



# 2018 Victorian Duathlon Series

Race 1 - 12 August (Yarra Blvd)

**Race 2 (& Victorian Duathlon Championships) - 2 September (Altona)**

Race 3 – 23 September (Ballarat)

Race 4 (& Australian Duathlon Championships) – 14 October (Yarra Blvd)

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## COMPETITOR PACK – Race #2

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## Inside you'll find

- Welcome
- Site map
- Event details
- Access and Parking maps
- Transition set-up
- Course maps
  - Sprint duathlon
  - Dash duathlon
  - Mini (Kids) duathlon
  - Mini Multiclass duathlon



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# 2018 Victorian Duathlon Series

Welcome to the Victorian Duathlon Series, proudly supported by Pilates for Sports! Triathlon Victoria in conjunction with, YarraTri, Melbourne Tri Club, Western Suburbs Triathlon Club, Ballarat Triathlon Club and Bayside Triathlon Club are excited to provide you with a unique series of races across two metropolitan venues and a new regional venue for the first time. This competitor pack provides you with all the important information about race day and the race course. If you have any further questions please contact us. See you at the start line!

Events include the Sprint Series, the Dash Series and a non-competitive mini duathlon for 7-12 years & multiclass 7-17. Race 2 is the Victorian Duathlon Championships including multiclass; while race 4 will host the Australian Duathlon Championships, again including multiclass.

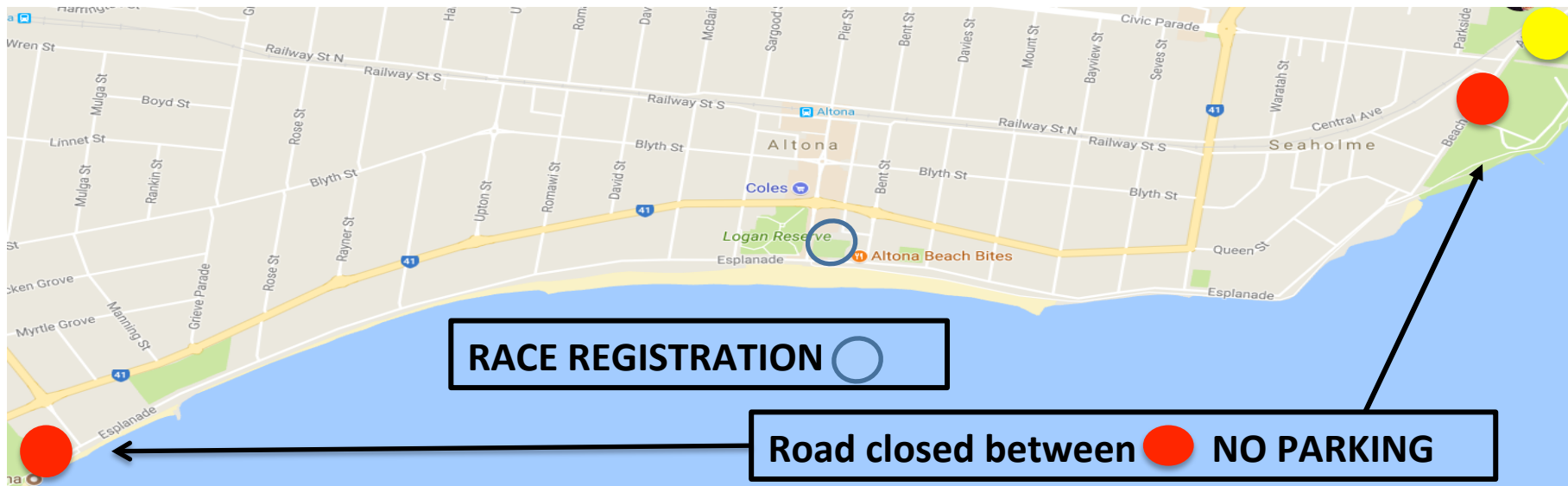
**\*\* Participants are reminded that to be eligible to win the state and/or national championships, and for their points to count for ITU World Championships qualifying, they need to be a Triathlon Australia member. Visit the Triathlon Australia website at these pages for more information and to sign up today:**

- [Join up](#) > [Membership categories & prices](#) > [FAQs](#)

The site for Race 2 is the Esplanade, Altona. The course comprises a fast and flat surface along the Esplanade and a pathway that runs parallel to the beautiful Altona foreshore. **Please check this guide carefully for registration, briefing and race start times.**

*Note: Parking arrangements. The Esplanade will be closed to traffic from Civic Parade to Maidstone St for the duration of the event. There will be no parking available within this area. There is ample street parking around the residential streets North of Queen St. The Altona Sports Club located approx. 1.5km from the race start also has off street parking available.*

For any enquires please contact [admin@wstc.org.au](mailto:admin@wstc.org.au) or [membership@trivic.org.au](mailto:membership@trivic.org.au)



