

Cairns Crocs Triathlon Club Lake Tinaroo Triathlon 18 November 2012

Bike Course Distances

The bike course has been set up to allow three separate distances to be ridden as a looped course using Tinaroo Falls Dam Road (refer to Figure 1).

1. 10 km – A to C (5 km) and return (5 km). One (1) loop.
2. 16 km - A to B (4 km) and return (4 km). Two (2) loops.
3. 20 km – A to C (5 km) and return (5 km). Two (2) loops.

The 10 and 20 km races (1 and 3 above) will use the same route. The 16 km (2 above) will use a shorter loop.

To avoid having two turnaround points in action at one time and the possibility of collision, the competitors using the 8 km loop (distance 2 above) will be started first so that they can clear the bike course before the competitors using the 10 km loop (1 and 3 above) enter the bike course. The Turnaround point and associated Marshals and Traffic Control will initially be set up at Point B on Figure 1. Once the last competitor in the 16 km race has rounded the turnaround, the location will be moved 1km up the Tinaroo Falls Dam Road to the 10km loop turnaround location ready for the next event.

Bike Course Description – 16 km

- Leave Transition and turn left heading along Lambs Road for approx 50 metres.
 - A Marshal will be positioned at the exit of transition on Lambs Road to maintain flow.
- At the junction turn left onto Tinaroo Falls Dam Road (TDF Road).
 - A Marshall will be positioned on TDF Road to make flowing traffic heading South is aware of cyclists on road.
- Continue on TDF Road out of Tinaroo the township to the turnaround, positioned at 4km along TDF road just before the junction with Pasetti Road.
 - Turnaround is positioned on a long straight with good visibility for approaching traffic in both directions.
 - A Marshall will be located approx 100m from the turnaround to advise riders to slowdown.
 - Signage will also be positioned 200m approaching to the turnaround in both directions warning vehicles of the approaching turnaround and that cyclists are on the road.
 - A sign will also be placed at the Kairi primary school advising of cyclists ahead.
 - Signage will be placed regularly along the course making the public aware that cyclists are on the road.
 - The TDF Rd. turnaround will be controlled by Queensland police.
- After cyclists round this point they will ride back into Tinaroo and to the Lamb Street (A on Figure 1) Turnaround to finish the first loop and head back out along TDF Road for the second lap. For the Lamb St turnaround:
 - Signage will be placed at Russel Road and TDF Road making vehicles aware of cyclists ahead also on other approaching road from the dam side.
 - The turnaround for the course will be located to the side of the road/car park

next to transition.

- Turnaround and transition Entry manned by 2 Marshalls within eyesight of each other and approaching cyclists and traffic.
- Traffic Flow on TFD Rd and Lamb St will be stopped when required to give right of way to cyclists crossing the line of traffic.

Bike Course Description – 10 and 20 km

The bike course will essentially be the same as the 16 km circuit, but the far turnaround point will be located 1km further south on TDF Road (C in Figure 1). The 8 km loop far turnaround used for the 16 km course will be relocated once all competitors have rounded this mark for the second time so that only one far turnaround is in play at any one time. The course description is as follows

- Leave Transition and turn left heading along Lambs Road for approx 50 metres.
 - A Marshal will be positioned at the exit of transition on Lambs Road to maintain flow.
- At the junction turn left onto Tinaroo Falls Dam Road (TDF Road).
 - A Marshall will be positioned on TFD Road to make flowing traffic heading South is aware of cyclists on road.
- Continue on TDF Road out of Tinaroo the township to the turnaround, positioned at 5km along TFD road after the junction with Pasetti Road.
 - Turnaround is positioned on a long straight with good visibility for approaching traffic in both directions.
 - A Marshall will be located approx 100m from the turnaround to advise riders to slowdown.
 - Signage will also be position 200m approaching to the turnaround in both directions warning vehicles of the approaching turnaround and that cyclists are on the road.
 - A sign will also be placed at the Kairi primary school advising of cyclists ahead.
 - Signage will be placed regularly along the course making the public aware that cyclists are on the road.
 - The TFD Rd. turnaround will be controlled by Queensland police.
- After cyclists round this point they will ride back into Tinaroo and to the Lamb Street (A on Figure 1) Turnaround to finish the first loop. Those competitors doing the 10km will head straight into transition as they have completed their set distance. Those doing the 20 km loop will head back out along TDF Road for the second lap. Signage, traffic control and marshals will be the same as for the 16 km course.

