



2017 Victorian Duathlon Series

Race 3 - 24 September (Altona)

PLEASE NOTE EARLIER START TIME 8.00 - am

COMPETITOR PACK



Inside you'll find

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



2017 Victorian Duathlon Series

Welcome to the Victorian Duathlon Series! Triathlon Victoria in conjunction with Bayside Triathlon Club, YarraTri, MTC and Western Suburbs Triathlon Club are excited to provide you with a unique series of races across two metropolitan venues.

This competitor pack provides you with all the important information about race day and the race course, and if you have any further questions please contact us. See you at the start line!

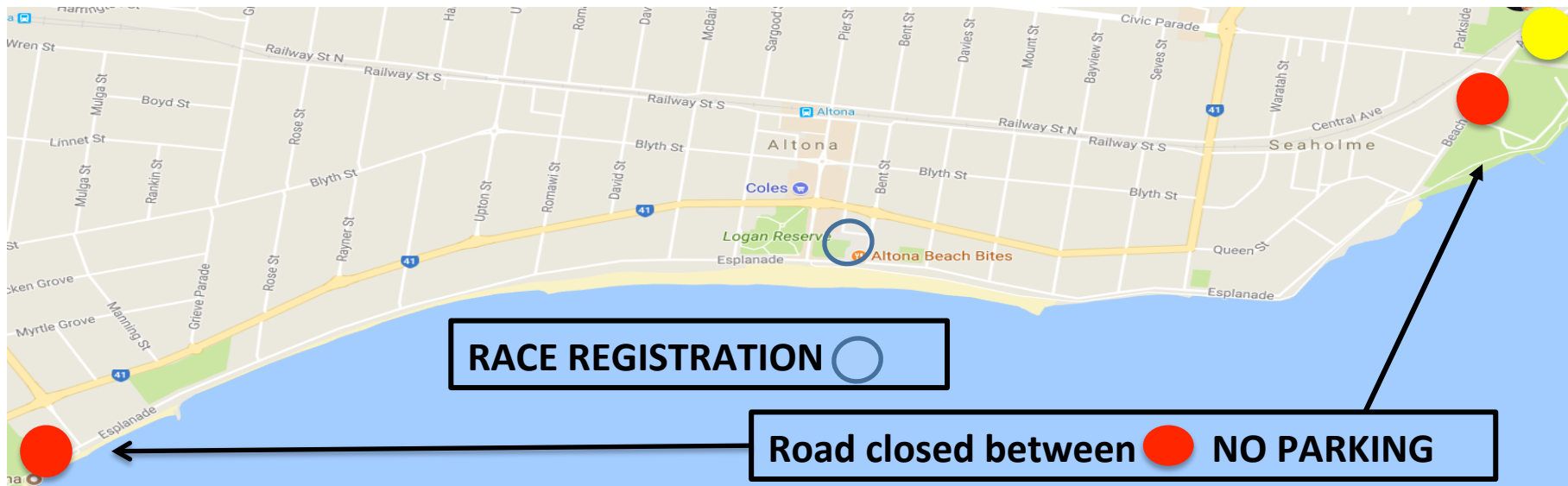
The site for Race 3 is the Esplanade, Altona. **There are some changes to what you will have previously experienced in races 1 and 2 including an earlier start time of 8.00am. Please check this guide carefully for registration time.**

The course comprises a fast and flat surface along the Esplanade and a pathway that runs parallel to the beautiful Altona foreshore.

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 of the Esplanade incl. the main hub of Altona, Pier Street (within walking distance of registration). The Altona Sports Club located approx. 1.5km from the race start also has off street parking available.

Events include the Sprint Series, the Dash Series and a mini duathlon event for multiclass athletes and 7-12 year olds.