# EVENT SITE AND TRANSITION

## KEY

Registration



BBQ



Start lines – Dash & Sprint



Toilet / Change Rooms



Timing Area & Finish



First Aid



Athlete Recovery  
Hydration Station



Club tents/expo



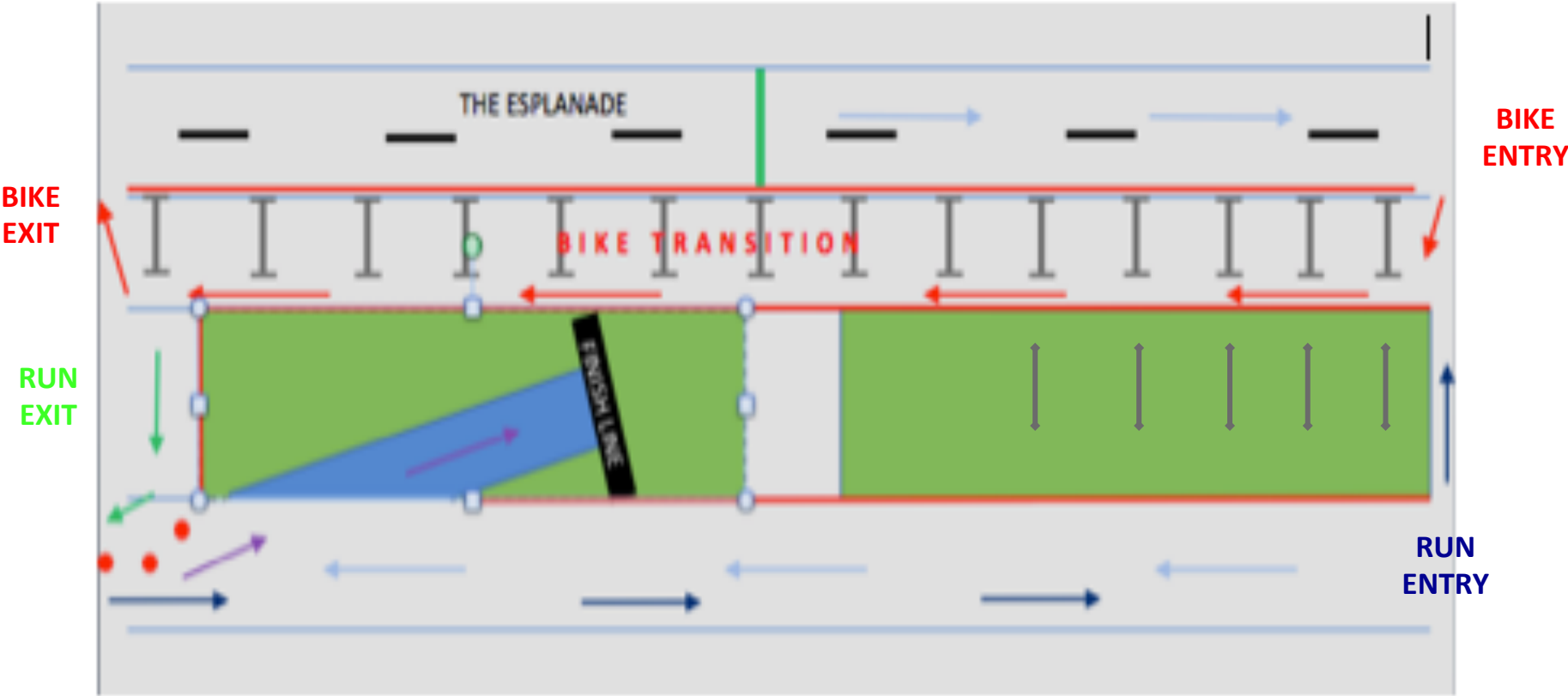
Transition



Parking



# TRANSITION SET UP PLAN



# EVENT DETAILS

## ROAD CLOSURES

- The Esplanade will be closed to cars (excl. local residents) from **6:00am** on the morning of the event.

## PARKING

- The Esplanade will be closed to traffic from Civic Parade to Maidstone St for the duration of the event. There will be no parking available within this area. There is ample street parking north of Queens Street around the residential streets of Altona and within walking distance of registration. The Altona Sports Club located approx. 1.5km East of transition also has off street parking available. Please be courteous to our local residents and do not block driveways.

## COURSE MAPS

Course maps are included in this competitor pack.

## REGISTRATION

- Registration is located in the WSTC / Altona Life Saving Clubrooms on the Esplanade as indicated on the maps provided herein. (Address - 127 Esplanade Altona)
- All competitors must report to registration to collect their race number, bike and helmet stickers.
- Race Registration for **ALL SPRINT & DASH** competitors opens **at 6:30am** and closes at **7:30am**.
- Mini Duathlon (kids) and mini duathlon (multiclass) registrations will open at **9.00** and close at **9.45**.
- **PLEASE NOTE - Mini Duathlon and Mini duathlon multiclass participants will not have access to transition area until approx. 9.30am – 9.45am, at the completion of the Dash and the Sprint events. After mini registration please make your way down to the reserve opposite transition and await instructions to access the transition area.**

# EVENT DETAILS

## TRANSITION

**Transition compound opens at 6:45am and closes at 7:40am for Sprint and Dash competitors.**

**It will NOT be open to mini duathlon kids or mini duathlon multiclass participants until after conclusion of the sprint and dash at approx 9.30 – 9.45 am.**

To put your bike into transition competitors must be:

- Wearing a race number and helmet.
- Your race stickers must be on your helmet (right hand side) and bike.

## START TIMES AND LOCATIONS

- Sprint Duathlon: 8:00am on the Esplanade
- Dash Duathlon: 8:00am on the Esplanade
- Multiclass Duathlon(Sprint & Dash) 8:00 on the Esplanade
- Mini Duathlon (kids and multiclass) approx. 10.00 on the Esplanade

**Note: The mini duathlon (kid and multiclass) events start after Sprint & Dash racing concludes at approx. 10.00am**

## RULES OF RACING

- All Victorian Duathlon Series races are run according to the Triathlon Australia Rules of Racing. These are available at:
- [Race Competition Rules](#)
- Competitors are reminded all races in the Victorian Duathlon Series are Non-Drafting.
- We encourage competitors to view this video explaining drafting rules > [Drafting & Bike Rules Explained](#)

## RACE BRIEFING

- The pre race briefings will be held at the start line/transition area
  - **Sprint** Duathlon will be at **7:40am**
  - **Dash** Duathlon will be at **7:45am**
  - **Mini** Duathlon (kids and multiclass) will commence from approx. 10.00.

## POST RACE ACCESS TO TRANSITION

Transition will be open once all competitors have completed the bike leg.

To enter transition post race competitors will need to have their race number.

## MEDAL PRESENTATIONS

**Dash Presentations** will commence after the lead sprint distance athletes have finished.

**Sprint Presentations** will commence at 9:40am or earlier if results are available.

**Multiclass & Mini Duathlon competitors will be presented with their medals and certificates at the completion of their event.**

## POST RACE

Hydration courtesy of **Aquaforce** and nutrition for competitors will be available post race.





## **Victorian Duathlon Series Course Maps**

**SPRINT**

**DUATHLON**



# 1 LAP = 5KM

- I. Start opposite Davies St on the Esplanade – on road
- II. Head West on the road towards GH Ransom reserve, (keep left on road)
- III. Merge onto the path at approx. 650m and continue West to towards GH Ransom Reserve and the 1st turnaround point
- IV. Head back East on the path, at council works continue onto the grassed area as instructed by marshal present, merge back onto the road for approx. 25-30m (stay within marked cones) then merging back onto the path. Continue along the path heading past the transition area. Continue heading East towards the 2<sup>nd</sup> sprint turnaround near WG Cresser Reserve.
- V. Head back towards the finish line and into transition

