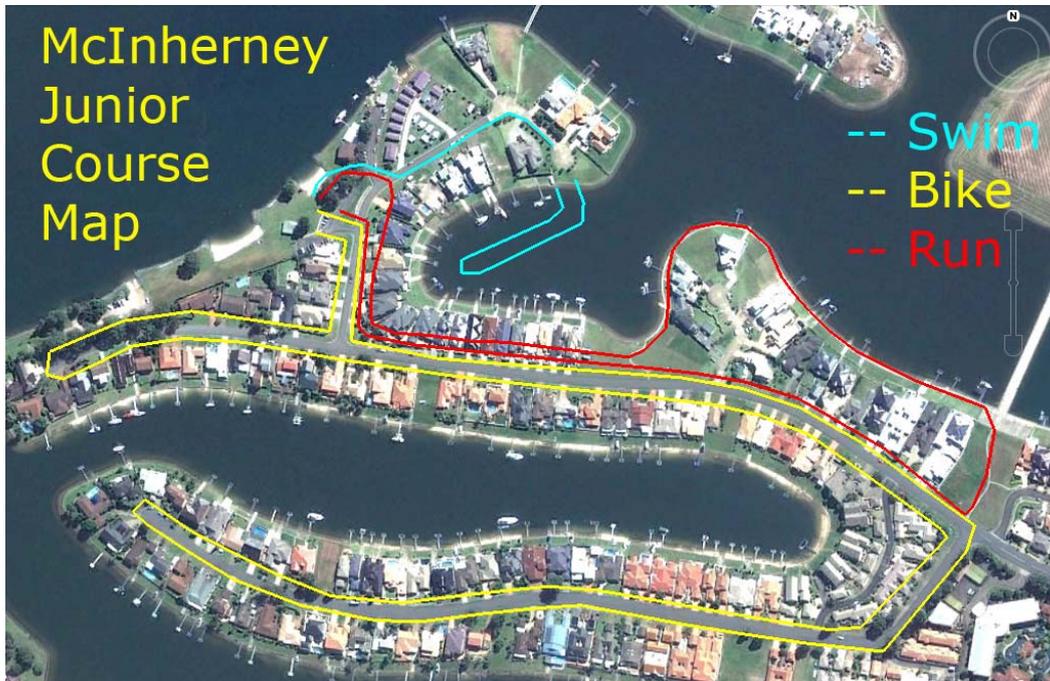


JUNIOR RACE BRIEFING



Swim

- Must wear a swim cap
- It is a 50m swim. You will start IN the water, and swim out to one of our board paddlers. Swim around the paddler and then back to shore.
- We have 3 people on water safety so if you are in trouble or just want to rest on the board then put your hand straight in the air.
- Please take care to only tread on the rubber mat when entering or exiting the water. There are lots of very sharp oysters on the rocks.
- When you run back to transition, make sure you run into transition from the back (behind the toilet block) – just follow the little traffic cones (they look like coloured donuts!)

Bike

- Your helmet **MUST** be done up before you unrack your bike
- Your torso must also be covered and shoes must be worn.
- The bike course:
 - Wheel your bike onto the road, but **WALK** your bike up to top of road. Then jump on, ride to Riverpark Rd, look **BOTH** ways, and turn left.
 - Ride along Riverpark Rd till you get close to Commodore Cres. You will be turning right here, so look over your shoulder, make sure it's safe, and move to the centre of the road for your right-hand turn.
 - You must be using hand signals for all turns - if you are going too fast to make them then slow down - you are riding dangerously.
 - Watch the road marshall who'll guide you round the corner.
 - Ride to the end of Commodore, and turn around at the cul-de-sac, and ride back to Riverpark Rd. You will turn left and head back home.
 - Before returning to transition, you continue to the end of Riverpark Rd, turn around at the Cul-de-sac, and ride back to McInherney Close, where you'll turn left. Don't take this corner wide – stay left as there may be on-coming cars or senior riders starting their bike leg riding towards you. You then ride along McInherney and down the ramp to transition.
 - Jump off your bike before you get to the kerb.
- Once in transition you **MUST** rack your bike before you undo your helmet.
- Remember while riding, you must never overtake on the left-hand side.

- You cannot ride beside another rider and “chat” this is called blocking.
- Remember to please keep to your **left** if you’re not overtaking.
- And remember to make hand-signals if you’re turning into another road.

Run

- Shoes **MUST** be worn at all times
- Run course:
 - To start the run you head out the back of transition (where you came in from the swim).
 - Run up the road and along McInherney, turning left onto Riverpark Rd.
 - Run along the footpath here until you see a witches hat in an open grassy reserve next to the water. This witches hat is your turnaround point.
 - You then run back to transition to finish your race.
 - Remember to be careful of senior and junior competitors on bikes near transition area.
- There will be fruit and water for you to cool down with.
- Please be mindful that if you are one of the front people that there are still a lot of us out there that would like some fruit also

Extras

- If you see a fellow competitor in trouble then please stay with them and notify another athlete to get help
- Please remember that all our helpers are volunteers and have given up racing to make this race happen - so please follow instruction they may give you.
- It is up to the competitors to know the course - so are there any questions ??

OK then, Enjoy your race!