

— QUEENSLAND'S TOUGHEST TRIATHLON —

# HELL OF THE WEST

GOONDIWINDI

*Proudly Presents*



These events are the combined efforts of the Goondiwindi Triathlon Club, PCYC and CARE Goondiwindi, and are proudly sponsored by The GTH Group +

GTH + SUPER SATURDAY events are to be run on the Saturday before the big race on Sunday, E&E Waste HELL OF THE WEST.

These events are designed to provide a supportive relaxed atmosphere in which to experience the joy and pride of accomplishing a personal goal. It will also provide competitors with the thrill and excitement of being a part of the iconic Goondiwindi Hell of the West.

**GTH Group +**

**GOONDIWINDI  
TRIATHLON  
CLUB.**



**CARE  
GOONDIWINDI**



# Timetable of Events

***(Inc Registration Desk Times)***

- Thursday 1<sup>st</sup> Feb
  - Online Registration Closes 12 Midnight (after midnight registration fees increase by \$10)
- Friday 2<sup>nd</sup> Feb
  - Competitor bag pick up and late rego available (fees apply)
  - 4pm-6pm at Sundial Events Centre (50m from town park)
- Saturday 3<sup>rd</sup> Feb
  - 6am-9:30am Competitor bag pickup at the Sundial
  - NO late Registration available (no exceptions)
- Race Start Times (must be at race start 15 mins early)
  - 7:30am Gundy Inferno 5k -10k Run
  - 8:30am Firestarter Triathlon (bike racking 7:30 to 8am)
  - 10:00am Hell Kids Triathlon (bike racking 9:00 to 9:30am)

Course Maps are on website [www.hellofthewest.com](http://www.hellofthewest.com)

Registration for all events will be online with competitor bags to be picked up at registration desk at the Sundial Events Centre (50m walk form town park) – see above for times



## The Gundy Infernos 5k & 10k Charity Run *7.30am Start*

- Proceeds of this event will go back to local charities supported by PCYC and CARE Goondiwindi
- 5km and 10km options which are great for the beginner runner or the park runner looking to challenge themselves with a longer race distance.
- Run on the HOTW run course and experience the thrill of finishing down the same finishing chute of the iconic Hell of the West.
- All competitors will receive
  - Super Saturday race bag
  - Race number and timing badge
  - 50% discount on HOTW race cap (*while stocks last*)
- Prize Money – Male and Female Categories
  - 10km = 1<sup>st</sup> \$100, 2<sup>nd</sup> \$60, 3<sup>rd</sup> \$30
  - 5km = 1<sup>st</sup> \$70, 2<sup>nd</sup> \$ 40, 3<sup>rd</sup> \$20
- Cost of entry \$35 online - \$45 at registration (*up to 6pm Friday*)
- 7:15am Race Brief at Start/Finish line for 7:30am Race start



## The Firestarter Triathlon

*8:30am Start*

- The Firestarter **is the perfect race for people keen to “give triathlon a go”**
- Race distances 200m Swim + 7.5km bike + 2km run
- Individual and team events
- Pool swim and rolling start to provide a safe relaxed swim experience
- Loop bike course for maximum crowd support
- Run to finishing down the HOTW finish chute
- All competitors will receive
  - Super Saturday race bag
  - Swim cap
  - race number and timing badge
  - Finishers Medal
  - 50% discount on HOTW race cap (*while stocks last*)
- Cost of entry \$35 online - \$45 at registration (*up to 6pm Friday*)
- Teams Cost \$50 online or \$60 at registration (*up to 6pm Friday*)
- Minimum 12yrs (age is of at 31/12/17)
- 7:30am bike racking, 8:15am Race brief , 8:30am Race start



## Hell Kids Triathlon *10.00am Start*

- 7-9yrs kids – 50m Swim + 2.5km Bike + 500m Run
- 10-11yrs kids – 100m Swim + 5km Bike + 1km Run
- Age is of at 31/12/2017
- All competitors receive a
  - Super Saturday Race bag
  - Swim Cap
  - Finishers Medals
- Please Note: Kids Tri has NO TIMING and is a participation race only
- Individual event only (*swim concessions/omittance is possible if not confident in the water*)
- Cost of entry \$20 online or \$30 at registration (*up to 6pm Friday*)
- 9:30am bike racking, 9:45 Race brief and 10am Race Start