## SPRINT DISTANCE

**5KM RUN / 18.75 KM BIKE / 3 KM RUN**



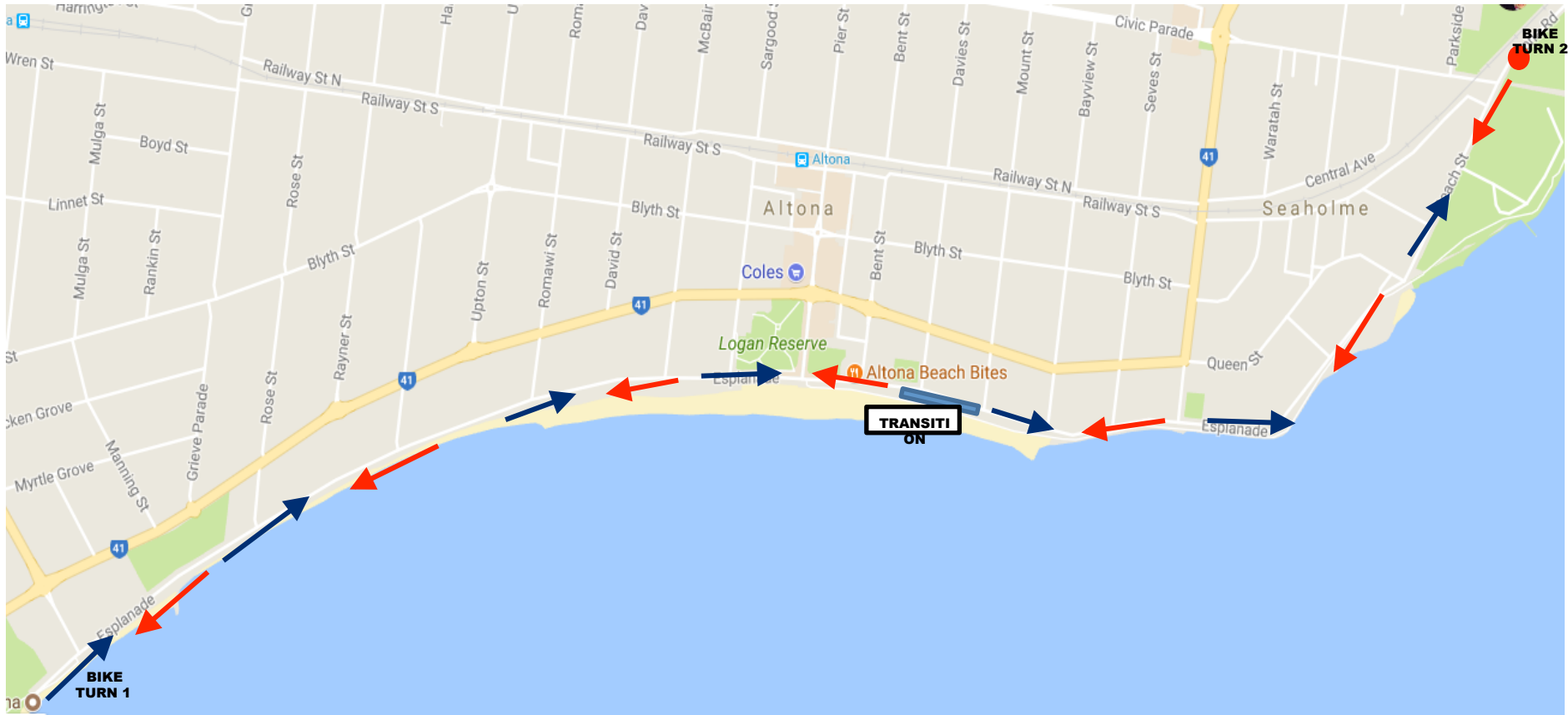
SPRINT RUN 1 – 5KM

### 3 LAPS = 18.75KM

- I. Start at bike mount line on the Esplanade
- II. Head West towards Apex Park car park
- III. Bike turnaround 1 is located in the car park. Head back East past transition towards Civic Parade and bike turnaround point 2.
- IV. Turning around prior to Civic Parade head West back to transition and repeat for laps 2 and 3 before dismounting at the dismount line.

### SPRINT DISTANCE

5KM RUN / 18.75 KM BIKE / 3 KM RUN



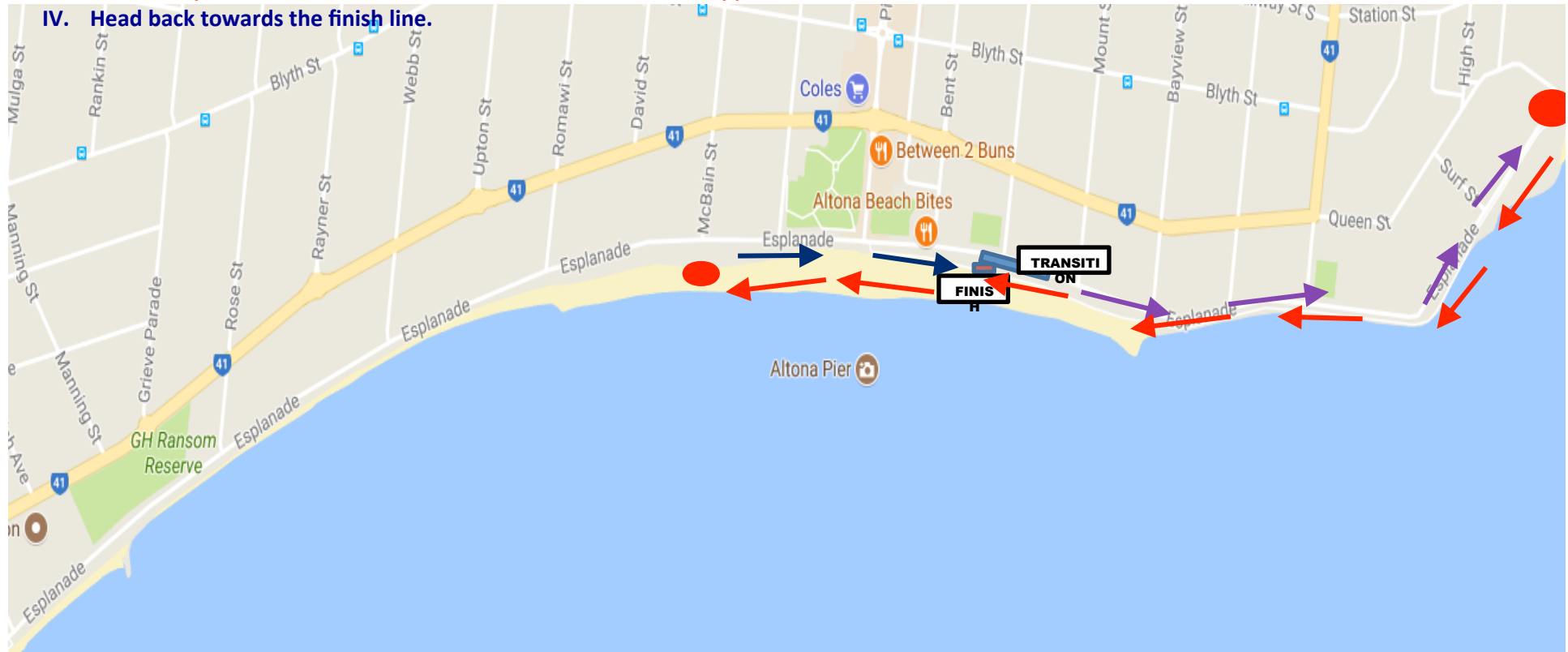
BIKE COURSE –  
18.75km (3 laps)

