



TRIATHLON
AUSTRALIA
AGE GROUP WORLD CHAMPIONSHIP
QUALIFYING RACE

1.5 KM SWIM | 60 KM BIKE | 12 KM RUN

ATHLETE INFORMATION GUIDE



SUNSMART
KARRI VALLEY
TRIATHLON   
18 & 19 MARCH 2017
TRYSTARS KID'S TRIATHLON
★ ★ ★ 19 MARCH 2017 ★ ★ ★

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**#just ANOTHER
DAY in WA**



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experiences and follow us on Instagram @westernaustralia

**WESTERN
AUSTRALIA**
EXPERIENCE EXTRAORDINARY

CONTENTS



WELCOME	4
KARRI VALLEY	7
RACE DAY INFORMATION	9
RACE DAY CHECKLIST	14
RACE COURSE	16
SUNSMART KIDS TRIATHLON	20
SPONSORS	21
CONTACT	23



**WELCOME MESSAGE FROM GWYN DOLPHIN,
CHIEF EXECUTIVE OFFICER, TOURISM WESTERN AUSTRALIA AND
RALPH ADDIS, DIRECTOR GENERAL,
DEPARTMENT OF REGIONAL DEVELOPMENT**

SunSmart Karri Valley Triathlon 2017 (18-19 March)

Welcome to Pemberton in the State's South West for the SunSmart Karri Valley Triathlon.

Since 2003, the SunSmart Karri Valley Triathlon has provided a unique racing experience for competitors. Not only does it challenge triathlon enthusiasts as they take on a swim, run and bike ride, but it also showcases some of the most picturesque sights of the South West such as Lake Beedelup and the stunning karri forest.

The SunSmart Karri Valley Triathlon is proudly sponsored by the State Government through Tourism WA's Regional Events Scheme.

The scheme is one of many initiatives supported by Royalties for Regions to help grow Western Australia's regional areas into thriving and sustainable communities.

Tourism is a vital industry for regional Western Australia. In the year ending September 2016, visitors spent \$9.6 billion in the State, including \$4.3 billion in regional areas.

Events such as the SunSmart Karri Valley Triathlon are important because they provide significant economic, social and cultural benefits to the regional communities, making them exciting places to visit as well as great places to live.

We encourage visitors to the event to not only explore Pemberton, where you can climb the world's tallest fire lookout tree—the Gloucester Tree, but also the wide South West region which is famous for its pristine beaches and world-class surfing, majestic caves, exquisite wineries and gourmet food.

We hope everyone enjoys the triathlon and their time in the region.

Gwyn Dolphin
CHIEF EXECUTIVE OFFICER
TOURISM WESTERN AUSTRALIA



Ralph Addis
DIRECTOR GENERAL
DEPARTMENT OF REGIONAL
DEVELOPMENT



WELCOME (continued)



FROM SHIRE OF MANJIMUP

The Shire of Manjimup is so excited to welcome all of the event organisers, participants, supporters and spectators of the Karri Valley Triathlon, back to Pemberton again.

The Karri Valley Triathlon is an annual event that will take competitors through our picturesque landscape for a racing experience you will not forget. Take some time out with family and friends to explore the idyllic surrounds, from the southern ocean coastline and forests to the many wineries and eateries scattered throughout our beautiful Southern Forests region.

Visit www.manjimup.wa.gov.au to learn more about our Shire and what we have on offer.



FROM STC PRESIDENT

As the President of Stadium Triathlon Club (STC), it is with great pleasure that I welcome you to the 14th SunSmart Karri Valley Triathlon taking place in the magical setting of Karri Valley Resort. Karri Valley for another year is a feature race on the national long course qualifying circuit and offers a great option for seeing the sights of our wonderful South West WA in the Triathlon WA (TWA) club series.

Karri Valley offers not just the long course event but short course and TryStars events too making it one for the family and a great weekend down south.

