

## **MEMBER INFORMATION AND RULES – 2017/2018**

### **MEMBERSHIP**

A Membership Form must be fully completed and submitted along with full payment to the member on duty or club secretary, treasurer or president.

### **COST**

\$20 – Senior Membership

\$10 – Junior Membership

\$50 – Family Membership (Includes children under 18)

### **EVENTS**

Goondiwindi Triathlon Club Inc. holds Senior Triathlons (mini-tri's) and Kids Aquathons or Triathlon events every Sunday from October to March at 7:00am, as well as organised training events.

MINI and SPRINT Triathlons – Open Roads

All participants in Goondiwindi Triathlon Club events including mini-tris and sprint triathlons must be Senior Members of The Club as these are held on open road with limited supervision.

- A Senior Member is aged 12 or over at 31/12/2017 - may participate in Senior events
- A Junior Member is aged under 12 on 31/12/2017 - may only participate in Junior events
- All Visitors to the Club must be members to race in our Club events. A Membership Form must be fully completed and Membership Fee must be paid in full before racing.
- Junior events are primarily Aquathons (Swim/Run) of various distances to suit age groups and abilities. The Club aims to hold a Kids Triathlon once a month. All participants in Junior events must be a Junior Club member
- All members attending club events at the Goondiwindi Town Pool must pay pool entry and obey normal pool entry conditions
- Membership stickers will be supplied and must be affixed to bikes to identify members.

### **TRAINING**

All Training organised by the Goondiwindi Triathlon Club is covered under our public liability insurance and as a condition of this, participants must be Senior Members of The Club. Visitors or new members may join training sessions 3 times before Senior Membership must be taken.

### **COMMUNICATION**

- Most communication to members will be via Facebook and Instagram
- All members will be included on Goondiwindi Triathlon Club email list
- HOTW website [www.hellofthewest.com](http://www.hellofthewest.com) has a Goondiwindi Triathlon Club tab
- All event and race results will be posted on RaceSplitter website and personal best spreadsheet will be kept by club emailed to all members from time to time.
- Goondiwindi Triathlon Club Inc. meetings are held on the first Tuesday of each month at 6pm at The Royal Hotel, Goondiwindi. All members are encouraged to attend.

### **RACE RULES**

- All instructions from the Race Captain (rostered committee member) must be adhered to.
- All events are NO DRAFTING (7m gap from back wheel)
- It is competitors responsibility to know the course
- All competitors must have Helmet on with strap fastened before removing bike off the rack
- All competitors must follow road rules and give way to traffic
  - Stay to left unless overtaking

- No riding two aside unless in motion of overtaking
- Make sure it is safe before overtaking
- No bikes ridden in transition area – Delegated area for mount and dismount

### **TRAINING RULES**

- All riders must wear helmets.
- All bikes must have rear flashing lights in low light and daylight conditions as it helps rear approaching traffic see riders when driving into the sun.
- Reflective and Light coloured clothing is strongly advised, especially when riding or running in low light conditions.
- Each session will be run by a Senior Club Member and their instructions must be followed.

### **MINI TRI SETUP**

- Members must volunteer at least once per season to assist the rostered committee member with running mini-tri/sprint tri. Contact the Club Secretary to nominate your date.
- Bike Racks
- Road signs indicate Triathlon in progress
- Turn cone at bike turn-around, Bollards and bunting to keep people clear of transitions area

### **MEMBER INSURANCE**

- **SENIOR MEMBERS** (aged 12 or over at 31/12/2017)
  - Covered under Goondiwindi Triathlon Club Inc.'s Public Liability and Personal Accident Insurance.
  - This insurance covers Club triathlon events and organised training
  - Personal Accident Insurance Policy will help cover some costs, but shouldn't be relied on to cover all associated costs, that may be incurred by the member from an accident during a Club Event.
    - The Full Policy can be provided to any Senior Member on request
    - To make a claim please contact Club Secretary or President (refer to Contact List)
- **JUNIOR MEMBERS** (aged under 12 at 31/12/2017)
  - Covered under Goondiwindi Triathlon Club Inc.'s Public Liability Insurance but NOT Personal Accident Insurance
  - Junior members must participate in club junior events and training ONLY

### **HOTW**

- HOTW is run by Goondiwindi Triathlon Club and provides funding for the running of Goondiwindi Triathlon Club including club insurance at a cost in excess of \$4000.
- All members are expected to volunteer for roles in the setup, running and/or clean-up over the whole weekend of HOTW. This season HOTW is on 04/02/2018. Please include this in your calendar and contact a committee member to find out what you can do.
- In order to continue running the HOTW, which is of the oldest most respected races in Australia, we need new members to join the committee each year. Please get involved.