# 1 LAP = 3KM

- I. Heading out of transition turn left onto the path
- II. Continue East towards the 1<sup>st</sup> sprint turnaround point near GH Ransom Reserve, opposite Garden Grove,
- III. Head back West on the path, past transition/finish area towards 2<sup>nd</sup> turn around point located before council path works near McBain Street. (This short out & back loop from transition/2<sup>nd</sup> turn and back to the finish is approx 780m.
- IV. Head back towards the finish line.

# SPRINT DISTANCE

5KM RUN / 18.75 KM BIKE / 3 KM RUN



SPRINT RUN 2 – 3KM



## **Victorian Duathlon Series Course Maps**

**DASH**

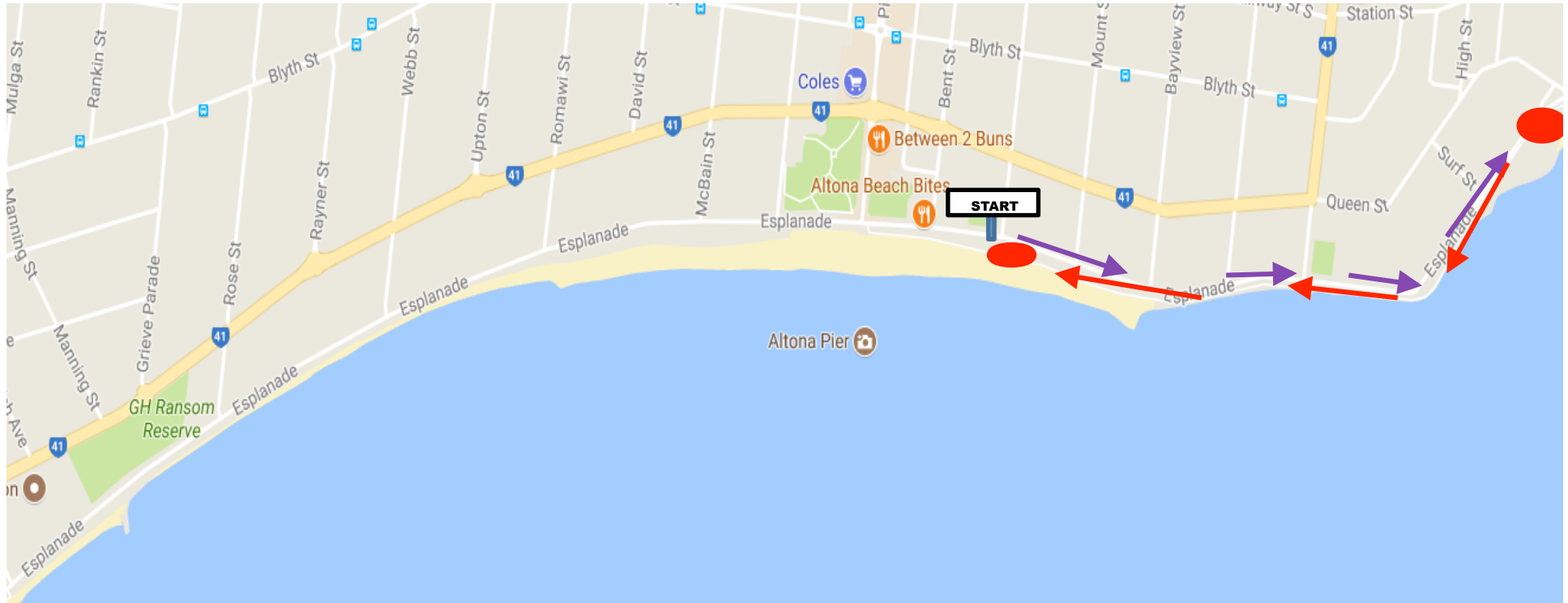
**DUATHLON**

# 1 LAP = 2KM

- I. Start Esplanade opposite Davies St – on road
- II. Head East on the road, keeping left prior to merging onto the path after approx 140m. Continue on the path heading East towards the dash turnaround near WG Cresser Reserve.
- III. Head back West on the path and into transition

