



**Event Date:** Sunday 10<sup>th</sup> January 2016

**Time:** 9am with an 0830 briefing

**Where does it start:** Albany Forts Precinct

**Where does it Finish:** Anzac Peace Park (next to Albany Entertainment centre)

**Where to put boats:** Albany Entertainment Centre is the best loading zone and pick up zone for craft, just a quick walk from the loading zone (see information booklet)

**Check in event:** so we know you are here and not slept in

**Water & Nutrition needs of event:** (self supported) No Stashing drinks etc

**Required Equipment:**

- Pfd , leg leash
- Bandages x2 on the bike and run leg
- Bike helmet etc to Aus standards
- Own hydration and nutrition (self supported)

**Outside support:** Will be removed for any top 3 placings if given assistance that can cause an advantage. E.G nutrition drops outside of transition area.(to make even for out of town competitors)

**Race bibs:** whenever you go into transition or see a marshal, ensure number is seen as its visual timing system.

**Navigating the course:**

- orange tape on run course + cones
- Pink tape on bike course, + cones + caution signs
- Anti clockwise turning at the paddle buoys (turn left at buoys)
- If lost please call 0447 496 489 Joel Savage to talk you back onto the course if lost

**Run**

- **Follow orange ribbons for 3 x laps in a clockwise direction finishing at the gun emplacements where the bikes are stashed.**

**Bike Course**

- **First loop of bike course is on dirt wide track**
- **Some tough climbing followed by fast descending...be aware of 2 way traffic sections**
- **After the forts loop of bike course there is a narrow section of technical rocky trail...may be best to walk the section unless you have ridden it successfully before (punctures)**



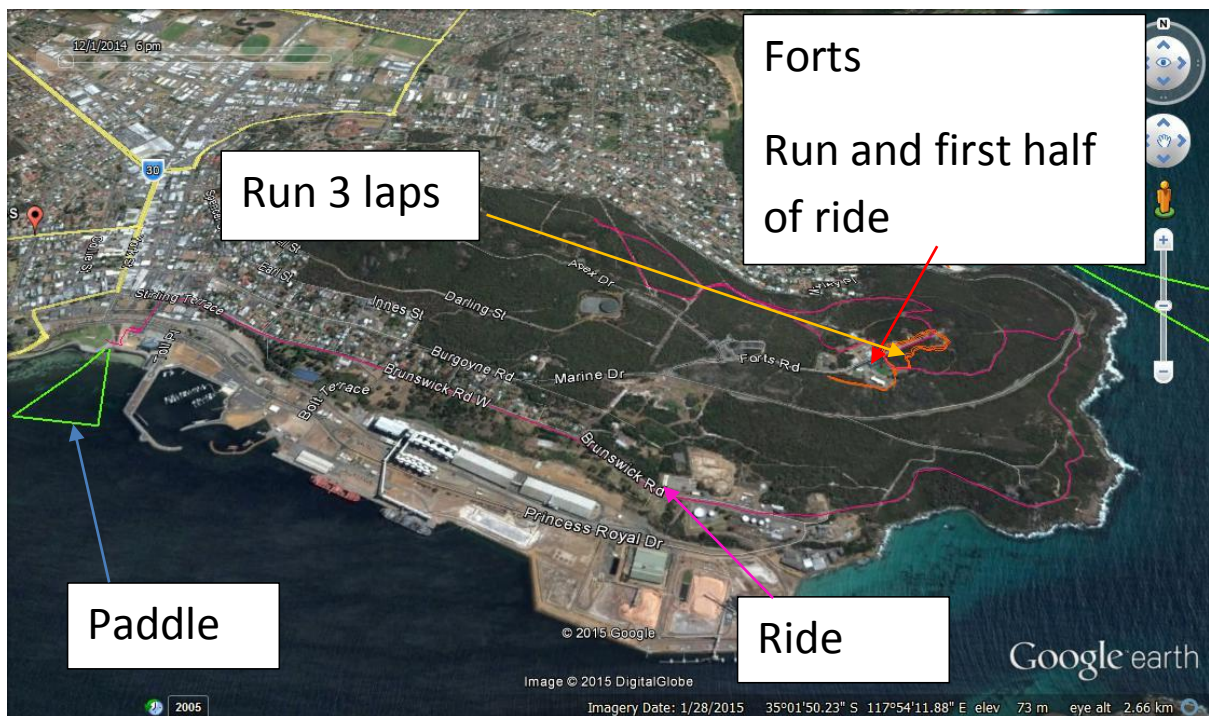
- Dismount to cross road
- Quick loose descent with sand and gravel merging into path
- 2 way public traffic and presence of public on path, stay left and be courteous

#### Paddle Course

- Keep buoys on your left (use anticlockwise direction)
- Must have pfd on

#### Run final to finish

- Must have shoes on
- Out to Jetty and finish at the finish shute



**What do you do if there is a fire?** If you spot smoke/ fire in the vicinity or a marshal is trying to stop you as they have seen it, the procedure is to follow the marked course backwards or forwards as per direction of smoke to the closest main road to head back to HQ or wait on road as per danger area. If the fire is close to you and evacuation is not possible... the safest bet is to find a clear area without any vegetation that can burn and lie down on the ground as the fire passes over the area.

If escaping a fire it is easier to run down a hill as fires spreads more easily up a hill.



**What to do if there is a Major Injury in a remote area:** First responder should stop and check the status of the athlete, stay with the athlete and contact the race director with your approx location and give an idea of the situation. We will call for emergency services and deploy the closest First aid Marshals to the area. Stop the next athlete/ athletes that reach your location and either get their assistance with first aid or send them forward to the next marshal with instructions to ensure HQ knows about the injury.

**Transition Open for pick up of bikes?** After the last person has gone out on their bike leg. Must have the coloured bracelet on or will not be given access to transition. We suggest you keep gear in a box or bag with a label so that your gear doesn't get picked up by someone else (shoes in box etc)

All the fiddly information you need is in the competitors' information booklet if you haven't done so already check that out.

