



Event Date: Saturday 7th January 2016

Time: 7am

Where: Anzac Peace Park

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 - mandatory, flare - recommended
- 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 it fair for out of town competitors)

Race bibs: whenever you go into transition or see a marshal, ensure number can be seen as we operate with a visual timing system.

Start time of events: Paddling events will start at 7am at the Beach in front of the AEC. We will gather as a group at 0650 for an address from the race organiser

Duathlon Start is now pushed back to 0710 am and will start with a short run to the end of the jetty and back (500m) , followed by the ride and then the Large run leg to finish.

How the race is starting: Craft lined up on beach, when called to start countdown given, craft will start at approx knee deep next to boats. Duathlon starts near the finish chute, then run to the end of the jetty before hitting transition.

Navigating the course:

- Buoys (know the course and know the landmarks you are paddling to) 1 Cheynes Boat, Quaranup Beach (sheltered side)
- Orange + Blue tape on run course + cones
- Pink tape on bike course, + cones + caution signs
- If lost please call 0447 496 489 Joel Savage to talk you back onto the course if lost



Paddle Course

- Leg Leash = not lose boat, PFD = not sink if pass out, flare = find you if blown off course
- Know your limits- if you cant do it turn back early, inform safety crew
- Look at the weather prior to the event so you know what wind to expect.
- If rescued you take charge of your boat and hold it
- Communicate with others on course

Paddle 1



- Head out past first buoy
- Head towards Cheynes 3 shipwreck, keep it on your left as you turn it then head to Quaranup protected side...be aware Ultra paddlers will be paddling out of the harbour...do not follow them.

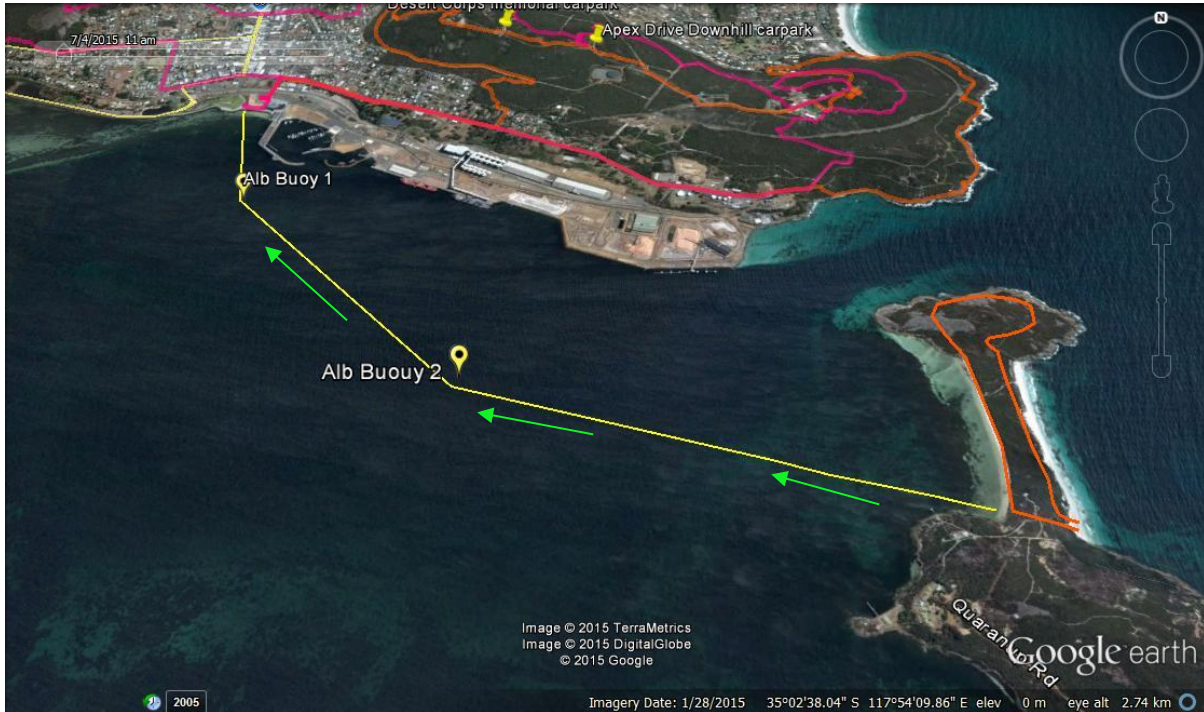
Quaranup Run (see image above)