## Dash DISTANCE

**2KM RUN / 12.50 KM BIKE / 1KM RUN**



DASH RUN 1 – 2KM

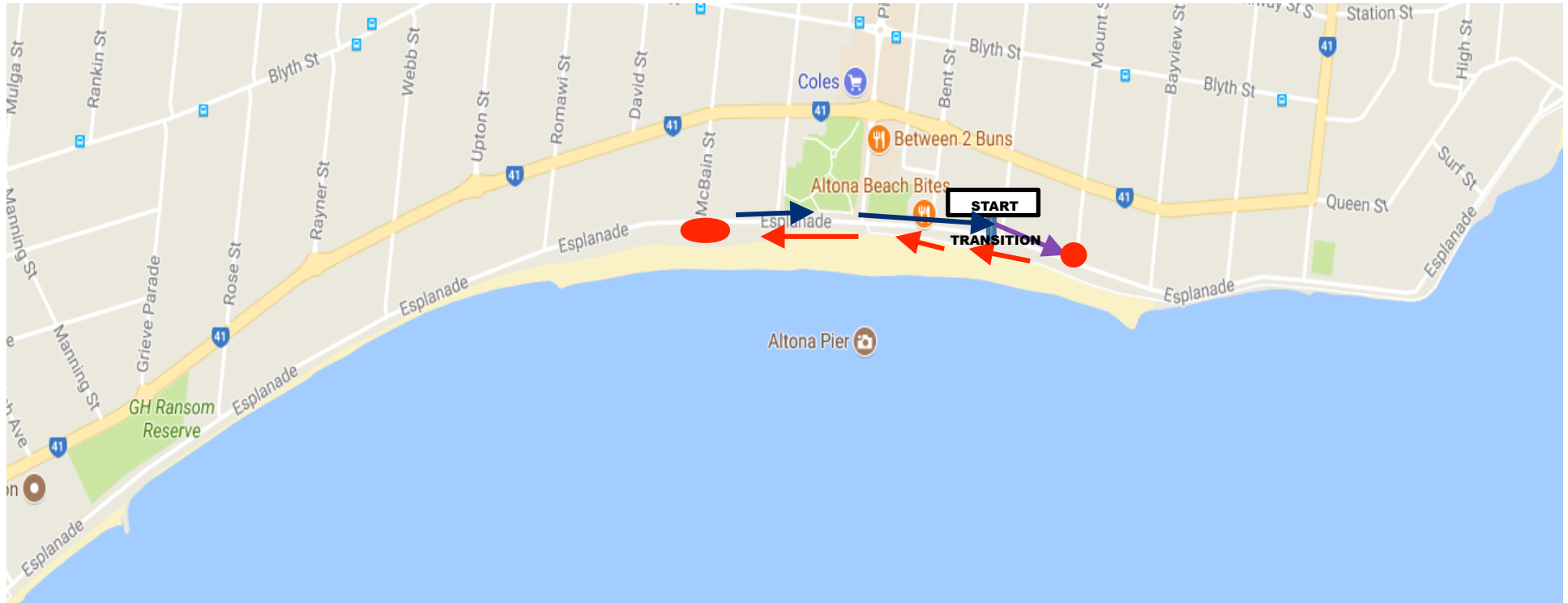


# 1 LAP = 1KM

- I. Heading out of transition turn left,
- II. Head East towards the 1<sup>st</sup> dash turnaround sign (before Mount St).
- III. Head back West on the path and past transition towards the 2<sup>nd</sup> turn around point at the council path works (opposite Mc Bain St)
- IV. Head back east on the path, into the finish line.

## Dash DISTANCE

**2KM RUN / 12.50 KM BIKE / 1KM RUN**



DASH RUN 1 – 2KM



**Victorian Duathlon Series Course Maps**

**MINI (KIDS) DUATHLON**

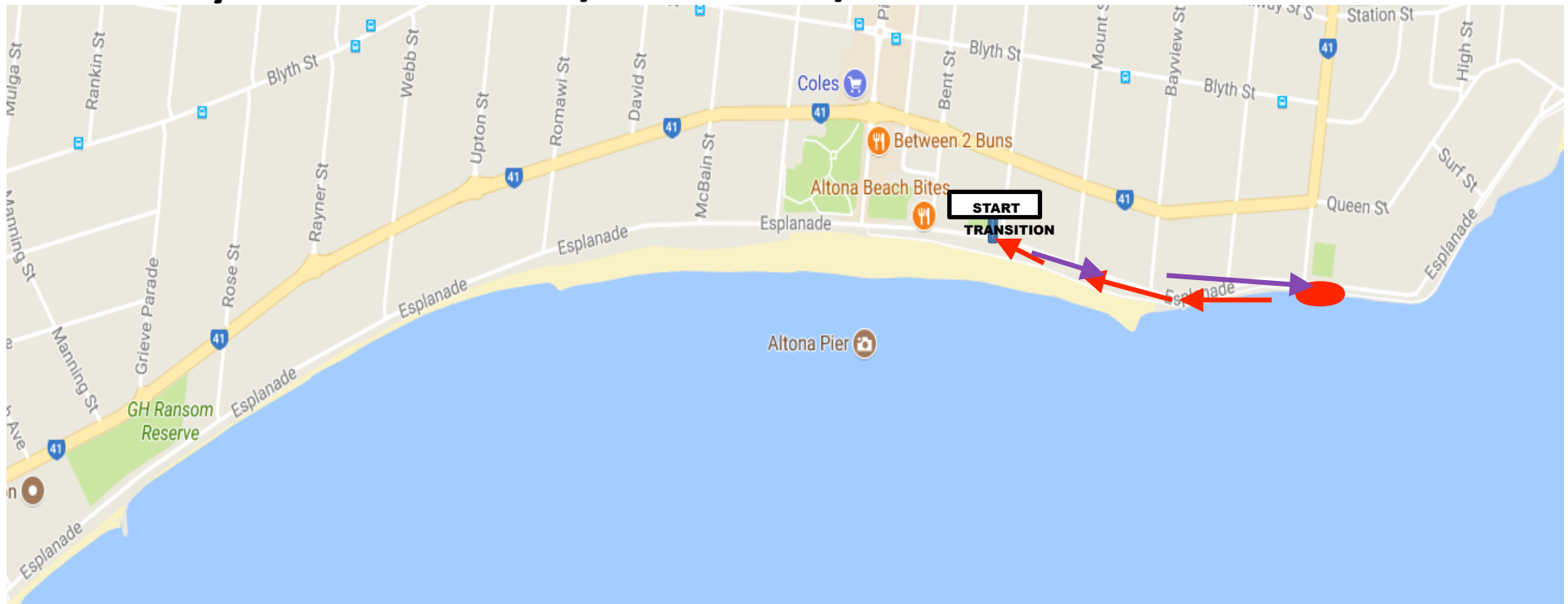


# Mini Duathlon



7 – 9 years **300M RUN** / 2.5KM BIKE / 300M RUN

10 –12 years **750M RUN** / 5KM BIKE / 750M RUN



## 7-9 years

**1 LAP = 300M**

- I. Start on Esplanade and head East past transition
- II. Merge onto the path as directed and head toward the 7 – 9 year old turnaround sign.
- III. Head back towards the start and into transition