For any enquires please contact membership@trivic.org.au



EVENT SITE AND TRANSITION

KEY

Registration



Massage



Start lines – Dash & Sprint



Toilet / Change Rooms



Timing Area & Finish



First Aid



Athlete Recovery



Hydration Station



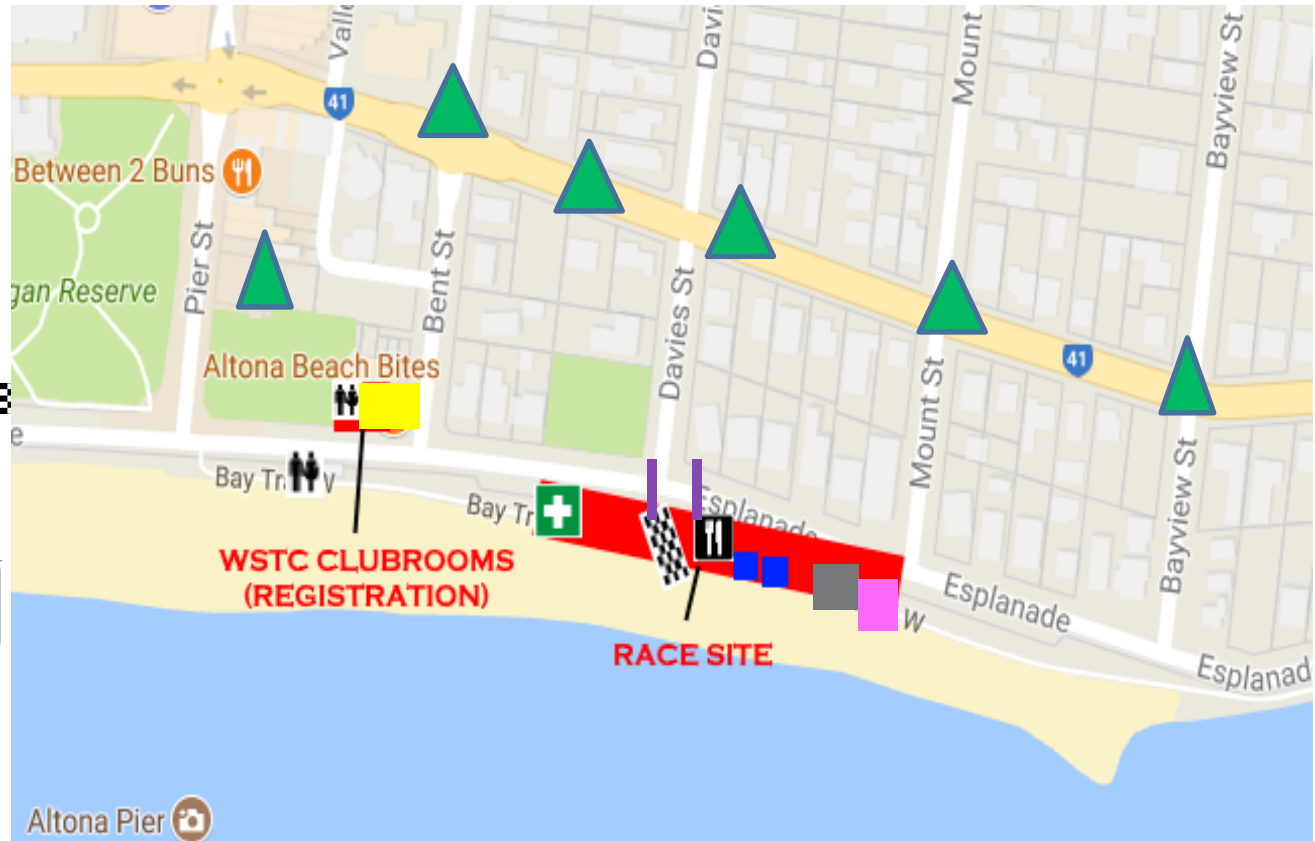
Club tents/expo



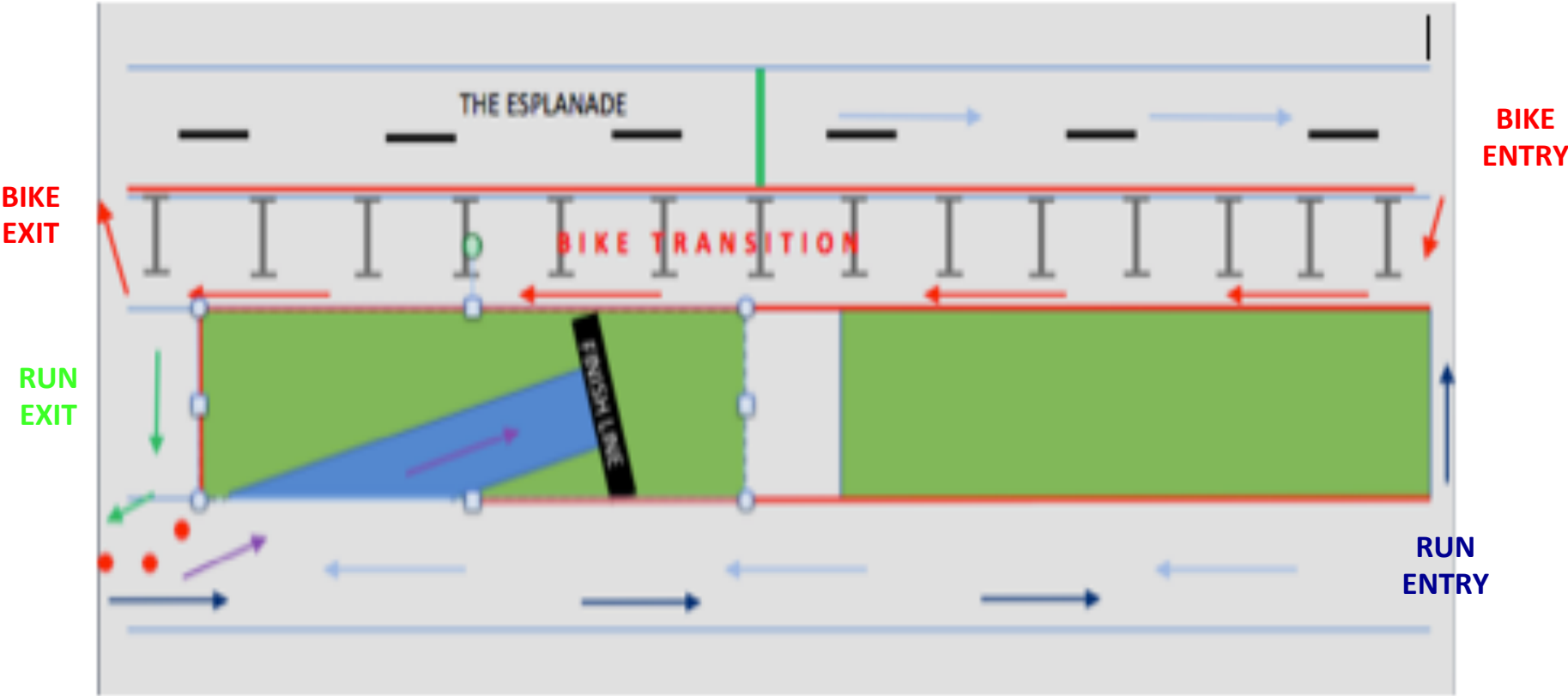
Transition



Parking



TRANSITION SET UP PLAN



EVENT DETAILS

ROAD CLOSURES

- The Esplanade will be totally closed to cars 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 around the residential streets of the Esplanade incl. the main hub of Altona, Pier Street (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.
- 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 and Multiclass registrations will open at 9.00am and close at 9.45 am.**
- *** PLEASE NOTE - Mini Duathlon and Multiclass Athletes will not have access to transition until approx. 9.30am at the completion of the Dash and the Sprint.**

EVENT DETAILS

TRANSITION

Transition compound opens at 6:30am and closes at 7.40am. To put your bike into transition competitors must be wearing a race number, helmet and your race stickers must be on your helmet and bike.