- Come into the beach and look for marshal with orange vest on to get your time recorded
- Follow orange ribbons out till it leads you to the beach then onto the rocks. Look for marker to enter the Pt Possession trail over rocks
- Exiting the rocks section back to the beach and head to the timing marshal then grab your boat for the paddle leg back to HQ



- Team runners can drive to and from Quaranup (if your team runner is also your rider the paddler may beat them back to HQ if they are really quick)

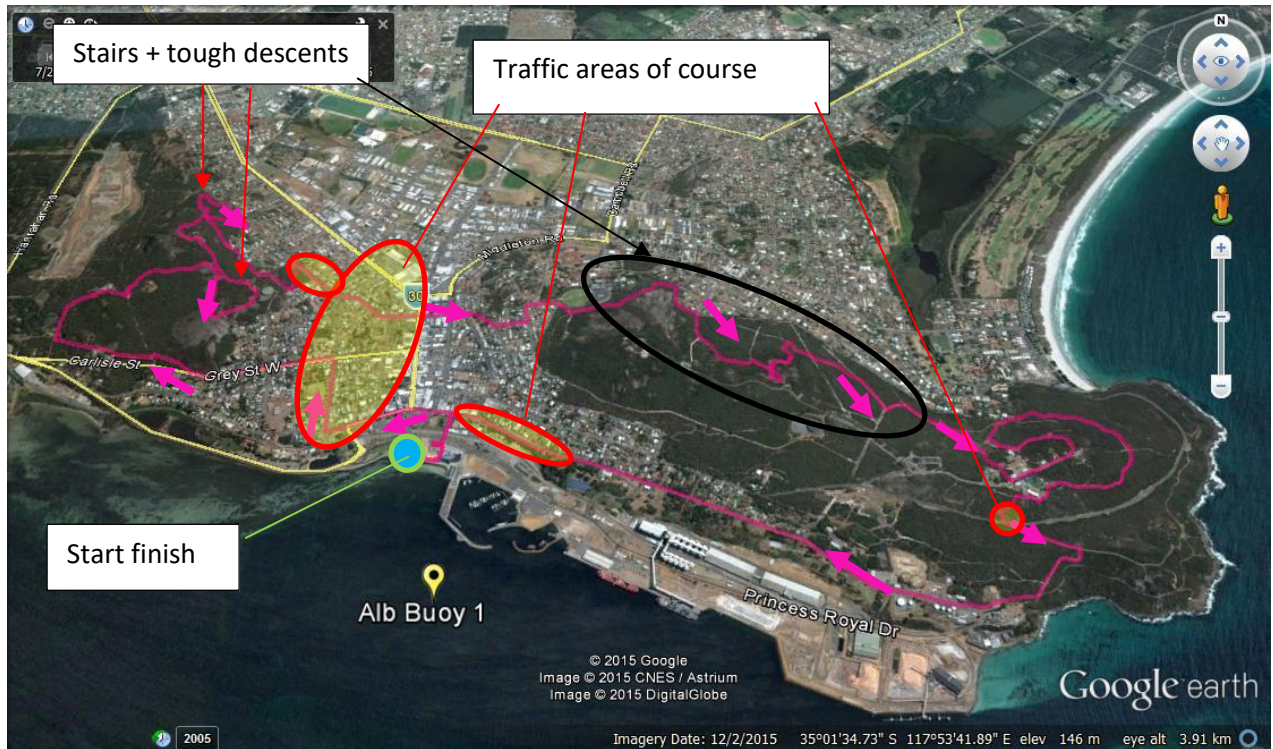
Paddle 2



- Head straight back to HQ area be aware there are large red markers showcasing the harbour which you must stay on the outside of when heading back to HQ... Buoys will be left in position for the return paddle leg. You can use these to find your way back.
- Use the Albany Entertainment centre as a reference point when paddling back

