a mass start.

Runners will run towards the city of the road – while the start will be across all lanes of the road, runners are encouraged to shortly after merge to the left carriage way of the roadway.

As runners approach the Dash Turn Sign, which will be located on the footpath approx. 1km from the start, runners will be guided onto the footpath where Enticer and Sprint distances will continue on the footpath to their designated turn signs. Dash athletes will turn at this point and head back towards transition via the footpath.

Marshals will be designated at run turn signs to assist – your run turn sign will match your wristband colour.

Additionally, a lead rider will be in front of the Sprint event to guide runners to ensure the transition from road to footpath is negotiated.

See how cool it looks! ---→




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Run Courses

The **run leg** of the duathlon begins on **The Esplanade**, where competitors will start in their respective groups and head **east towards the city**. This scenic stretch offers breathtaking views of **Port Phillip Bay and the city skyline**, with the coastal breeze providing a refreshing start to the race.

Course Breakdown by Distance

 **Dash** – After **1km**, runners will be guided onto the **foot track**, where they will reach their designated **turn point** and head back toward **transition**.

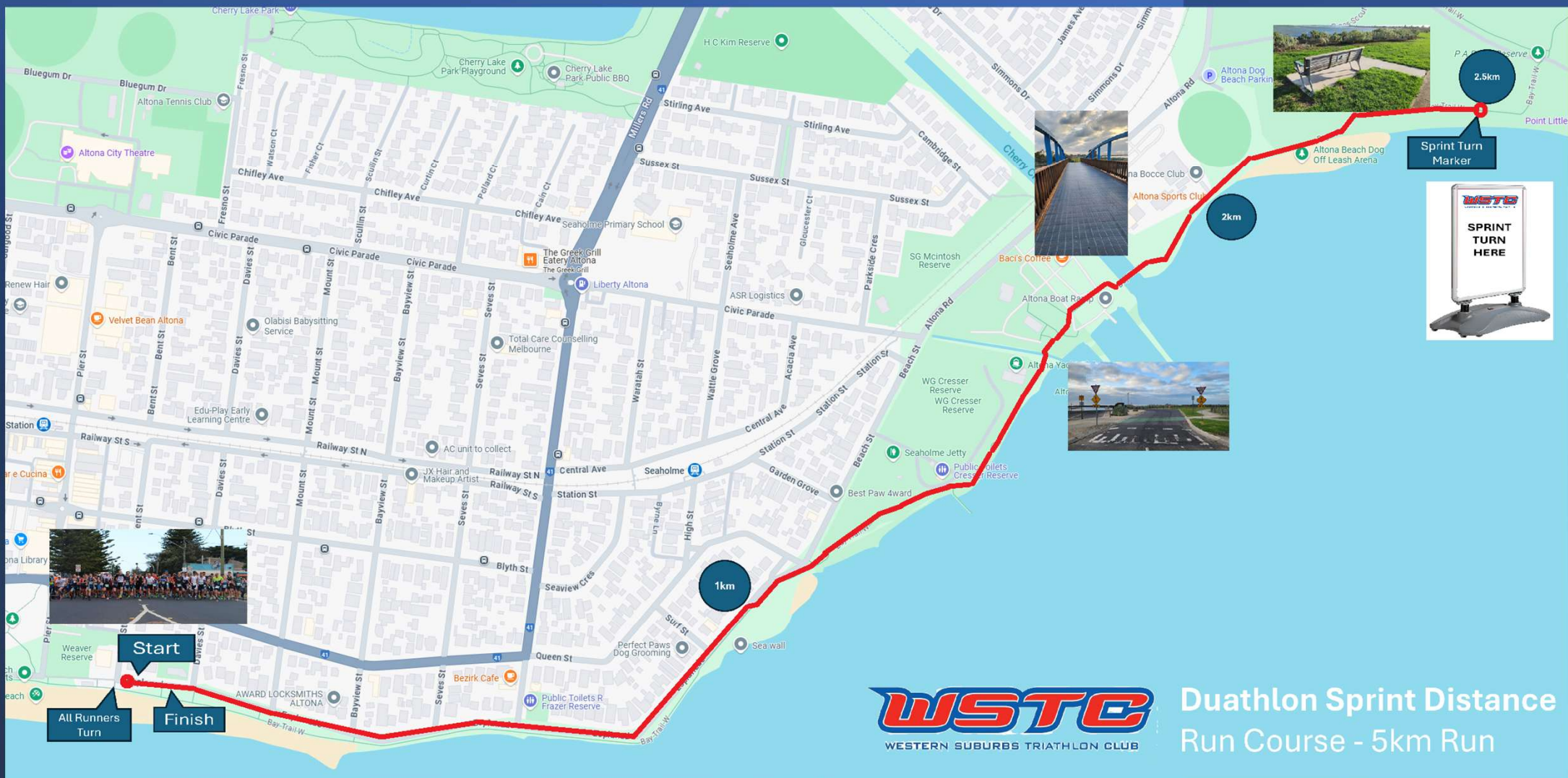
 **Enticer & Sprint Distances** – These competitors will continue further along the **foot track**, towards **Altona Coastal Park** via the Bay Trail, which preserves remnants of the **old Williamstown Racecourse**. Once a premier racing venue from **1867 to 1947**, the track was home to legendary races, including **Phar Lap's victory in 1931**. Though the grandstands were lost to a fire in **1947**, the site remains a historical landmark, adding a unique backdrop to the race. Runners will approach their respective run turn signs that aligns with their wrist bands and start their return.

