

2017 "HELL OF THE WEST" RACE BRIEF

Transition Area: Sunday Morning

1. Transition will open at 3.30am at the eastern end of the bike racks. When you come into this area make sure your security stickers are on your bike and your helmet and you are wearing your **numbered wristband**. **YOU WILL NOT BE ALLOWED TO ENTER TRANSITION WITHOUT YOUR WRISTBAND.**
2. You are required to have your helmet on so it can also be checked along with your bike.
3. Rack your bike anywhere on the rack allocated to your race number. We *are not* allocating specific positions for every race number. *Bikes in the incorrect rack will be moved to the correct rack and competitors may not be advised.*
4. After racking your bike, please proceed down the run chute and make your way toward the river for the swim leg.
5. **PLEASE NOTE – YOU WILL BE GIVEN ALL YOUR NUMBERING WHICH IS REQUIRED FOR ALL PARTS OF THE TRIATHLON IN YOUR RACE PACK AT REGISTRATION.**
6. Race Bag drop off will open at 3.30am and is within the Tennis Complex – please ensure your race # is clearly visible on the outside of your bag. Please note, that NO RACE BAGS are to be left in transition - this is for your own security.

Swim Leg

1. Wetsuits are not allowed unless water temperature is below 24 degrees.
2. Please make sure you are wearing your swim cap and it is the correct colour (NB: cap colours subject to change at Race Directors discretion):
 - Wave 1: Elite Males and Elite Females – **White cap**
 - Wave 2: 35-39 year Males – **Blue cap**
 - Wave 3 : Remaining Males – **Yellow Cap**
 - Wave 4 : Females - **Pink cap.**
 - Wave 5: Teams – **Green cap**
3. The first wave of competitors will assemble at the boat ramp awaiting instructions to enter the water - **NO ONE IS ALLOWED TO ENTER THE WATER UNTIL INSTRUCTED.**
4. Please take care entering and exiting the river.
5. The first wave will be allowed to enter the water at 4.55am which will allow you to have a 5 minute warm up (SWIM ONLY TO THE RIGHT AS YOU ENTER THE WATER) before race start at 5.00am sharp. We ask that you stay well back behind the start line (marked with 2 large buoys) to avoid any delays in starting the race.
6. Waves start in 5 minute intervals. Once the previous wave has left, the next will be allowed to enter the water for their warm up.
7. The swim leg is 1km upstream, passing around the orange turn-around buoy, and 1km back downstream, staying to the right hand side of the marker buoys as you swim.
8. We will have boats and canoes stationed along the swim course to mark obstacles like trees etc and to watch for people turning early.
9. Take care as you exit the water at the boat ramp.
10. You must continue up the boat ramp the entire way and follow the course back to the park and transition area.

11. Teams must swap the timing chip in transition before the cyclist unracks their bike.

Cycle Leg

1. You are required to have **TWO** water bottles on your bike prior to race start (see Bike Mechanics if needed). Any bike found in the transition area without the above may be removed and you will be disqualified after the swim. Please don't make us do this. It is for your own safety.
2. Make sure your helmet is done up before removing your bike from the rack.
3. Run your bike down the left hand side of the road to the mount line at the eastern end of the transition where you entered at 3.30am.
4. Once past this point you may mount your bike and start the 80km bike leg.
5. From the mounting point you will ride approximately 100mtrs before taking a left hand turn onto the main road which will take you straight out of town on the Barwon Highway.
6. **On the bike leg you will have one serviced aid station at 40km (2 x 750ml bottle of water and bananas) and one self-service water station at 60km. Please slow down for aid stations. The self-service water station will be well signed.**
7. Please use the recycle trailers provided for empty water bottles.
8. As you return to town, please follow signs and turn right at the roundabout to return to transition at the bottom end or western end of the bike compound.
9. The penalty box is located at the dismount line for those caught drafting – 5 minutes.
10. After dismounting you will once again run down the left hand side of the bike compound until you find your rack. Keep your helmet done up until you rack your bike.
11. Teams – swap your timing chip once your cyclist has racked their bike.
12. Make sure your race number is clearly visible at the **front** of your body before heading down the run chute and across the timing mats (this is where your bike split finishes).
13. Should you require transport back to town, please wait for the sweep vehicle to assist you.
14. NO use of iPods, walkmans, MP3s etc on the cycle leg.

Run Leg

1. The run leg consists of three out-and-back loops to complete the 20km run leg.
2. Please stay to **RIGHT** of running path to avoid collisions with opposing traffic.
3. Follow the bunting through the park heading towards the river and the levee bank. Follow the levee to the western end of the sporting ovals where you will run down onto Brook Street, left into Picking Street, until you reach the turn-around point at the end of Picking Street.
4. Return along the same route. On the first and second laps, drop off the levee before the toilet block at the boat ramp heading back to the park. Stay on the **RIGHT** hand side of Marshall Street. You will receive a **SILICONE WRISTBAND** on completion of your first lap and another **SILICONE WRISTBAND** on your second.
5. On the third and final lap, when approaching the park area continue long Marshall St on the footpath then follow the path turning left onto Moffatt St. Then follow the signs to enter the chute. The chute will be clearly identified as **“FINISH”** and follow through to the finish line and recovery area.

6. There are 4 aid stations, one at the park (Water, Ice and Coke), one at the Cultural Centre (Water, Ice and Endura), one at Picking St (Water, Ice and Coke) and one at the Golden Age Centre, near boat ramp (Water, Ice and Endura). Please use aid stations at each pass.
7. **WARNING - IF YOU DO NOT USE AID STATIONS AND YOU CONTINUE TO RUN WHEN DEHYDRATED AND OVERHEATED, IT CAN BE DANGEROUS TO YOUR HEALTH.**
8. NO use of iPods, walkmans, MP3s etc on the run course.

Recovery Area

1. Please make use of the recovery area to rehydrate.
2. The pool will be accessible to the public from 8.00am until 12:00noon, free of charge. *Please note: the Goondiwindi Pool Complex closes to the Public from 12-2pm.*
3. There will be several food and drink vendors in the park on race morning for spectators and competitors.

Cut-off Times

1. Progress cut off times of, 1hr swim, 3.5 cycle, 2.5hrs Run, will apply & competitors: will only be allowed to continue if the relevant doctor/official believes he or she can do so without injury or disruption to race proceedings ie presentations/pack up.

General Information

1. The announcer will *try* to call all the competitors each time you pass through the transition area plus the 20, 40 & 60 km points on the cycle leg.
2. A live tracking app is available thru Timing Wizards and link information is available in the Race Booklet or on their website results link <http://www.racetecresults.com/livelb.aspx?CIId=7&RIId=547>
3. Please ask friends or supporters **NOT** to go out onto the cycle and run course as this will only add to traffic on the road and increases the danger for everyone on it.
4. **Bike Collection:** Transition **OPENS** for bike collection from 10.00am. Competitors **MUST** have their race number still printed on their arm or a race band on arm to collect bike. No bikes will be released early. **DO NOT** try to collect without a race number on arm or race band on wrist (this rule is only in place to ensure your personal items are secure).