START TIMES AND LOCATIONS

- Sprint Duathlon: 8:00am on the Esplanade
- Dash Duathlon: 8:00am on the Esplanade
- Multiclass Duathlon: 10:00 on the Esplanade
- Kids Duathlon: 10:00 on the Esplanade

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

RACE BRIEFING

- The pre race briefings will be held at the start line
 - **Sprint** Duathlon will be at **7:40am**
 - **Dash** Duathlon will be at **7:45am**
 - **Multiclass and Kids** Mini Duathlon will be at **10:00am.**

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

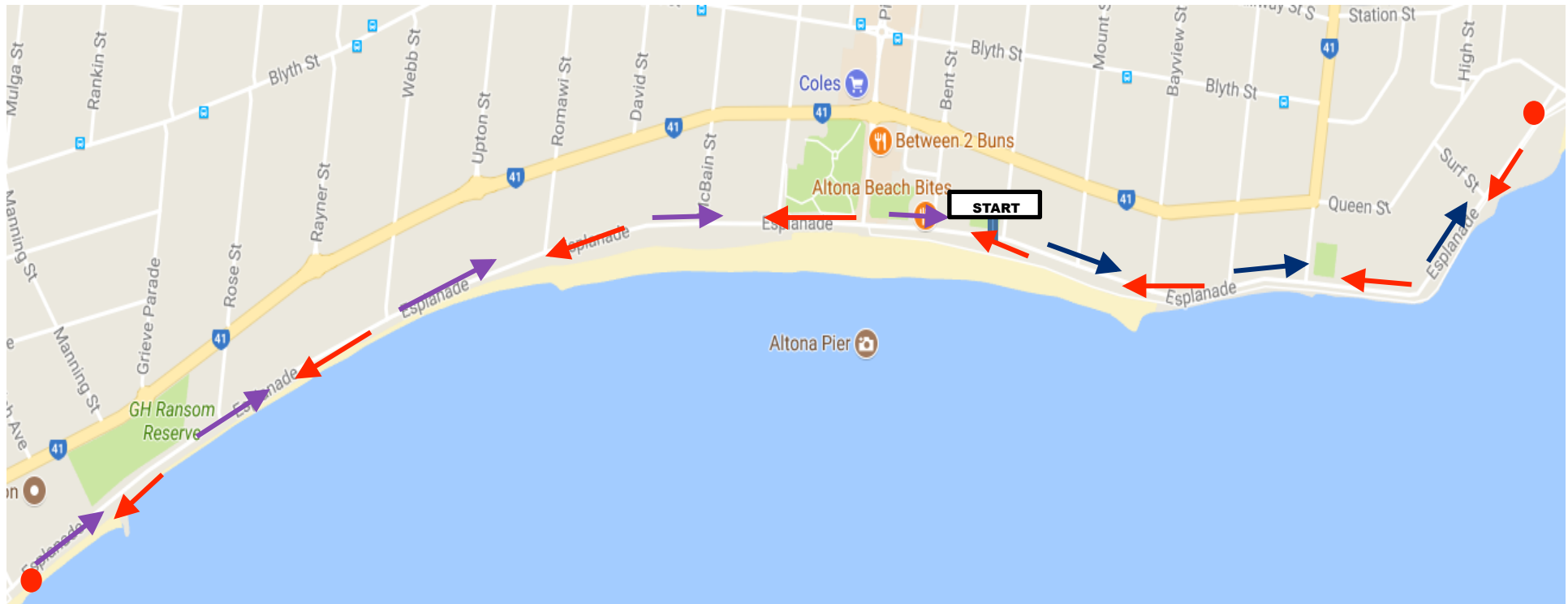
DUATHLON

1 LAP = 5KM

- I. Start Esplanade – on road
- II. Head East towards Civic Parade,
- III. Merge onto the path at the turn around
- IV. Head West, on the path, back past the transition area towards GH Ransom Reserve
- V. Continue on path and turn at the turn around sign
- VI. Head back towards the finish line and into transition

SPRINT DISTANCE

5KM RUN / 18.75 KM BIKE / 3 KM RUN



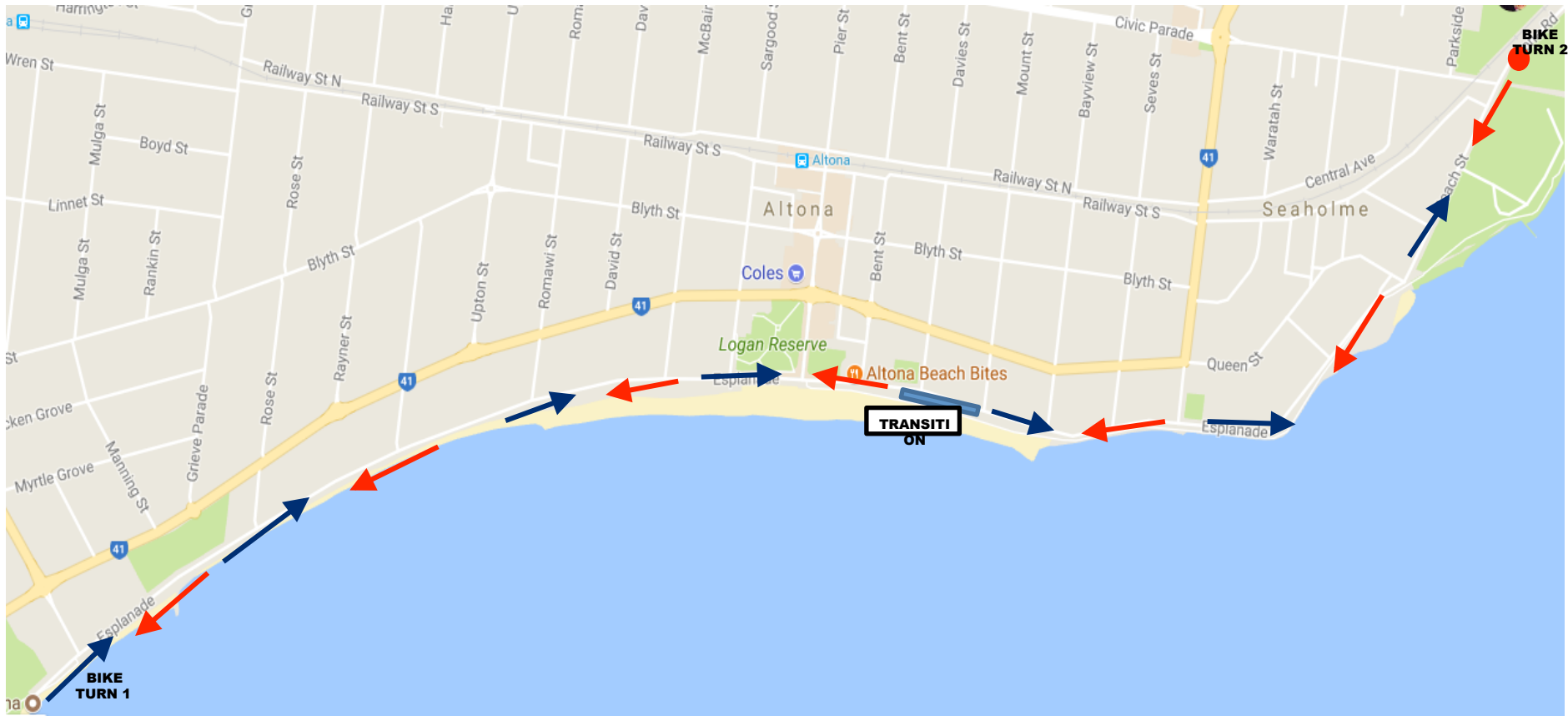
SPRINT RUN 1 – 5KM

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 at 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