## 10-12 years

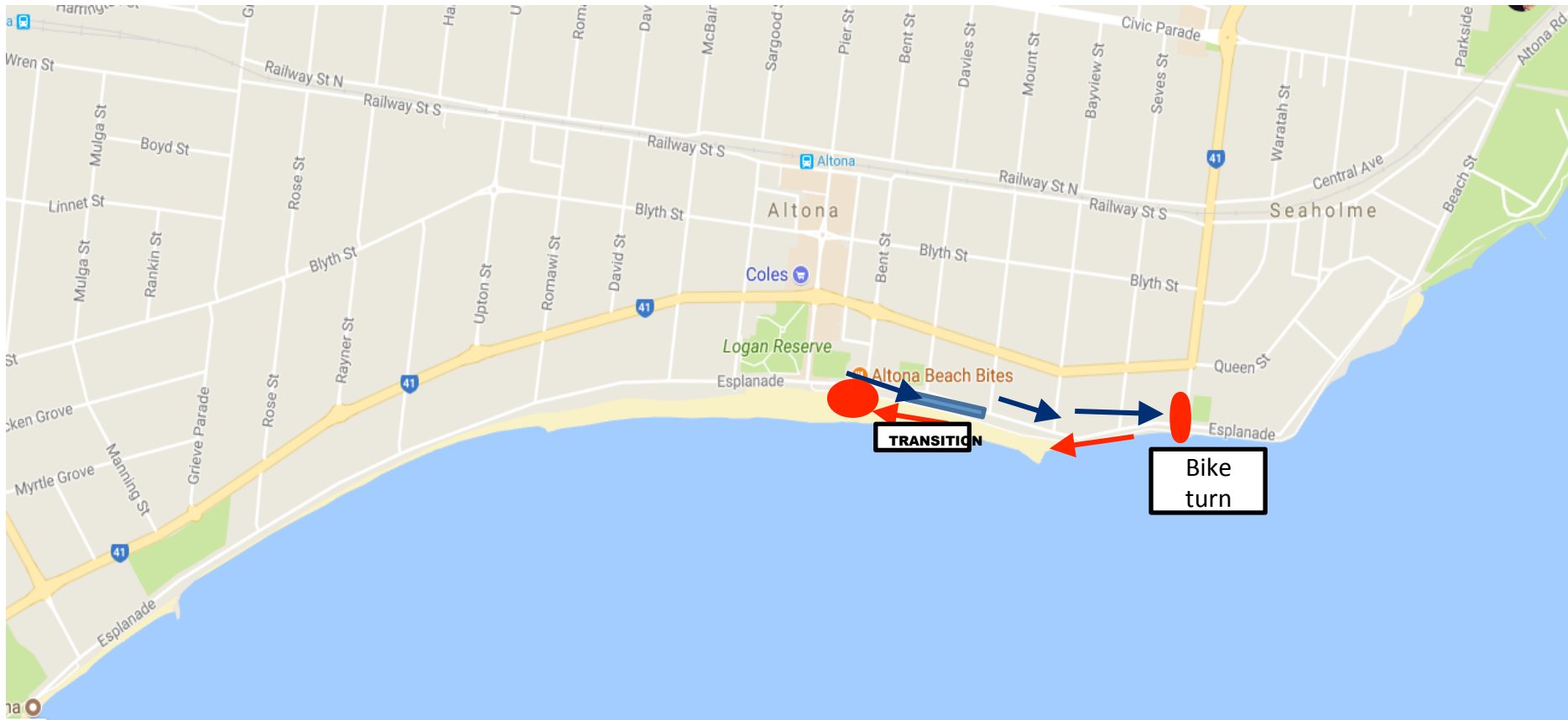
**1 LAP = 750M**

- I. Start on Esplanade and head East past transition
- II. Merge onto the path as directed, continue East on the path towards the 10-12 turnaround sign.
- III. Head back towards the start and into transition

# Mini Duathlon

7 – 9 years 300M RUN / **2.5KM BIKE** / 300M RUN

10 –12 years 750M RUN / **5KM BIKE** / 750M RUN



## 7-9 years 2 LAPS = 2.5KM

- I. Start on Esplanade and head west to the turnaround in front of the WSTC club rooms.
- II. Turn here and head back East, past transition towards the bike turnaround sign near Millers Rd.
- III. At the turn around head back towards the start area. Complete one more lap before dismounting.

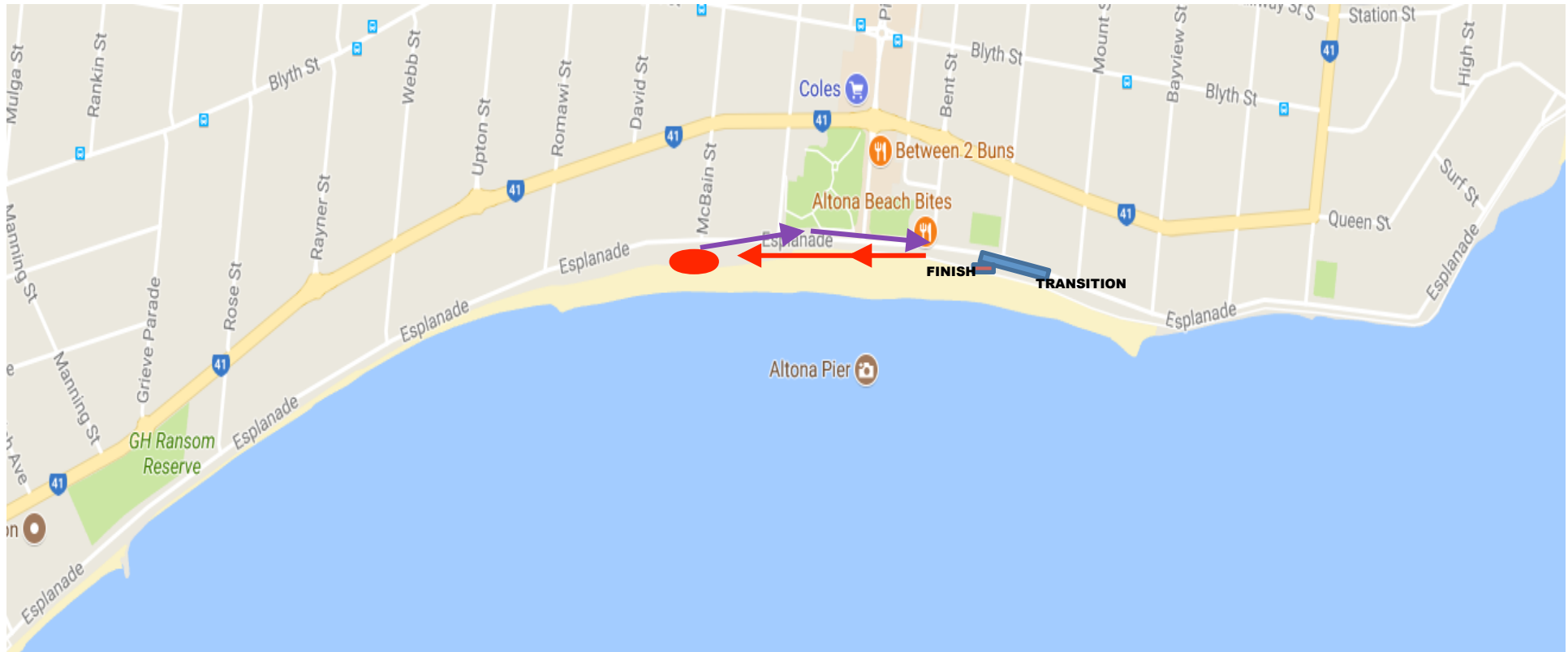
## 10-12 years 4 LAPS = 5KM

- I. Start on Esplanade and head west to the turnaround in front of the WSTC club rooms.
- II. Turn here and head back East, past transition towards the bike turnaround sign near Millers Rd.
- III. At the turn around head back towards the start area. Complete 3 more laps before dismounting.