This year, as with all years, the event is months in the planning and so many dedicated volunteers make up the KVT committee which results in this epic race. I would like to thank the Race Director, Marcus Wilkinson and our Club Committee KVT Coordinator Anthony Wilson for coordinating efforts and organizing an event that will be challenging to both athletes and volunteers alike. Safety is paramount with all our events and each of our Swim, Bike and Run course Directors have prepared and planned to deliver both a safe and competitive race for all athletes. STC and KVT committees would like to sincerely thank our key partners, Tourism WA, Healthway and Shire of Manjimup who have been long time sponsors of this event.

No matter what club you are representing on the day, Karri Valley brings together all that WA has to offer - adventure, fantastic surroundings and good honest fun. On behalf of STC, welcome to our event, and have a great weekend down with us amongst the Karri Valley trees. Don't forget to smile, remember you paid for this!

Niamh Moloney
STC President



We support many events in regional Western Australia!

Royalties for Regions is investing \$60 million in Tourism WA's Regional Events Program to help grow our regional areas into thriving and sustainable communities.

Regional events bring valuable promotion, vibrancy and prosperity to communities.



KARRI VALLEY



Welcome to the 14th SunSmart Karri Valley Triathlon to be held on Saturday 18 March 2017 and Kids Triathlon on Sunday 19 March 2017.

Held at the picturesque Karri Valley Resort, this event showcases the beauty of WA's Southwest, while providing triathletes with a unique racing experience.

Commencing in the clean, fresh waters of Lake Beedelup, you won't have better swim conditions in a triathlon! You will then be challenged by the undulating bike course under the canopy of the Karri forest, and then be able to soak up the majestic views and natural charm of the Karri Valley Resort during the run.

Karri Valley Resort provides the perfect setting for everyone to enjoy.



Swim, cycle, run...and leap right into an invigorating Southwest Holiday. Take time out after the SunSmart Karri Valley Triathlon to explore more from the South West—you won't be disappointed. Whether it's relaxing at the resort, swimming at the beaches, walking through the natural forests or just visiting the country towns, you will find a place where you can relax, enjoy and be taken away with its beauty.





Triathlon

Swim Strong Cycle Fast Run to Win

Swim Strong Cycle Fast Run to Win

RACE DAY INFORMATION



Event

Long Course

1.5km Swim | 60km Bike | 12km Run

Athletes to complete two laps of the swim course, two laps of the bike course and three laps of the run course.

Short Course

0.5km Swim | 20km Bike | 4km Run

Athletes to complete one lap of the shorter swim course, one lap of the shorter bike course and one lap of the run course.

Registration

You must register at transition between 7:15 am and 8:30 am where you will be provided with your race number, swim cap and timing chip.

There will be a Race Briefing at 9:15 am near the transition area.

It is compulsory that all competitors wear the swim cap that is issued at registration and a wetsuit, as the water temperature can vary significantly. It is dark and not as buoyant as seawater.

Event Schedule

Time	Event	Location
Friday 17 th March		
5:30 – 6:30	Arrive Social Drinks	Karri Valley Resort Games Room – Chalet #25
Saturday 18 th March		
7:15	Registration opens	Transition Area
7:30	Transition Opens	Transition Area
8:30	Registration closes	Transition Area
9:15	Race Briefing	Transition Area
9:30	Short Course Transition Closes	Transition Area
9:45	Short Course Race Starts	Lakeside
10:15	Long Course Transition Closes	Transition Area
10:30	Long Course Race starts	Lakeside
11:00	BBQ available at finish area	Transition Area
12:30	Presentations (Short Course)	Transition Area
3:30	Race Cut-off (Long Course)	Lakeside
5:30	Dinner and bar open	Lakeside
6:30	Presentations (Long Course)	Lakeside
7:00	Entertainment Commences (Live Band The Good Things)	Lakeside
10:30	Bar and Food area closes	Lakeside
Sunday 19 th March		
8:00 – 8:45	Kids Triathlon Registration	Lakeside
8:50	Kids Triathlon Race Briefing	Lakeside
9:00	Kids Triathlon Race Start	Lakeside

NB: The Transition Area will not open until all competitors are on the run course.