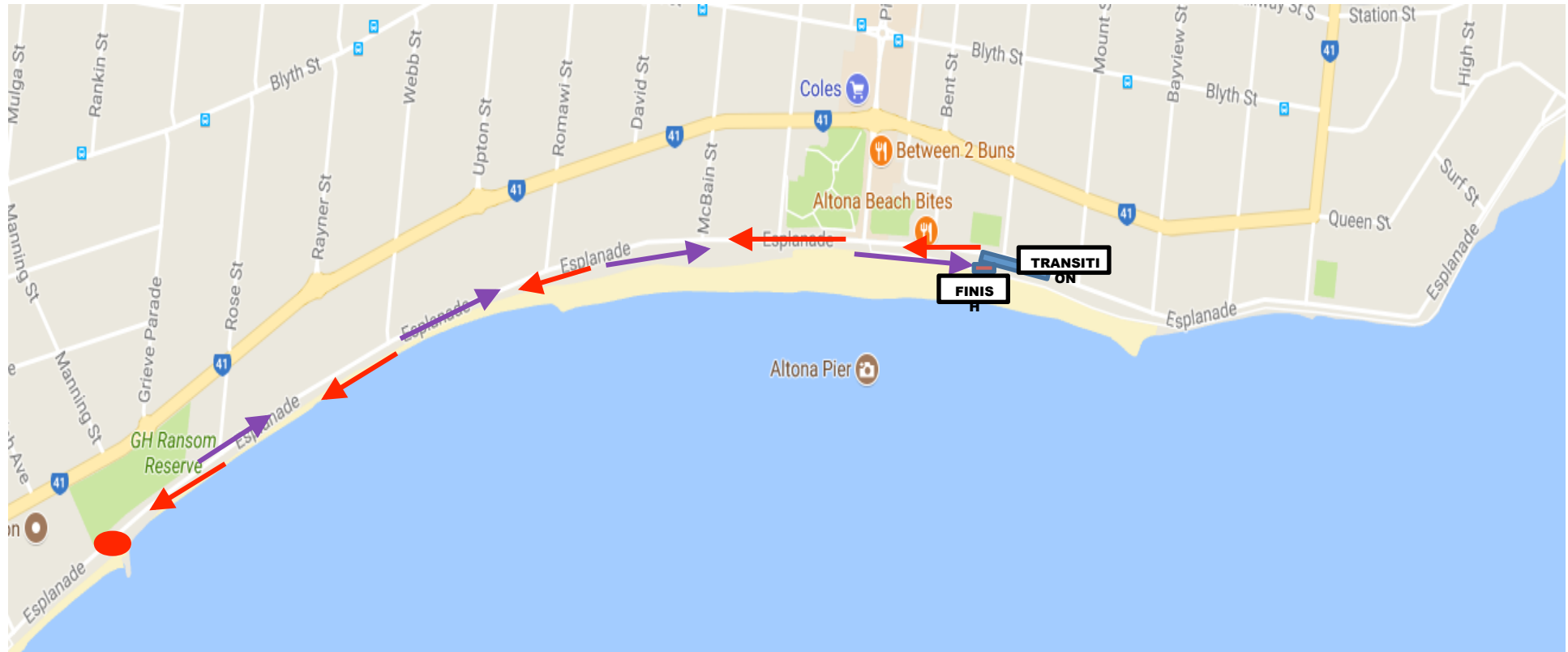
BIKE COURSE –
18.75km (3 laps)

1 LAP = 3KM

- I. Heading out of transition turn right onto the path
- II. Continue West on the path towards GH Ransom Reserve
- III. Continue on path and turn at the turn around sign
- 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