# Mini Duathlon

7 – 9 years 300M RUN/ 2.5KM BIKE / **300M RUN**

10 –12 years 750M RUN / 5KM BIKE / **750M RUN**



## 7-9 years

**1 LAP = 300M**

- I. Heading out of transition turn right onto the path
- II. Continue West on the path towards the 7-9 turnaround sign (at the Pier)
- III. Then Head back towards the finish line.

## 10-12 years

**1 LAP = 750M**

- I. Heading out of transition turn right onto the path
- II. Continue West on the path towards the 10-12 turnaround sign prior to council path works.
- III. Then Head back towards the finish line.



**Victorian Duathlon Series Course Maps**

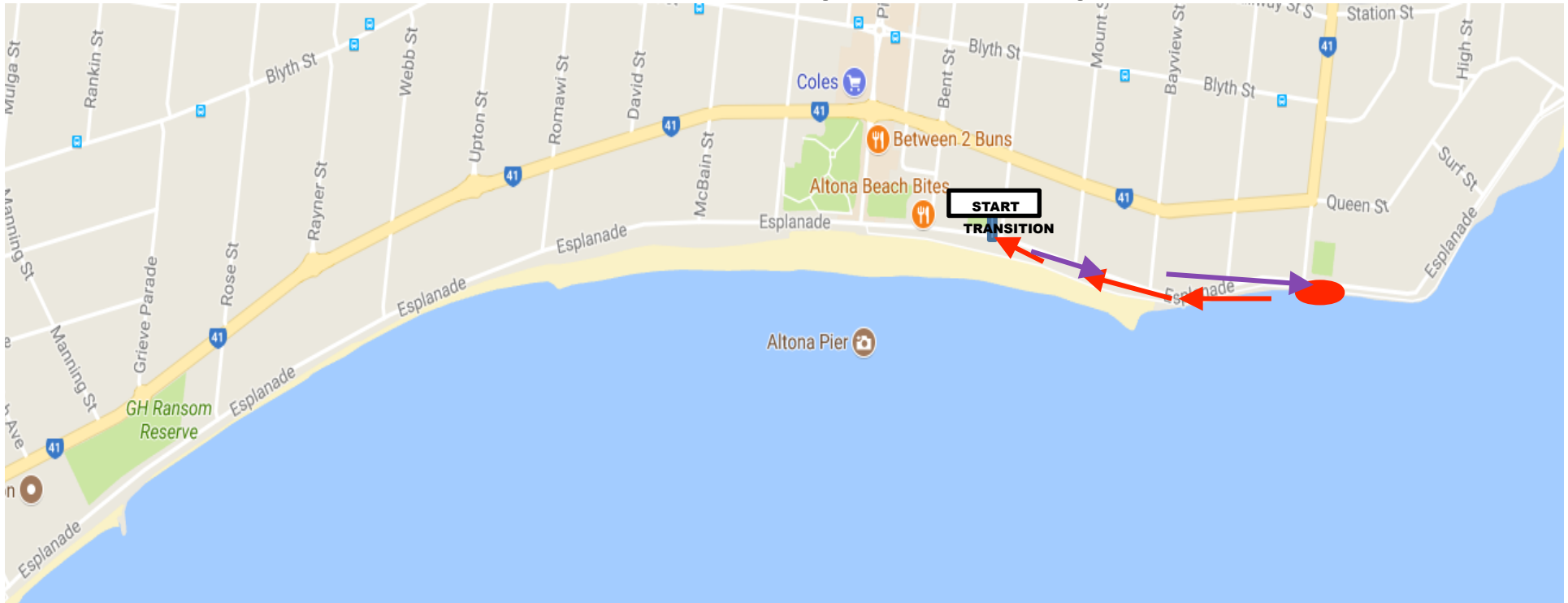
**MULTICLASS MINI ONLY**  
**DUATHLON**

# Mini Duathlon MULTICLASS



**Beginner Multiclass 300M RUN / 2.5KM BIKE / 300M RUN**

**Intermediate Multiclass 750M RUN / 5KM BIKE / 750M RUN**



## Beginner

**1 LAP = 300M**

- I. Start on Esplanade and head East past transition
- II. Merge onto the path as directed towards the multiclass turnaround sign.
- III. Head back towards the start and into transition

## Intermediate

**1 LAP = 750M**

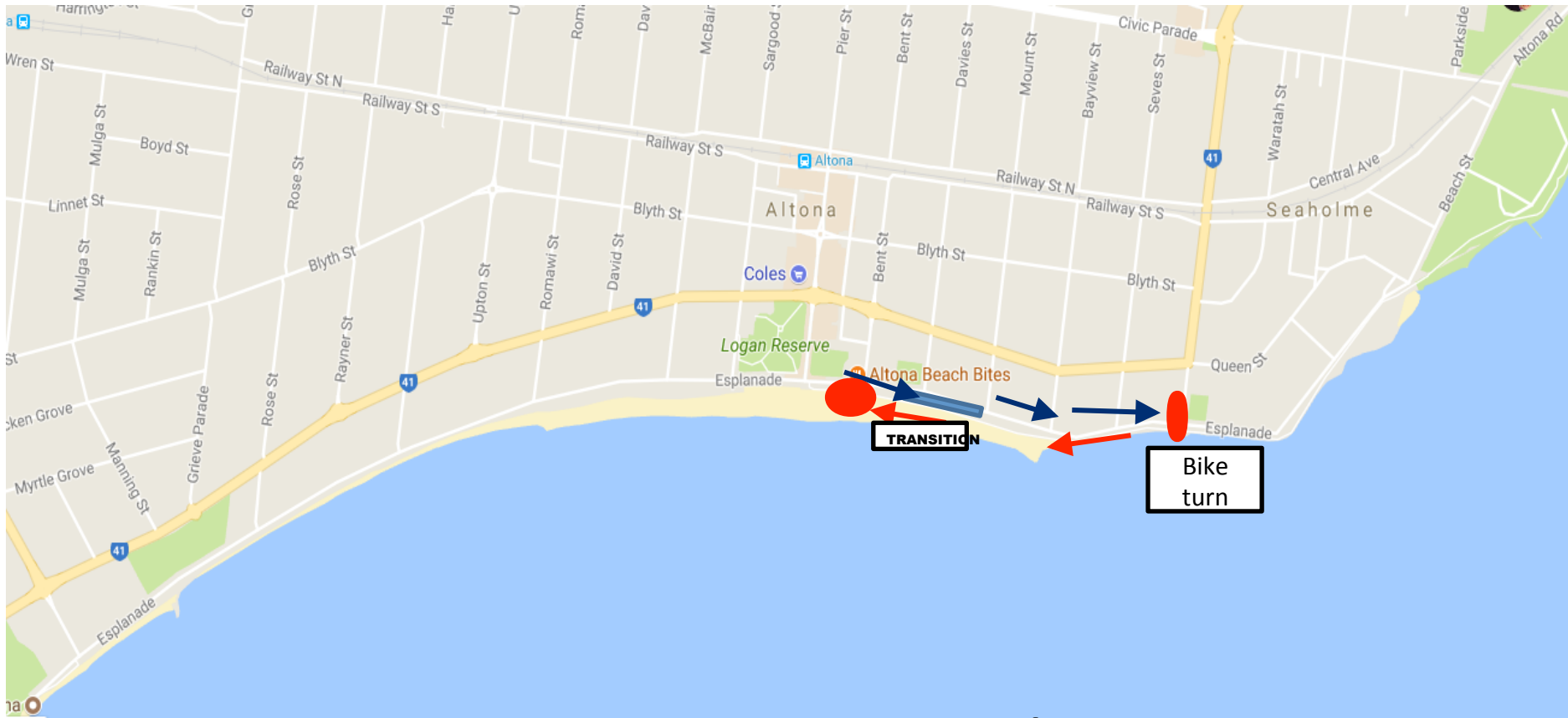
- I. Start on Esplanade and head East past transition
- II. Merge onto the path as directed, continue East on the path to the multiclass turnaround sign.
- III. Head back towards the start and into transition