| <b>CLUB CONTACTS</b>           |                                |                            |   |
|--------------------------------|--------------------------------|----------------------------|---|
| <b>Tri Club</b>                | <b>Person</b>                  | <b>Phone Numbers</b>       | <b>Email</b>  |
| President                      | Geoff Webb                     | 0438 762241                | <a href="mailto:geoff@goldstarcomm.com.au">geoff@goldstarcomm.com.au</a>                      |
| Treasurer                      | Paul Amos                      | 0417 627792                | <a href="mailto:pamos73@icloud.com">pamos73@icloud.com</a>                                    |
| Secretary                      | Sally Poole                    | 0458 295125                | <a href="mailto:triclubsecretary@hellofthewest.com">triclubsecretary@hellofthewest.com</a>    |
| Vice President #1              | Alex North                     | 0428 950021                | <a href="mailto:north_alex@hotmail.com">north_alex@hotmail.com</a>                            |
| Vice President #2              | Paul Nixon                     | 0428 545214                | <a href="mailto:paul@yallaroistation.com.au">paul@yallaroistation.com.au</a>                  |
| <b>Hell of the West</b>        |                                |                            |   |
| HOTW President                 | Tim Richards                   | 0428 712005                | timrichards@mcagoondi.com.au  |
| HOTW Vice President #1         | Brett Corish                   | 0427 743846                | <a href="mailto:bjcorish@corishfarms.com.au">bjcorish@corishfarms.com.au</a>                  |
| HOTW Vice President #2         | Rob Anderson                   | 0438 162582                | robando81@hotmail.com   |
| HOTW Race Director             | Sports 3 - Kerry Stubbs        | 0433 096657                | <a href="mailto:tristubbs@bigpond.com">tristubbs@bigpond.com</a>                              |
| Event Coordinator              | Sports 3 - Shane Smith         | 0433 148734                | <a href="mailto:shane@sport3.com.au">shane@sport3.com.au</a>                                  |
| HOTW Administration            | Liesl Richards                 | 0427 585348                | <a href="mailto:admin@hellofthewest.com">admin@hellofthewest.com</a>                          |
| Sponsorship Coordinator        | Kirsty Dowling                 | 0412 459784                | <a href="mailto:kirsty.dowling@hotmail.com">kirsty.dowling@hotmail.com</a>                    |
| Media Liaison                  | Sports 3 - Shane Smith         | 0433 148734                | <a href="mailto:shane@sport3.com.au">shane@sport3.com.au</a>                                  |
| Funding Coordinator            | Pip Jones - TBC                | 0427 127300                | <a href="mailto:pipbagshaw@yahoo.com">pipbagshaw@yahoo.com</a>                                |
| Merchandise Coordinator        | Tim Richards                   | 0428 712005                | <a href="mailto:timrichards@mcagoondi.com.au">timrichards@mcagoondi.com.au</a>                |
| Volunteer Coordinator          | Chris Leahy                    | 0407 584923                | chris.leahy1@bigpond.com  |
| Swim Leg Coordinator           | Casey Simpson                  | 0410 612410                | <a href="mailto:csimp72@eq.edu.au">csimp72@eq.edu.au</a>                                      |
| Cycle Leg Coordinator          | Ben Loughman                   | 0427 593573                | <a href="mailto:bloughman@namoicotton.com.au">bloughman@namoicotton.com.au</a>                |
| Run Leg Coordinator            | Scot McColl                    | 0488 057206                | <a href="mailto:findit@buckequipment.com.au">findit@buckequipment.com.au</a>                  |
| Park set up Coordinator        | Brett Corish<br>Rob Anderson   | 0427 743846<br>0438 162582 | bjcorish@corishfarms.com.au<br>robando81@hotmail.com  |
| Bike Compound coordinator      | Dave Vincent                   | 0412 717929                | <a href="mailto:david-vincent@bigpond.com">david-vincent@bigpond.com</a>                      |
| Volunteer Coordinator          | Jason Watts                    | 0418 342872                | jason.watts@pcyc.org.au   |
| Kids Tri Coordinator           | Anna Dawson                    | 0412 761961                | <a href="mailto:annajdawson4@bigpond.com">annajdawson4@bigpond.com</a>                        |
| Bag Coordination               | Liesl Richards                 | 0427 585348                | <a href="mailto:admin@hellofthewest.com">admin@hellofthewest.com</a>                          |
| Medical Coordinator            | Amanda North<br>Alex North     | 0438 120770<br>0428 950021 | amandawarby@hotmail.com<br><a href="mailto:north_alex@hotmail.com">north_alex@hotmail.com</a> |
| Announcer                      | Terry Gleeson                  | 0409 360614                | <a href="mailto:tglee18@eq.edu.au">tglee18@eq.edu.au</a>                                      |
| Comms Coordinator              | Dave Vincent                   | 0412 717929                | <a href="mailto:david-vincent@bigpond.com">david-vincent@bigpond.com</a>                      |
| Tent and Banner Manager        | Anna Carswell<br>Don McClymont | 0427 695122<br>0427 754133 | anna.carswell@gmail.com<br>tanamipship@bigpond.com  |
| Stall and Food/Bev Coordinator | Kate Gleeson                   | 0409 470858                | <a href="mailto:kate.gleeson3@det.nsw.edu.au">kate.gleeson3@det.nsw.edu.au</a>                |
| Massage Coordinator            | Sarah-Jane Murray -<br>TBC     |                            |   |
| Equipment Officer              | Miles McColl                   | 0428 964835                | <a href="mailto:miles@tagsgundy.com.au">miles@tagsgundy.com.au</a>                            |