RACE DAY INFORMATION

(continued)



Racing Rules

We are racing under the Triathlon Australia (TA) Race Competition Rules.

Short Course Drafting

The draft distance for the short course is 7 metres with a 3 minute time penalty.

Long Course Drafting

The draft distance for the long course is 12 metres with a 5 minute time penalty.

Triathlon is an individual sport and it is your responsibility to fully understand the rules.

Technical Officials will be monitoring the cycle course.

Remember to treat other athletes, volunteers, supporters and officials with courtesy and consideration.

Race Number Bib

Athletes are required to wear their race number bib clearly on their front for the Run Course and back for the Bike Course.

Timing Chip Return

Timing chips will be removed at the completion of your race by the volunteers at the finish line. Loss of timing chip will incur a \$26 fee to the athlete.



RACE DAY INFORMATION

(continued)



Short Course Athletes and Spectators

Manjimup Senior High School will be running a bacon and egg sizzle from 8:00 am and sausage sizzle at the finish line from approximately 11:00 am to 1:30 pm (or longer if food is still available).

Coffee Van

For all your coffee needs there will be a coffee van on site.

Athlete Nutrition

Aqualyte (Electrolyte) and Bindi Sport Hydration (with carbohydrates) will be available on the run course for all athletes. See the product website for nutritional information: bindinutrition.com.au and aqualyte.com.au.

Gear Tent

The gear tent will be located near transition. Please make sure your gear is clearly identified. It is also advisable to place some form of identification on all your personal property, this enables easy identification if it is misplaced and returned to officials.

Bike Mechanic

Vault Cycle Services will be in the transition area on race morning from the time transition opens to carry out minor mechanical repairs and adjustments to competitor's bikes. Note that there may be a charge for parts used in repairs.

Lost Property

Any personal items that are lost or misplaced, and handed into race officials will be available for collection at the Registration Tent post event.

First Aid

A First Aid post will be set up adjacent to the Bike Mount | Dismount Area. An ambulance will also be posted at the intersection of Vasse Hwy and Channybearup Road.

PRESENTATION DINNER MENU

(available from 5:30 pm)

(Tickets for dinner and drinks will be sold at Karri Valley Resort Reception—Friday evening. These will also be available on Saturday at Reception and the General Store)

There is no eftpos at Karri Valley Resort. Please remember to take some CASH with you.

\$20.00 per adult

\$5.00 per child

Beef Bourguignon, Chicken Thai Green Curry, Vegetable Curry, Jasmine Rice, Greek salad, Rustic roast potato salad, Dinner rolls.

Beverages Available

Wines by Glass

Glass of House Red
Glass of House White
Willowglen Sparkling

Beer

Hahn Premium Light
Carlton Dry
James Boags Premium
Carlton Midstrength

Soft Drinks

Mt Franklin Water
Mt Franklin Sparkling
Assorted Soft Drink Cans

RACE DAY INFORMATION

(continued)



Parking

Parking is available in the paddock closest to the transition located on the left hand side of the Karri Valley Resort entrance road. Please follow the signs and parking marshals.

Please note that there will be no entry or exit from this area between 8:45 am and 2:30pm or when the last competitor finishes the race. The only exception will be Emergency Services.

Results

Preliminary results will be available on the race timing computer at the finish line.

Official results will be online via the Karri Valley Facebook and Stadium Tri Club Website. You can also email admin@stadiumtriclub.com if you wish to receive a copy of the results via email.

Accommodation

Please note that camping on the resort property is strictly forbidden and it reflects badly on our event.

If anyone is still chasing accommodation, please contact the Pemberton Accommodation Association. (<http://www.pembertonstay.com.au>)

Presentations

Short Course Presentations will be held at the finish area near transition immediately following the conclusion of the short-course event (approximately 12:30 pm).

