

Yorkeys Knob Duathlon 11th of February 2018



Cairns Crocs Triathlon Club

PO Box 6401

ABN: 83 443 329 527

info@cairnscrocs.org.au

www.cairnscrocs.org.au

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Duathlon Yorkeys Yorkeys Knob, 11th February 2018 Race Information

A message from the Cairns Crocs Committee

The Cairns Crocs Committee 2018 is excited to hold the first multi-sport event of the 2018 race calendar.

On the morning of the race the Race Director and Race Referee will do an inspection of the course and manage any risks accordingly. We sincerely hope you all have a great race, lots of fun, support your fellow competitors, respect and thank all the volunteers who have given up their time to allow you to race and we hope you achieve every single one of your racing goals!

The Cairns Crocs Committee

Schedule of Events

Event	Time	Venue
Sign In / Numbering	6.00 – 6.50	Registration Hut
Transition Open/Bike Racking	6.00 – 6.50	Transition (new location)
Transition closes	6.50 (SHARP)	
Race Briefing Kids/Juniors	7.00	In front of Timing Hut
Race Start Kids/Juniors	7.10**	In front of Timing Hut
Race Briefing Sprint/Enticer	7.20	In front of Timing Hut
Race Start Sprint/Enticer	7.45**	In front of Timing Hut
First Finishers (approx.)	8.40	
Last Finishers (approx.)	10.00	
Presentation	10.15	

** Race time may be adjusted on the day depending on numbers and race conditions. Please arrive early and listen out for announcements. Make sure you plan your nutrition and hydration around these race times.

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Road Closure

Single-lane of Sims-Esplanade during the Kids/Junior race. Traffic is permitted in northbound direction. 'Stop and Go' at bike turnarounds.

Registration

Registration (to confirm you are racing and get your race number) opens at 6.00am. Please confirm your registration before racking your bike. Proceed to the registration desk and confirm your registration even if you booked online.

On registration you will be provided with a timing chip and a race number, which will need to be placed on your leg and arm. Make sure the race chip and number are applied immediately.

Transition set up and Key Times

Transition opens at 6.00am and closes at 6.50am for everyone. Technical officials will be on hand to do a helmet and a visual bike check. Please refer to the schedule of events above for all other times.

Equipment and Racing Gear

Leg	Compulsory	Optional
Bike	Bike, Helmet. Torso must be covered (bikini or one-piece swimsuit acceptable for female athletes)	Water bottle, (sun)glasses, towel in transition, bike or running shoes, sunscreen, spare parts/pump
Run	Running shoes – all runners must wear shoes. Torso must be covered (bikini or one-piece swimsuit acceptable for female athletes)	Cap / hat / visor, socks, sunscreen, spare singlet / t-shirt, water bottle

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Bike Check-in

Bike check-in is compulsory for all individuals and at least one team member. Please **wear your helmet for the check-in**. Immediately prior to bike check-in Triathlon Queensland (TQ) officials will carry out a visual inspection of your helmet. Your helmet therefore must be correctly fastened on your head when you present your bike for check-in. This visual inspection is not a certification of function or safety effectiveness.

TQ officials will visually inspect your bike and no bike will be accepted unless it passes the inspection. The officials will be checking for: handlebar plugs, tyres in reasonable condition, stripped cables etc. The ends of the handlebars must be plugged – please ensure no bare metal. The bike must have two functional brakes.

Please note that the bike check-in is a safety precaution to monitor basic soundness of your bike and is essentially a visual check on obvious defects. It is not a certification of roadworthiness by TQ or that your bike meets any specific minimum criteria or a guarantee it will not break down during the race.

It is your sole responsibility to ensure the mechanical and safe operation of your bike prior to and during the race.

*A mechanic from our great sponsor **Cairns Bicycle Centre** will be on hand if you need any assistance.*

Race Briefing

A short briefing will be held before each race. However, competitors should be familiar with the course and the rules of Triathlon. Please check out our course maps on the homepage. The use of unauthorised equipment such as cell phones, MP3 players, Oakley Thumps, cameras, video cameras, iPods or other audio listening or communication devices are an infringement and will cause a penalty by TQ official.

Run Course 1 (please refer to the detailed maps online)

Brand-new footpath for all runners! For Kids and Juniors, the course is fully shaded and for Enticer and Sprint mostly shaded. Use aid-stations as required to keep hydrated. Warning: it can be dangerous to your health if you continue racing whilst dehydrated and/or overheated.

Kids 500m (2x 250m loops on brand-new footpath along the wooden fence)

Juniors 1k (2x 500m loops on brand-new footpath along the wooden fence)

Enticer 2k (2 x 1k out and back loops on brand-new footpath along the wooden fence)

Sprint 5k (4 x 1.25k out and back loops brand-new footpath along the wooden fence)

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Cycle Course (please refer to the detailed maps online)

Kids – 2.7k – 3 laps out and back (Kids/Junior turnaround **new @ Rutherford St**)

Juniors – 5.4k – 6 laps out and back (Kids/Junior turnaround **new @ Rutherford St**)

Enticer – 10k – 1 lap @ 10k (Yorkeys Knob Rd)

Sprint – 20k – 2 laps @ 10k (Yorkeys Knob Rd)

You must put on your helmet before you touch your bike. No drafting, no illegal passing and no littering on the course. All road rules must be obeyed at all times. Follow police and traffic control directions at all times.

Run Course

as above

Kids 250m (1x 250m loop on brand-new footpath along the wooden fence)

Juniors 500m (1x 500m loops on brand-new footpath along the wooden fence)

Enticer 1k (1 x 1k out and back loop on brand-new footpath along the wooden fence)

Sprint 2.5k (2 x 1.25k out and back loop on brand-new footpath along the wooden fence)

Assistance

Please ask for medical help if you have the slightest hint you may need it. In the swim leg Please put up your hand to attract attention. There will be first aid near the finish line and on stand-by at all times. Any aid given by race medical personnel on the course is permissible and will **NOT** lead to disqualification. **If, however, you have any other form of outside assistance you will be disqualified.** You will be withdrawn from the race only if you require transportation or if medical personnel consider your continued participation presents a danger to the health or welfare of you or others. Feel free to refer to the full race rules at:

http://www.triathlon.org.au/Technical/Race_Competition_Rules.htm

Withdrawals during the Race

If you must withdraw at any stage of the race you (or someone representing you, such as a relative or friend) **MUST** report to the recorders at the Finish Line and hand back your chip so we can ensure you are accounted for and not lost.

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Recovery

A recovery station will be set up near the finish with fruit, snacks and water. Please help yourself and make sure you get some sugar back into your system to aid recovery. Please make sure you dispose of your rubbish thoughtfully. We need to leave the area as we found it.

Presentations, BBQ & Coffee

Please hang around for presentations. Go and enjoy a bacon & egg burger (all monies raised go to the local charity COUCH (Committee for Oncology Unit at Cairns Hospital) or have a coffee while we tally the scores.

ENJOY YOUR RACE!