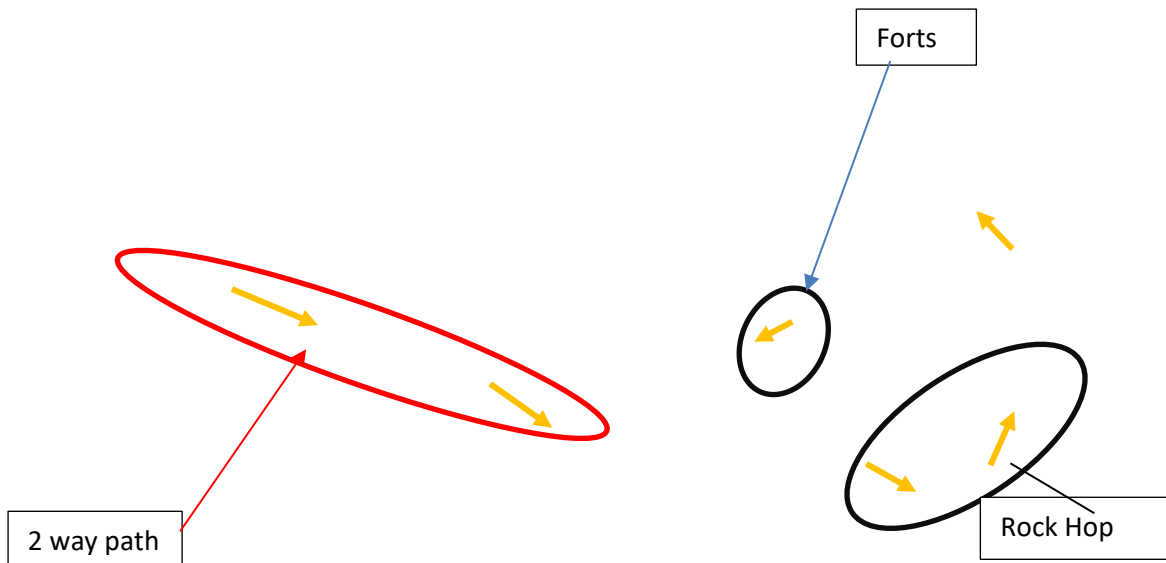
Bike Course

- Sections of road to transition between trails...obey road rules, save the racing for the trails **MUST** ride single file...**NO** doubles and **NO** drafting! **DISMOUNT AT ROAD CROSSINGS**
- Technical Features- Ride to your abilities
- Stairs- Various steepness of stairs, also some technical drops amongst stairs, if not confident and experienced it may be quicker to stop and run with bike
- Wooden Berm 1- Has a drop just after it and the wood berm is steep, in wet is a no go so just walk (there is also an easier line called the B line)
- Wooden berm 2- an easier berm, angle still aggressive at end so if not confident just walk it...trick is to hit the berms with a bit of speed
- Granite with Black or wet is very slippery be aware. If in doubt just be more careful
- Spectators, hikers on the trails....we are lucky to be using them, be ready to share the trails and dodge the pedestrians



Run Course

- Sections of road to transition between trails...obey road rules, save the racing for the trails
Ensure your safety at any road crossing (look both ways before crossing)
- Pathway to begin 2.9km ...then onto Rock Hop
- Its ok (and recommended) to wear your helmet on the rock hop section of the run leg if the swell has come up for the day and there are some sections of rock that could be slippery... Marshal at end of rock hop can return your helmet to HQ when finished...ensure you mark the helmet clearly with name or race number
- Choose your safest line around the rocks. BEWARE black rock is likely slippery...WET ROCK is definitely slippery, go around it...often the safest line is further from the water and allows more room for error
- BEWARE vegetation like trees doesn't grow well on rocks, so if there are trees between rocks it could be that there is a gap and they are growing into the gap...Be aware of your footing
- IT is ok to be fearful around the rocks, this is as much about surviving and having an adventurous day! enjoy the rock hop but don't get your race face on at the expense of an injury...you can't win a race with a broken leg or cracked skull...plenty more running to make up for it
- Be aware of pedestrians and ensure you represent as a considerate member of the public
- FORTS= drink station and the point where Ultra + Duathlon add some extra km to their run.



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 fire 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 wristband 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.