



## BEGINNER GUIDE

### FREQUENTLY ASKED QUESTIONS

Triathlon is great fun, so DONT STRESS!!

Our club races are very welcoming with all levels of ability participating. We have 1<sup>st</sup> timers to elites and everyone in between. The atmosphere at our races is very relaxed and a great club environment where everyone is welcomed. You will have additional support on the day from our dedicated swim, ride and run buddies. You wont be alone. Everyone participating in our events has been a 1<sup>st</sup> timer at some point and understands that you may be feeling a little apprehensive.

#### **What distances are available?**

Our club races cater for different levels of fitness and experience.

The beginners distance is: 300 swim / 6.25km ride/ 2km Run

#### **How much does it cost?**

Adult beginner females - \$30. Beginner girls (12-17) - \$15.

#### **How does WSTC benefit from the event?**

Our club is a 100% volunteer based organisation, we do this because we love triathlon. All monies generated through our races are used to cover race day running expenses with any resultant surplus going into club activities, promoting triathlon and future races.

In addition to this we get the joy and satisfaction of providing opportunities for everyone in the Western Suburbs of Melbourne to participate and enjoy triathlon, and all it has to offer, at an affordable price.

#### **What time do the events start?**

The female beginner wave will start at 7.00 am followed by our regular race at 7.45am. There will be a schools triathlon event run at the same time as the beginner event but each will have its own swim start.

Compulsory race registration is between 6.00 – 6.30am at the WSTC club rooms (cnr Bent St and The Esplanade, Altona). You will be given a timing chip, race number and swim cap at registration.

All female beginners are to meet outside the clubrooms at 6.30am after registration. Along with our race day buddies we will then move together to the transition area where buddies will assist you to get set up for the race. The race briefing will then follow at 6.45 beside the transition area.

### **Is there an information session in the lead up?**

Not for this event. There will be a race briefing on the morning of the event, which will outline specific instructions for the day as well as provide an opportunity for last minute questions you may have. Our race day buddies will also be there to assist you and answer any questions you may have on the morning of the event or during the event itself.

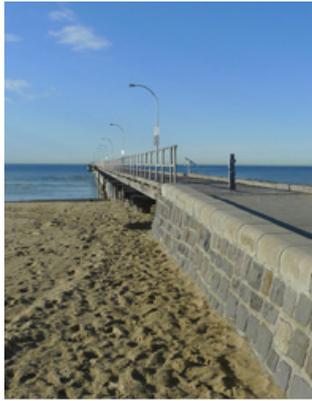
If you have any queries or particular concerns prior to the event please contact us and we will be more than happy to assist you. You can make contact via our facebook page, Western Suburbs Triathlon Club, via email – [admin@wstc.org.au](mailto:admin@wstc.org.au) or phone – 0417 308 509.

### **Is the event timed?**

Yes, each participant receives a timing chip at race registration. The timing chip is to be worn on the left ankle. You will also receive a race number belt, which must be worn on the ride and the run. Have the number on your back for the bike and pull it around the front for the run. This enables us to easily identify you. The timing chip and race belt will be collected from you at the finish.

### **How does the swim work?**

The swim is held at Altona Beach, east side of the Altona Pier, just opposite the clubrooms on the Esplanade. All the female beginners will start the swim together. You will start approximately waist deep in the water alongside the pier. You will swim approx. 100-150 meters (depending on the tide) out to the boat marker pole. You will swim left around the boat marker and back into shore. Our swim buddies will be in the water providing support and encouragement. Altona Life Saving Club provides water safety services in all our races and will be on hand to provide any assistance or reassurance if required.



**Altona Pier, Esplanade ALTONA.**

### **What is a transition area?**

The term 'transition area' is the area where you set up your bike and 'transition' from the swim to bike legs and then bike to run legs. Before the start you will leave your gear for the bike and run leg next to your bike and then exit with your swim gear. You will be directed to the swim start at the appropriate time.

### **Is there somewhere to store my bag?**

If you have a bag & personal belongings you need to take this out of the transition area and leave it with a friend or relative or return it to your car.

### **Can I do it with my friend?**

Absolutely, the more the merrier ☺ be sure to both register for the beginners distance.

### **What if I don't want to swim?**

We will have swim buddies to support you in the water as well as the Altona Life Saving club. If however you really don't want to do the swim then don't worry we will have a no-swim option on the day. Just let the race director know at the briefing. You still need to attend the briefing but we will start you at the swim exit when the beginners have exited the water.

### **What should I wear?**

Anything goes really! You can swim in just your bathers or with tight shorts or leggings over the top. When you are in the transition area before the bike leg you can put on shorts/leggings and a singlet or t-shirt over the top. Some people choose to purchase a tri-suit, which means you can wear this the entire time but it's really not necessary.

Whatever you choose it's important that you are comfortable, perhaps try it out prior to the event to make sure it's comfortable to swim, ride and/or run in, particularly as you will be wet for a period of time on the bike.

## Do I have to wear a swim cap?

Yes, we will issue you with a swim cap to wear

## Do I need a helmet?

Yes, helmets are compulsory to compete in the event. Please make sure it fits you correctly and meets the Australian Safety Standards.

## What if I don't have a very good bike?

Any bike is fine. Cruisers, mountain bike, racers, BMX, bikes with baskets, whatever, all are great options. As long as your bike is in safe working conditions it will be fine.

## What do I bring?

Warm clothes for after the event. Spare towel.

<b>SWIM</b>	<ul style="list-style-type: none"><li>• GOGGLES</li><li>• SWIM CAP (PROVIDED AT REGISTRATION)</li><li>• SWIM SUIT/TRISUIT/SHORTS/LEGGINGS</li><li>• TIMING CHIP (PROVIDED AT REGISTRATION)</li><li>• SUNSCREEN</li><li>• SMALL HAND TOWEL</li></ul>
<b>BIKE</b>	<ul style="list-style-type: none"><li>• T-shirt / Top</li><li>• BIKE (ANY SAFE FUNCTIONING BIKE WILL DO)</li><li>• BIKE SHOES OR RUNNING SHOES</li><li>• HELMET (Australian Standard)</li><li>• DRINK BOTTLE</li><li>• SPARE TUBE/TYRE LEVER (IF YOU HAVE THEM)</li><li>• PUMP (SMALL HAND HELD IF YOU HAVE ONE)</li><li>• RACE NUMBER BELT (PROVIDED)</li></ul>
<b>RUN</b>	<ul style="list-style-type: none"><li>• RUNNING SHOES</li><li>• SOCKS</li><li>• CAP/VISOR/SUNGLASSES</li></ul>

# A FEW PICS FROM LAST YEAR, 2017