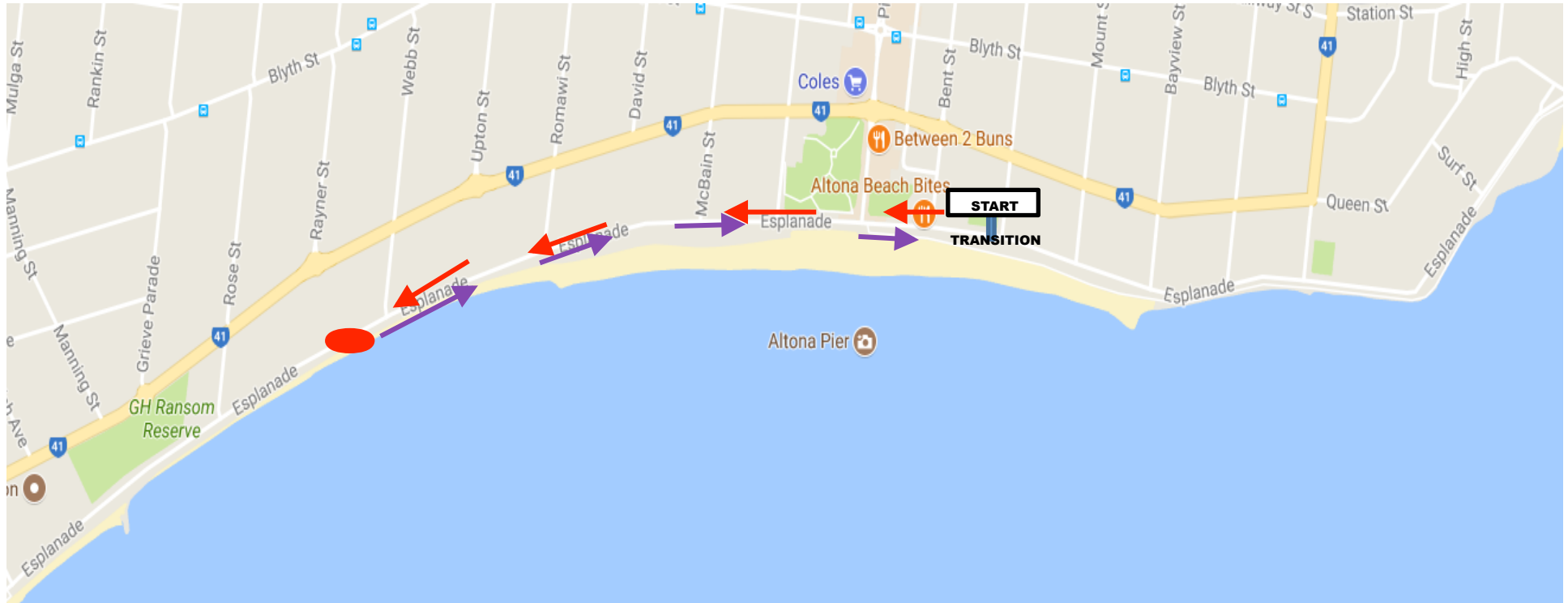
DUATHLON

1 LAP = 2KM

- I. Start Esplanade – on road
- II. Head West towards Apex Park
- III. Merge onto the path at the turn around sign
- IV. Head back east on the path, past the finish line and into transition

Dash DISTANCE

2KM RUN / 12.50 KM BIKE / 1KM RUN



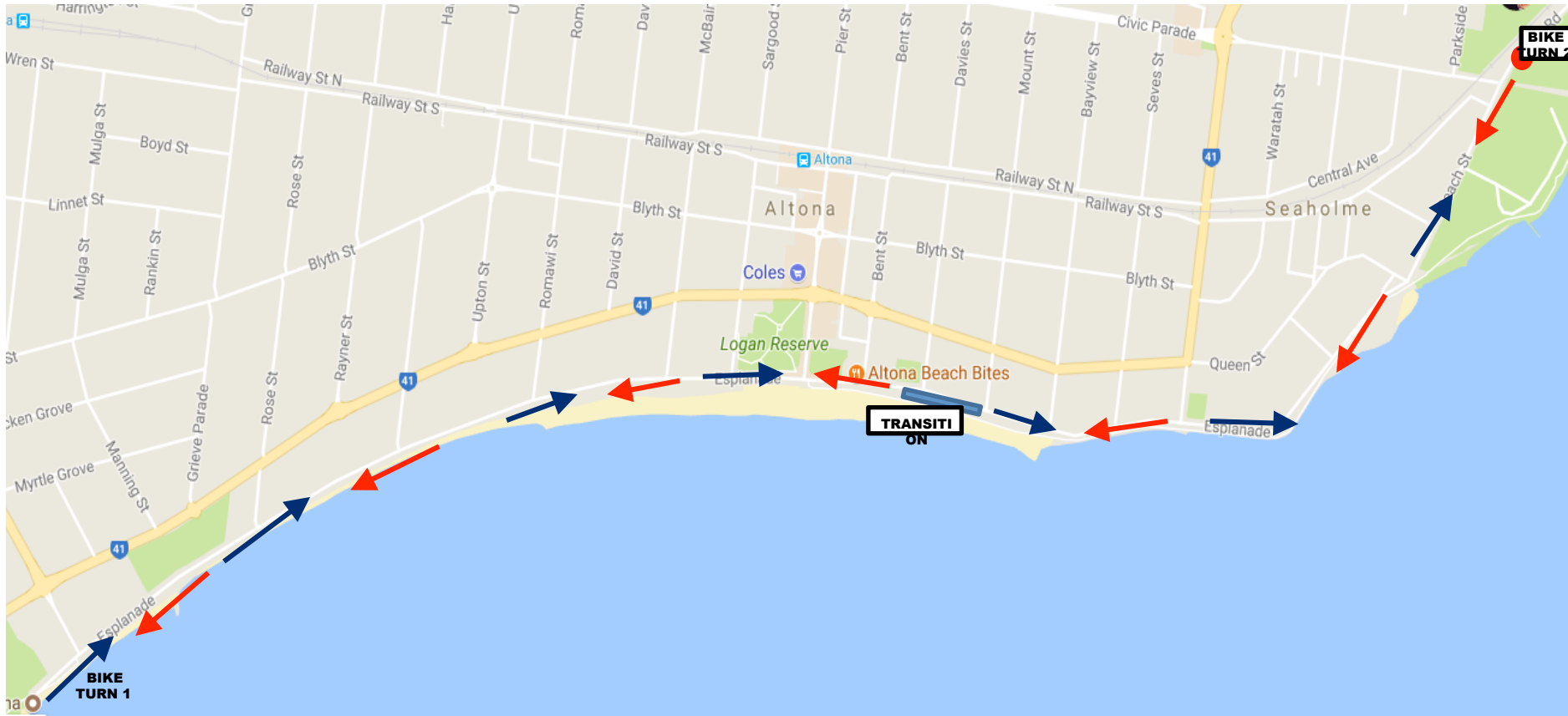
DASH RUN 1 – 2KM

2 LAPS = 12.5KM

- 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 2.
- IV. Turning around at Civic Parade head West back to transition and repeat for lap 2 before dismounting at the dismount line.

