

— 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

Saturday 3rd Feb 2018



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 TBA
- Cost of entry \$35 online - \$45 at registration
- 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
- Teams Cost \$50 online or \$60 at registration
- 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
 - 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
- 9:30am bike racking, 9:45 Race brief and 10am Race Start

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)

Registration desk times TBA