Long Course Presentations and official speeches will be adjacent to the Lake from 6:30pm (NB: In the event of bad weather, these presentations may be moved to Hopegarden Lodge on Vasse Hwy adjacent to the entry to the resort). Dinner and bar will be available from 5:30 pm (pre-purchased tickets for dinner and drinks only) and conclude at approximately 10:30 pm.

Prize Money | Open Division

1st Place	\$1500
2nd Place	\$750
3rd Place	\$350

Friday night—Social Gathering

Where: Games Room (Chalet #25)

When: 5:30-6:30 pm | Friday 17 March

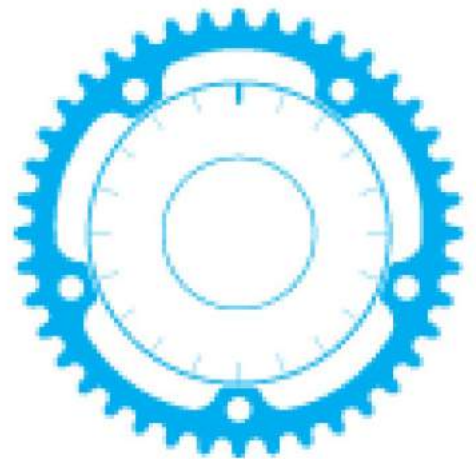
Details: Come along and enjoy a social gathering and get to know some of your competitors.

Karri Valley Triathlon 2017 Race course is brought to you
by

POOSWIN

VAULT

CYCLE SERVICES



TRC

the running centre

Race Nutrition Available



Race Day Checklist



GENERAL	
<input type="checkbox"/>	Watch or heart rate monitor & band
<input type="checkbox"/>	Energy bars, gels and fluids
<input type="checkbox"/>	Sunscreen
<input type="checkbox"/>	Talcum powder (for shoes)
<input type="checkbox"/>	Vaseline (to prevent chaffing)
<input type="checkbox"/>	Spare pair of shoes
SWIM	
<input type="checkbox"/>	Wetsuit
<input type="checkbox"/>	Goggles
<input type="checkbox"/>	Ear and nose plugs if required
<input type="checkbox"/>	Swim cap (supplied on the day)
<input type="checkbox"/>	Transition Towel
BIKE	
<input type="checkbox"/>	Race Bib (supplied on the day – must be worn on back)
<input type="checkbox"/>	Bike and Helmet (entry will be refused if not of an appropriate standard)
<input type="checkbox"/>	Bike shoes or runners
<input type="checkbox"/>	Socks (if required)
<input type="checkbox"/>	Sunglasses
<input type="checkbox"/>	Track pump (or check tyre pressure before)
<input type="checkbox"/>	Tool bag with spare tubes and repair tools
<input type="checkbox"/>	Water bottles
RUN	
<input type="checkbox"/>	Race Bib (supplied on the day – must be worn on front)
<input type="checkbox"/>	Running shoes
<input type="checkbox"/>	Socks (if required)
<input type="checkbox"/>	Hat (to keep sun off and to keep wet/cool)
<input type="checkbox"/>	Sunglasses
RECOVERY	
<input type="checkbox"/>	Gear Bag (with dry, warm clothing for post race recovery)
<input type="checkbox"/>	Recovery nutrition

UV
INDEX
3

When UV
is 3 or above
Be SunSmart

Visit myUV.com.au
for your UV forecast.

The higher the UV, the greater your chances of
getting sunburnt and skin cancer.

Make the most of your day by using the UV Index.



Race Course



SWIM

POQSWIM course

POQSWIM

For all your customized silicon swim cap needs. POQSWIM is a latex-dipping and rubber moulding company equipped with the latest state-of-the-art machinery and technology which enable it to produce Latex and Silicone Swim caps of the highest quality, durability and consistency.