DASH DISTANCE

2KM RUN / 12.50 KM BIKE / 1KM RUN



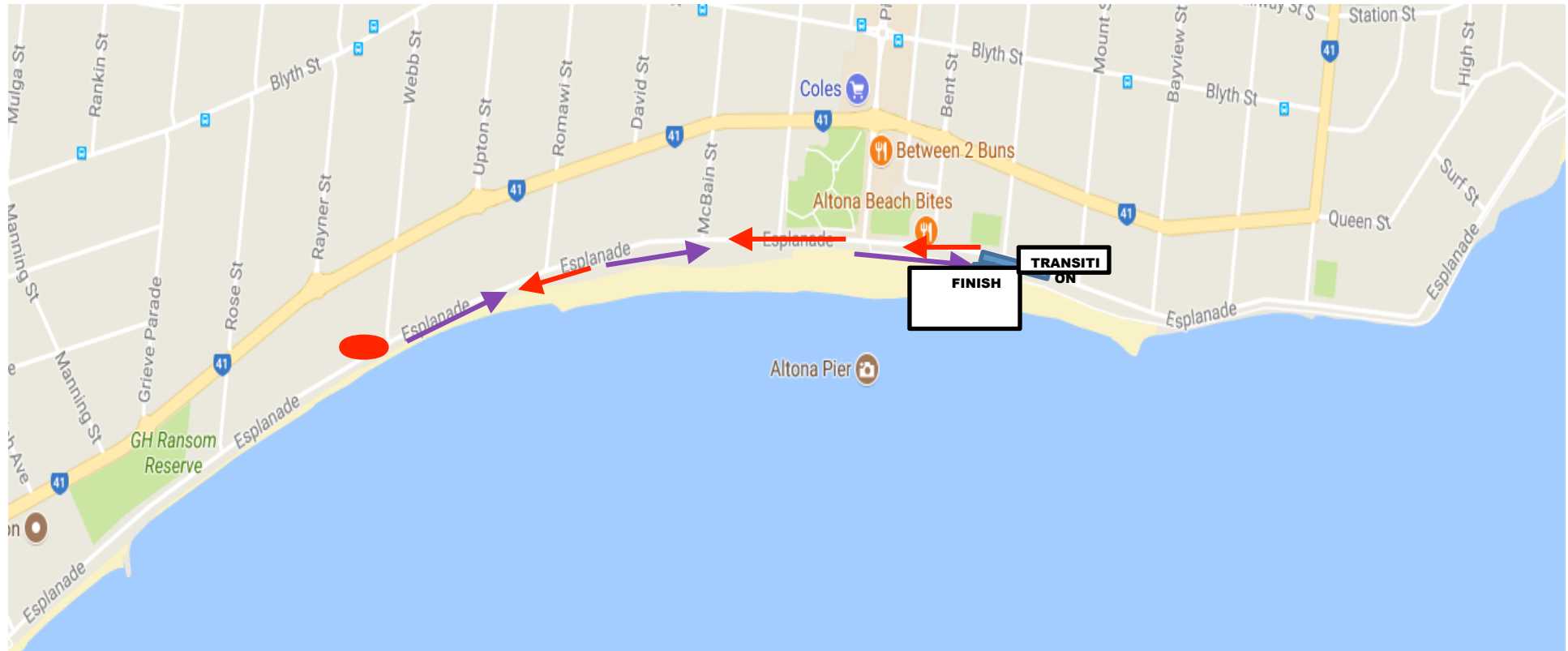
BIKE COURSE – 12.5km
(2 laps)

1 LAP = 1KM

- I. Heading out of transition turn right onto the path
- II. Continue West on the path towards GH Ransom Reserve
- III. Turn at the turn around sign
- IV. Head back towards the finish line.