# Mini Duathlon MULTI CLASS



Beginner Multiclass 300M RUN / 2.5KM BIKE / 300M RUN

Intermediate Multiclass 750M RUN / 5KM BIKE / 750M RUN



## Beginner 2 LAPS = 2.5KM

- I. Start on Esplanade and head west to the turnaround in front of the WSTC club rooms.
- II. Turn here and head back East, past transition towards the bike turnaround sign near Millers Rd.
- III. At the turn around head back towards the start area. Complete one more lap before dismounting.

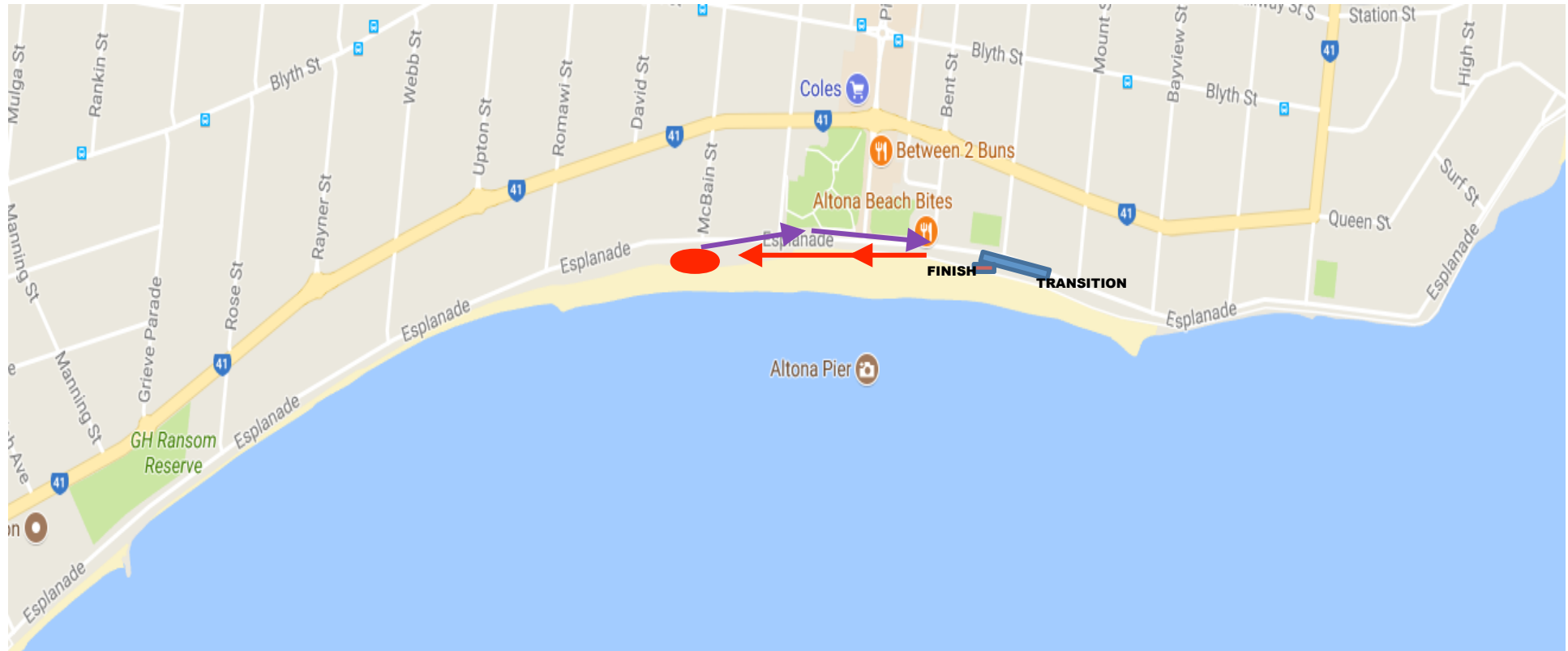
## Intermediate 4 LAPS = 5KM

- I. Start on Esplanade and head west to the turnaround in front of the WSTC club rooms.
- II. Turn here and head back East, past transition towards the bike turnaround sign near Millers Rd.
- III. At the turn around head back towards the start area. Complete 3 more laps before dismounting.

# Mini Duathlon MULTICLASS

Beginner 300M RUN / 2.5KM BIKE / 300M RUN

Intermediate 750M RUN / 5KM BIKE / 750M RUN



## 7-9 years

1 LAP = 300M

- I. Heading out of transition turn right onto the path
- II. Continue West on the path towards the multiclass turnaround sign (near the Pier)
- III. Then Head back towards the finish line.

## 10-12 years

1 LAP = 750M

- I. Heading out of transition turn right onto the path
- II. Continue West on the path towards the multiclass turnaround sign at the council path works
- III. Then Head back towards the finish line.

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## 2XU TRIATHLON SERIES 18/19

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RACE 3 ST KILDA 13:01:19 | RACE 4 ELWOOD 03:02:19

RACE 5 PORTARLINGTON 17:03:19 | RACE 6 ST KILDA 31:03:19

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