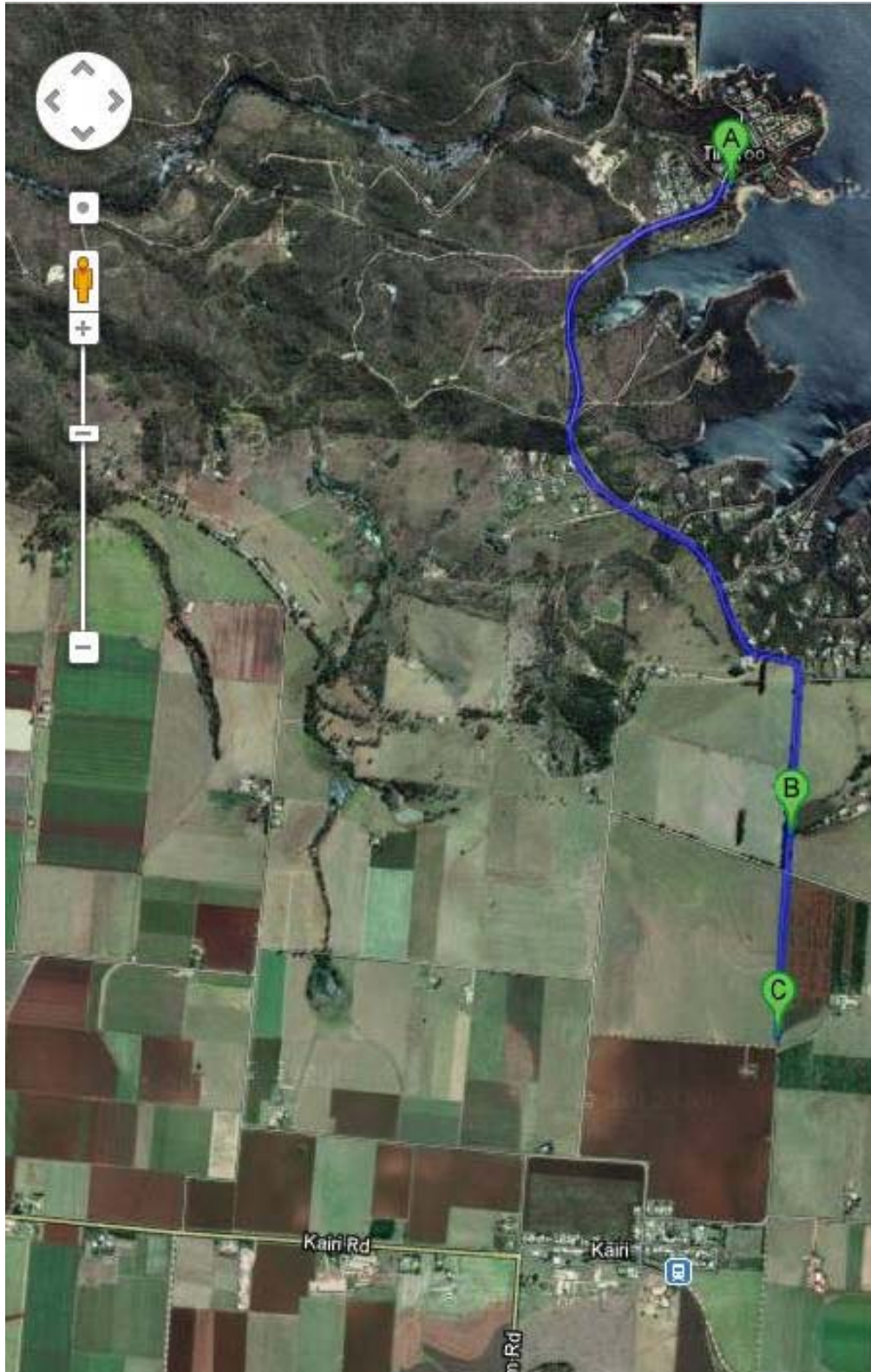


Figure 1 – general layout of course