The swim will commence with a beach start and will compose of a one lap circuit (short course) and a two lap circuit for long course athletes. The swim finishes with a run along Karri Drive to where the transition is located.

WETSUITS – It is compulsory that all competitors wear the swim cap that is issued to them at registration and a wetsuit, as the water temperature can vary significantly. It is dark and not as buoyant as seawater.





CYCLE

Vault Cycle Services Bike Course

Vault Cycle Services is centrally located in West Perth and we aim to provide the most convenient bike service Perth can offer. We do this by streamlining the process and catering for your requirements, from online booking to picking up and returning the bike to your home or office. www.vaultcycleservices.com.au

The cycle comprises of:

Short Course: one lap (20 km lap)

Long Course: two laps (30kms each lap)

After exiting from transition, located on the main oval at Karri Valley Resort, the cycle exits the resort along Karri Drive before turning left and heading towards Pemberton on the Vasse Highway.

After 4.5 km of mainly climbing on Vasse Highway, mainly uphill, athletes will turn left onto Channybearup Road. *Please take care at this intersection as it is slightly downhill, off camber (slopes away) and there may be gravel on the road surface.* While every effort will be made to ensure a safe turning area, it is your responsibility to exercise due caution.

Continue along Channybearup Road for 4 km (short course) and 9 km (long course) to the turn-around. Note the turnaround point for the long course will be just prior to Stirling Road.

After completing a 180 degree turn (Turnaround 1), return back along Channybearup Road, right onto Vasse Highway and back towards the entrance to the Karri Valley Resort.

All cyclists will proceed past the resort entrance to Turnaround 2 approximately 1.5 km past the resort.

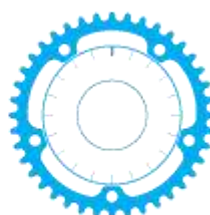
Upon reaching the resort entrance for the first time, short course athletes will turn left and enter the resort, long course athletes will continue past the entrance to commence their second lap.

Bike Cut-off

Due to traffic management restrictions, if short course competitors have not reached Turnaround 1 (on Channybearup Rd prior to Stirling Rd) by 10:50 am, or have been overtaken by a long course competitor before reaching Turnaround 1, you will be asked to return to the Transition Area.

If long course competitors have not started Lap 2 by 12:45pm you will be asked to return to the Transition Area. You may continue with the rest of the event by commencing the run leg but your finishing status will be recorded as DNF (did not finish).

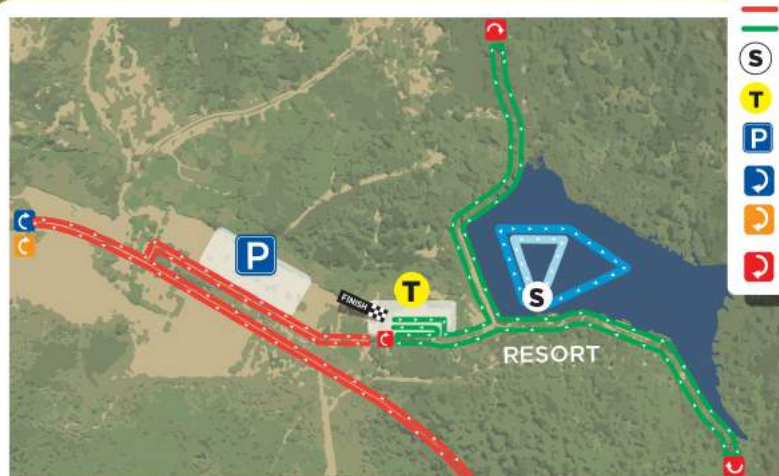
VAULT
CYCLE SERVICES



Race Course (continued)



KARRI VALLEY TRIATHLON COURSE MAP



- Swim Leg
- Bike Leg
- Run Leg
- S Start
- T Transition
- P Parking
- ↻ Long Course Bike Lap Turn-around
- ↻ Short Course Bike Lap Turn-around
- ↻ Run Lap Turn-around