Return Leg & Transition Entry

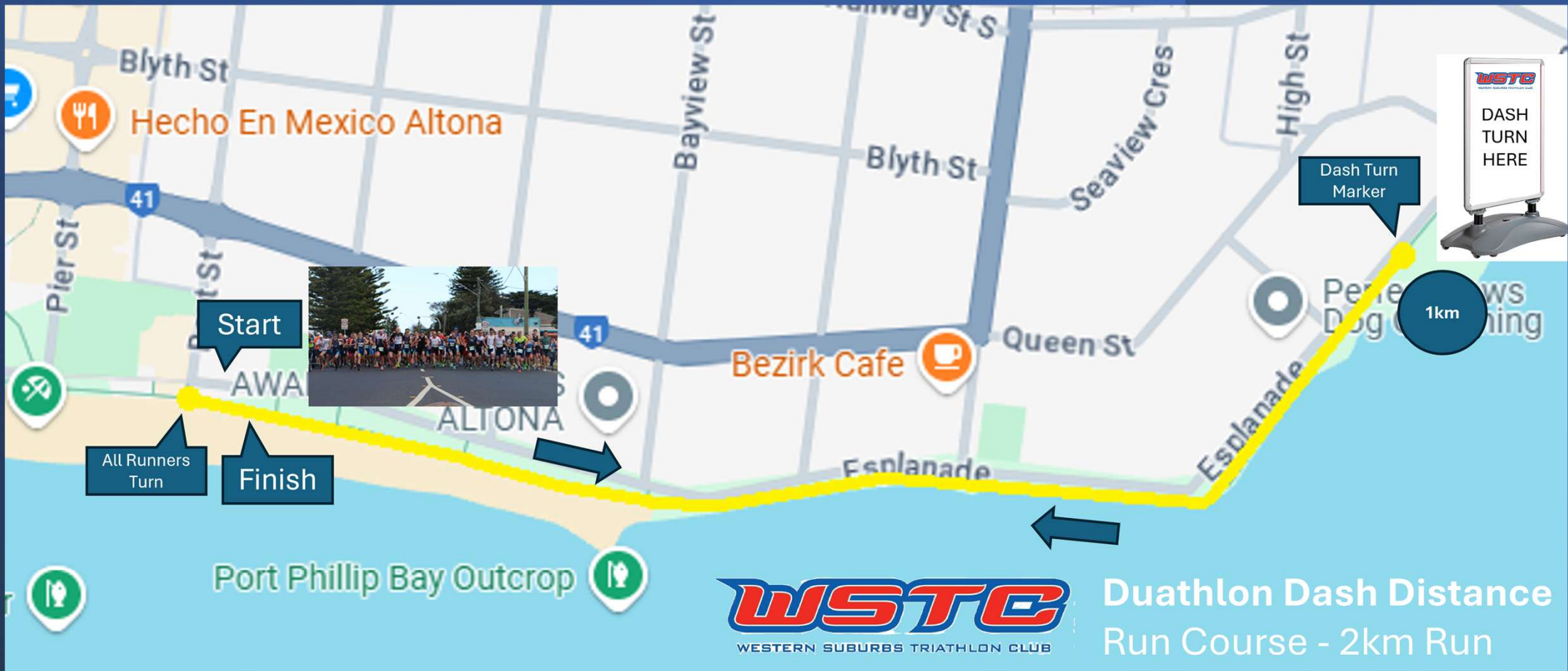
On the **return leg**, all runners will pass the **transition area** but continue toward **Bent Street**, where they will see the **"All Runners Turn Here"** sign. This final turn directs competitors back toward the **east side of transition**, where they will enter to **collect their bike** and begin the cycling leg.