DASH DISTANCE

2KM RUN / 12.5 KM BIKE / 1KM RUN



DASH RUN 2 – 1KM



Victorian Duathlon Series Course Maps

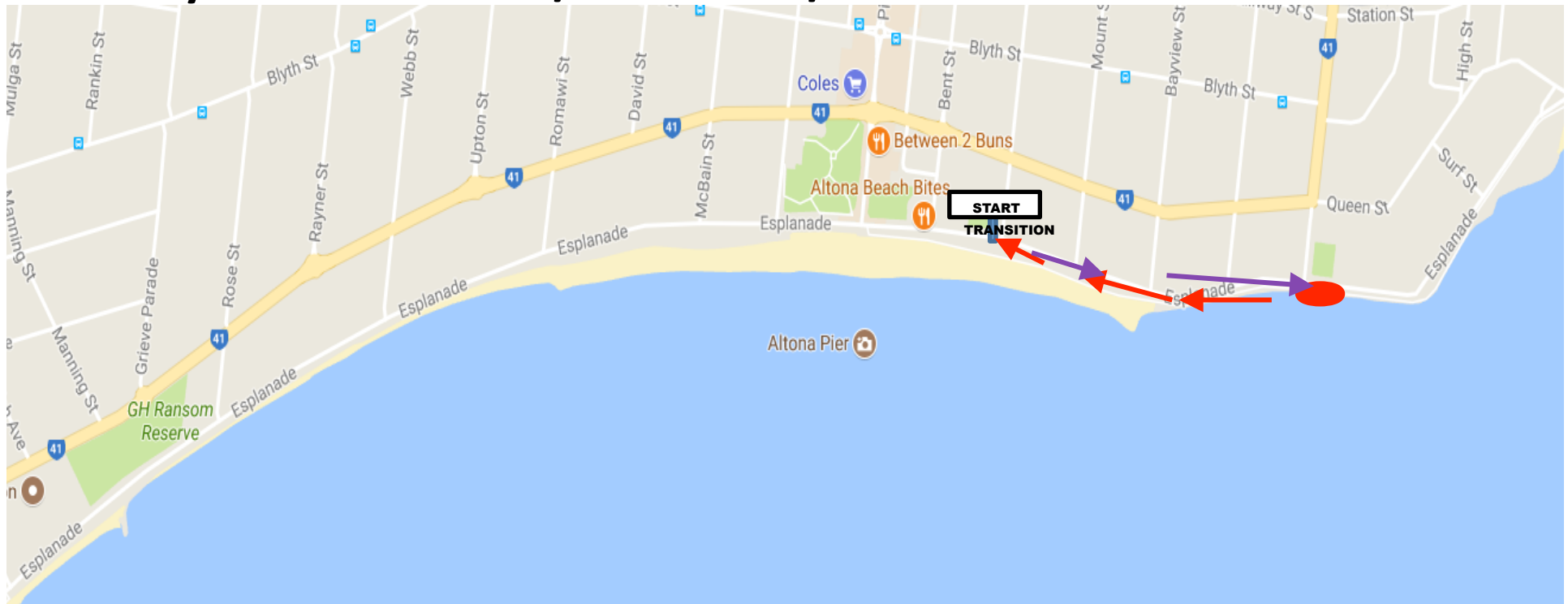
MINI (KIDS) DUATHLON

Mini Duathlon



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

1 –12 years **750M RUN** / 5KM BIKE / 750 M



7-9 years

1 LAP = 300M

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

10-12 years

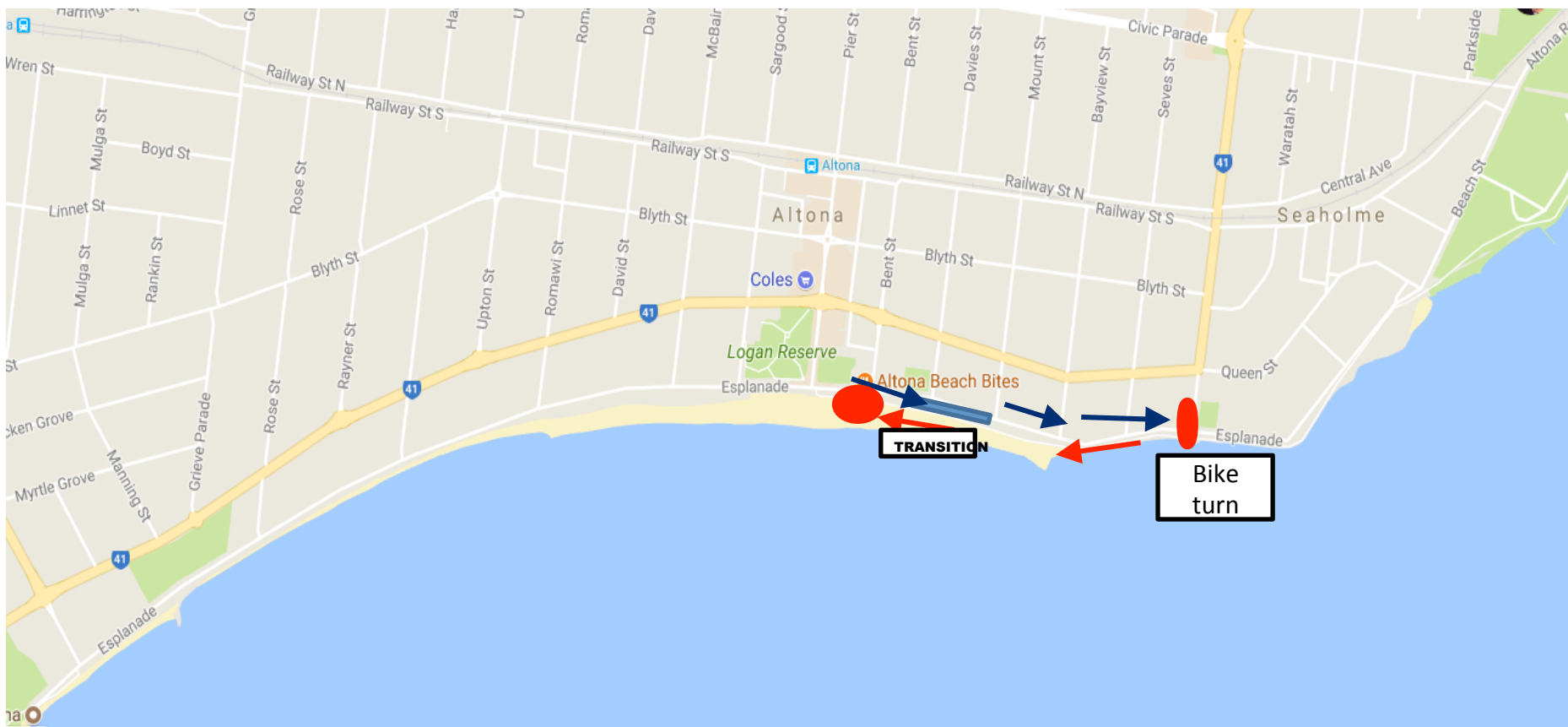
1 LAP = 750M

- I. Start on Esplanade and head East past transition
- II. Merge onto the path at the 10 -12 turn around sign.
- III. Head back towards the start and into transition

Mini Duathlon

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

10 – 12 years – 750M RUN / 5KM BIKE / 750 M 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 and complete one more lap before dismounting.