KARRI VALLEY TRIATHLON COURSES

LONG COURSE 1.5km/60km/12km

Swim: 2 x 750m laps in the lake
Bike: 2 x 30km laps along Vasse Hwy and Channybearup Rd
Run: 3 x 4km laps within the grounds of Karri Valley Resort

SHORT COURSE 500m/20km/4km

Swim: 1 x 500m lap in the lake
Bike: 1 x 20km lap along Vasse Hwy and Channybearup Rd
Run: 1 x 4km lap within the grounds of Karri Valley Resort



RUN

the running centre Run Course

After exiting transition and completing the run back toward Lake Beedelup on Karri Drive, athletes turn left and run along the dam wall, continue along a walking track behind the lake to a turn-around point, complete an out and back section returning along the dam wall and back to Karri Drive.

Athletes turn left back onto the bitumen (Karri Drive) and continue past Karri Valley Resort reception and out onto another walking track next to Lake Beedelup.

After once again completing an out and back section, athletes return back along Karri Drive and towards the transition/finish area. A run turnaround will be marked at the bottom of the hill between bike mount/dismount area and Karri Drive.

Short course athletes then proceed a short distance back up Karri Drive and turn left onto the grass paddock and towards the finish.

Long course athletes continue straight to complete a second and third lap.

Run course aid stations are located on Karri Drive between transition and the resort, where the three legs of the run converge at the dam wall

The finish is located on the oval, requiring athletes to make their way down a steep hill before running down the finishing chute.



SunSmart Kids Triathlon



Partnering with Healthway and Triathlon WA, Stadium Triathlon Club brings to you the SunSmart Kids Triathlon at Karri Valley Resort on Sunday 19 March.

This event invites kids between the ages of 7-12 who enjoy swimming | cycling | running.

Registration

You must register between 8:00 am and 8:45 am.

Race Briefing

There will be a race briefing at 8:50 am.

Race Start

Racing starts at 9:00 am.

All kids will participate in the swim of the lake, then a cycle on their bikes, followed by a run. Courses will differ depending on age group.

7-9 years – 100m swim | 2km cycle | 500m run

10 – 12 years – 200m swim | 4km cycle | 1km run

Teams (2 or 3 participants 7 – 12 years) – 200m swim | 4km cycle | 1km run

All kids will receive a swim cap which they must wear whilst racing. Athletes will also receive a goodie bag and medal for participating.



Sponsors



We would like to thank all our sponsors for their contribution, without them the event could not happen. Please remember to support them as they support you with this great event.

OUR MAJOR SPONSORS



Government of Western Australia
Department of Regional Development



ROYALTIES
FOR REGIONS



SUPPORTERS



Be part of it, it will define you





EVENT CONTACT INFORMATION

Race Related matters contact:

Race Director: Marcus Wilkinson (0431 136 786)

General Event Enquiries contact:

Anthony Wilson—stadiumtri.kvt@gmail.com

Administration enquiries (registration, accommodation etc)

Contact : admin@stadiumtriclub.com

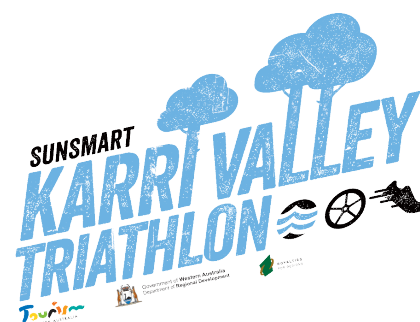
Stadium Triathlon Club

PO Box 136, Wembley WA 6014

Niamh Moloney—President

Email: president@stadiumtriclub.com

Website: www.stadiumtriclub.com



Stadium Triathlon Club wishes to thank you for your invaluable support for the Karri Valley Triathlon event.

Our heartfelt thanks go to all our volunteers who participate at this event. Your involvement and contributions are immeasurable and the key to the success of this event.