This **fast and flat course** blends **historical significance with modern endurance racing**, making it a **memorable challenge** for all competitors.

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Kids Run Courses

All kids races will **start on The Esplanade roadway**, just like the main event. Competitors will begin their run heading **east towards the city**, enjoying the scenic coastal views along **Port Phillip Bay**. At designated **shorter landmarks**, as indicated on the event maps, runners will be guided onto the **foot track**, ensuring a smooth transition toward their respective **turn points**.

After reaching their **turn point**, young athletes will **head back** along the foot track toward **Bent Street**, where they will see the "**All Runners Turn Here**" sign. This final turn directs them toward the **east side of transition**, where they will enter to **collect their bike** and begin the cycling leg.

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Bike Course

Bike Course – Altona Foreshore & Racecourse Road

Competitors will exit the transition area and head west toward the first turn point, located just before Bent Street. This initial section allows riders to settle into their pace before turning east along the Esplanade, a scenic stretch that runs parallel to Port Phillip Bay.

Cyclists will then continue onto Beach Street, passing through Seaholme and heading toward Altona Road, one of the oldest roads in Altona. Originally constructed in 1890, Altona Road was the first and only road leading into Altona, serving as a vital connection for early settlers. Today, it remains a key route, offering a mix of coastal views and historical significance.

As riders approach Kororoit Creek, they will cross the newly rebuilt Ford, an upgraded crossing that enhances connectivity between Altona Road and Racecourse Road. This section of the course provides a smooth transition onto Racecourse Road, a historically significant route that once led directly to the Williamstown Racecourse—a premier racing venue from 1867 to 1947.

Upon reaching the designated turn point on Racecourse Road, competitors will loop back toward the transition area, ensuring they complete the required number of laps based on their event distance. Once finished, riders will enter the transition zone to dismount and begin the run leg. This closed-road course offers a fast and scenic ride, blending modern infrastructure with historical landmarks, making it a unique and memorable challenge for all competitors.

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Transition Set Up

The **transition area** is a key part of your race, where you switch between the **run and bike legs**. Setting up your space efficiently will help ensure a smooth and stress-free experience on race day.

Bike Racking & Equipment Setup


 **Bike Racking:** Each rack comfortably holds **five bikes**. Athletes should rack their bike securely and ensure it is positioned correctly within their designated space.

 **Equipment Placement:** Any gear required for the **run or bike legs** should be placed **close to your bike**, ensuring it does not obstruct other competitors. This includes:


Running shoes

Helmet (must be fastened before touching your bike)

Hydration & nutrition (if needed)

 **Bag Storage:** **No bags** should be left in the transition area during the event. Bags can be stored **on the path side of transition**, close to your bike but out of the way of other athletes.

Navigating Transition

 **Remember Your Rack Number:** Take note of your **rack number** to ensure you can quickly locate your bike during the race.

 **Entry & Exit Points:**

Entry to transition during the event is always from the **east side**.

Exit from transition is always to the **west side**.

By following these guidelines, you'll ensure a **smooth and efficient transition**, helping you stay focused on your race performance.

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Access and Parking

Competitors and spectators attending the event will find **designated parking areas** near **Pier Street, Altona and side roads heading East**. Please note that **The Esplanade and other roads along the course will be closed** for the event, meaning parking will not be available in these areas.

Recommended Parking Locations

-  **Bent Street Car Park** – 49 spaces
-  **Sargood Street Car Park** – 44 spaces
-  **Cherry Lake Car Park** – 73 spaces

Important Notes

-  **No parking on The Esplanade or course roads** due to road closures.
-  **Plan ahead** and arrive early to secure a spot near the event venue.
-  **Check signage** upon arrival to ensure compliance with any restrictions



First time competitor at WSTC?

If this is your **first time competing with Western Suburbs Triathlon Club (WSTC)**, we're excited to have you join us! We understand that race day can feel overwhelming, so we're here to help make your experience smooth and enjoyable.

Need Assistance? Just Ask!

🌟 **Course Marshals** – Our friendly marshals are stationed around the course and transition area. If you need assistance or have any questions, don't hesitate to ask them!

🌟 **Registration Crew** – Let the team at **registration** know that you're new to WSTC, and they'll provide details on where to be, how transition works, and key site information.

Race Day Support

Pre-race briefing will cover important details about the course and rules.

Volunteers and officials are available to guide you through transition and race logistics.

Club members are always happy to offer advice—just ask!

We want you to feel **confident and ready** for race day. Enjoy the experience, push your limits, and most importantly—**have fun!**

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