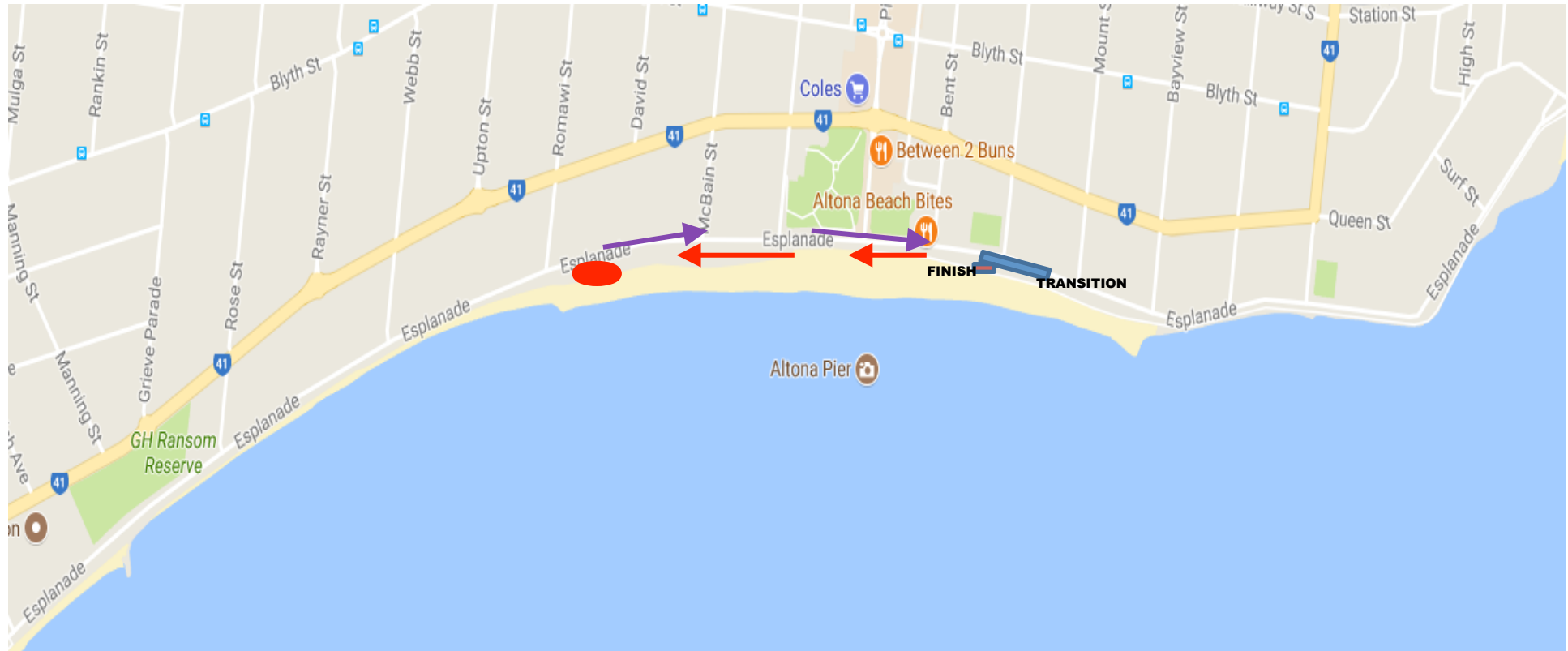
10-12 years 4 LAPS = 5KM

- 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 and complete 3 more laps before dismounting.

Mini Duathlon

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

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



7-9 years (Multiclass – Beginner)

1 LAP = 300M

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

10-12 years (Multiclass – Intermediate)

1 LAP = 750M

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



Victorian Duathlon Series Course Maps

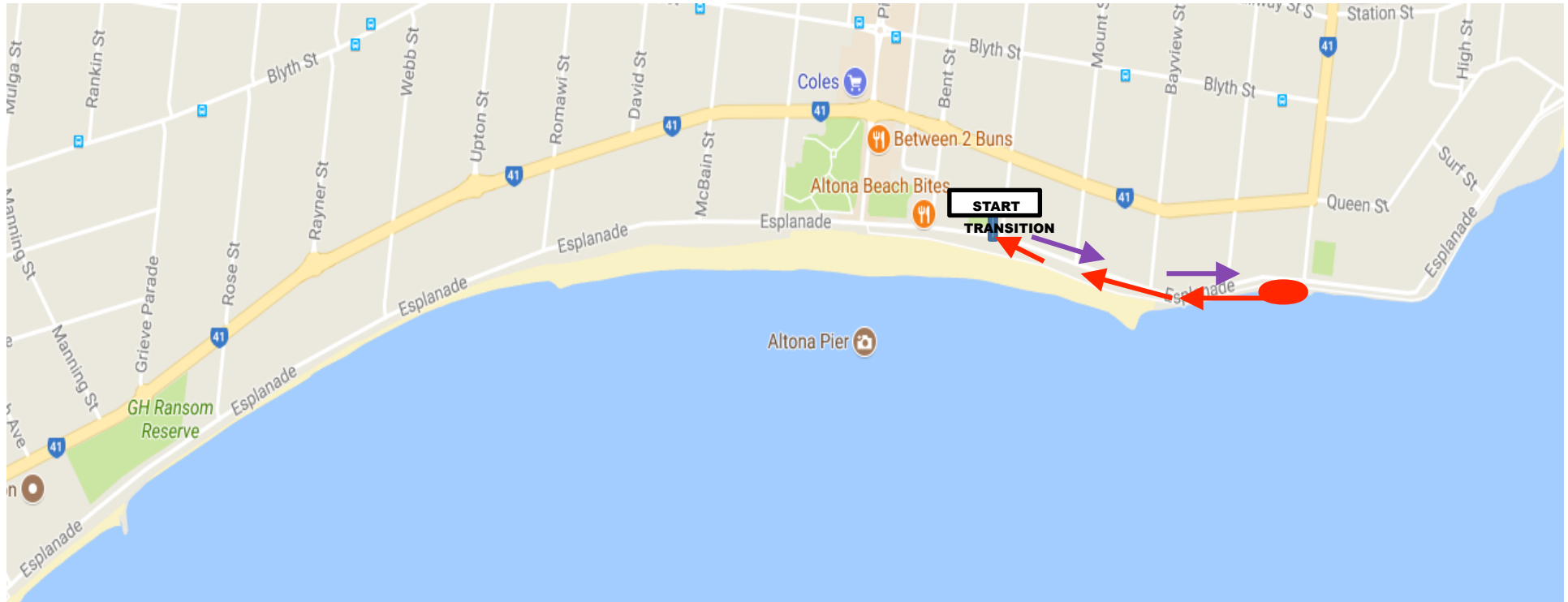
MULTICLASS DUATHLON

Multiclass Duathlon



MULTI CLASS – BEGINNER 300 M RUN / 2.5KM BIKE / 300 M RUN

MULTI CLASS INTERMEDIATE 750M RUN / 5KM BIKE / 750 M RUN



Multiclass – Beginner

1 LAP = 300M

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

Multiclass intermediate

1 LAP = 750M

- I. Start on Esplanade and head East past transition
- II. Merge onto the path at the Multiclass turn around sign.
- III. Head back towards the start and into transition

Multiclass Duathlon



MULTICLASS BEGINNER 300 M RUN/ 2.5KM BIKE / 300 M RUN

MULTI CLASS INTERMEDIATE 750M RUN / 5KM BIKE / 750 M RUN



Multiclass – 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 east, back past transition towards the bike turnaround sign near Millers Rd.
- III. At the turn around head back towards the start area and complete one more lap before dismounting.

Multiclass – 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 East, back past transition towards the bike turnaround sign near Millers Rd.
- III. At the turn around head back towards the start area and complete 3 more laps before dismounting.

Multiclass Duathlon



MULTICLASS – BEGINNER 300 M RUN / 2.5KM BIKE / **300 M** RUN

MULTI CLASS INTERMEDIATE 750M RUN / 5KM BIKE / **750 M** RUN



7-9 years (Multiclass – Beginner)
1 LAP = 300M

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

10-12 years (Multiclass – Intermediate)
1 LAP = 750M

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



THANKS TO OUR PARTNERS

