

1.5 KM SWIM | 60 KM BIKE | 12 KM RUN

# ATHLETE INFORMATION GUIDE

17 & 18 MARCH 2018 | [STADIUMTRICLUB.COM](http://STADIUMTRICLUB.COM)





share your  
**#just ANOTHER  
DAY in WA**



Don't keep your best photos to yourself. Tag your photos  
**#justanotherdayinWA** to share your extraordinary Western Australian  
experiences and follow us on Instagram **@westernaustralia**

**WESTERN  
AUSTRALIA**  
EXPERIENCE EXTRAORDINARY

# CONTENTS



WELCOME	4
KARRI VALLEY	7
RACE DAY INFORMATION	8
RACE DAY CHECKLIST	13
RACE COURSE	15
SUNSMART KARRI VALLEY KID'S TRIATHLON	19
SPONSORS	20
CONTACT	22



**WELCOM MESSAGE FROM  
HON PAUL PAPALIA CSC MLA, MINISTER FOR TOURISM  
AND  
HON ALANNAH MACTIERNAN MLC, MINISTER FOR REGIONAL DEVELOPMENT**

**SunSmart Karri Valley Triathlon 2018 (17-18 March)**

The McGowan Government is a proud sponsor of the SunSmart Karri Valley Triathlon through its Regional Events Scheme.

The scheme was devised as a way for the Government to support smaller and emerging events in regional Western Australia to boost tourism, increase community vibrancy and participation, and develop regional areas.

The Regional Events Scheme plays an important role in positioning Western Australia as an exciting destination to visit and a great place to live by showcasing and promoting a region's unique and diverse attractions.

In 2017-18, 62 diverse regional events across Western Australia have received funding through the Regional Events Scheme.

Tourism is a key pillar of the McGowan Government's plan to diversity the economy, create jobs and develop business opportunities, especially in regional Western Australia. In 2016-17, visitors spent \$10.1 billion in the State, including \$4.5 billion in regional areas.

We hope everyone enjoys the event and takes the time to explore the South West region.

**HON PAUL PAPALIA CSC MLA  
MINISTER FOR TOURISM**



**HON ALANNAH MAC-  
TIERNAN MLC  
MINISTER FOR REGIONAL  
DEVELOPMENT**





# WELCOME (continued)



## FROM SHIRE OF MANJIMUP

The Shire of Manjimup is extremely happy to again welcome the SunSmart Karri Valley Triathlon Event to the Southern Forests region. The event takes a journey through just some of the region's unique and beautiful areas. We do hope you get to experience and enjoy some of our Shire whilst you are here.

We thank and congratulate the event organisers for bringing this event to us again. Good luck to all participants and a warm welcome to the region for all visitors.

Visit [www.manjimup.wa.gov.au](http://www.manjimup.wa.gov.au) to learn more about our Shire and what we have on offer, or like us on Facebook.



## FROM STC PRESIDENT

15 years and going strong, welcome to the 15th SunSmart Karri Valley Triathlon and what a weekend we have planned for you. We are delighted to announce our new partnership with RAC Parks and Resorts to bring you another fantastic day of racing. With the race calendar packed full of excellent race choices, SunSmart Karri Valley Triathlon strives to give you something different with two different race course distances and a kids triathlon in the shark free waters of Lake Beedelup, surrounded by majestic karri trees and secluded running trails. RAC Karri Valley Resort showcases the wonderful South West region in all its glory for you and your family to remember long after.

This year we celebrate 15 years of KVT by delivering you another epic race. We have three dedicated course directors managing the smooth operations and safety for all competitors in the swim, bike and run. Marcus Wilkinson and Anthony Wilson lead up the KVT team for a second year as Race Director and the STC Committee's Event Manager which means lessons learnt from last year will be used to ensure the smooth running of the event for all competitors. STC and KVT committees would like to sincerely thank our key partners, Tourism WA, Healthway, Shire of Manjimup and RAC Parks and Resorts who have been instrumental in helping us along the way to facilitate this incredible race.

Unlike any other race we come together at the end for a cracking party underneath the stars and celebrate all athletes efforts during the day with great food and music. We hope you can join us for all the events during the Karri Valley Triathlon Festival weekend. On behalf of Stadium Tri Club, welcome to our event and have a safe, fun and memory filled weekend down amongst the karri trees.

**Niamh Moloney**  
**STC President**



Welcome to the 15th SunSmart Karri Valley Triathlon to be held on Saturday 17 March 2018 and SunSmart Karri Valley Kid's Triathlon on Sunday 18 March 2018.

Held at the picturesque RAC Karri Valley Resort, this event showcases the beauty of WA's South West, 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 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 RAC Karri Valley Resort during the run.

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



Swim, cycle, run...and leap right into an invigorating South West 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 7:30 am and 8:45 am where you will be provided with your race number, swim cap and timing chip.

There will be a Race Briefing at 9:10 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

### Friday 16<sup>th</sup> March

18:00	Social drinks and snacks	KVR— Beedelup Room
-------	--------------------------	--------------------

### Saturday 17<sup>th</sup> March

7:30	Registration Opens/Transition Opens	Transition Area
8:45	Registration Closes	Transition Area
9:10	Race Briefing	Transition Area
9:30	Transition Closes	Transition Area
9:45	Race Starts – Short Course followed by Long Course	Lakeside
11:00	BBQ Available at Finish	Transition Area
12:15	Short Course Presentations	Transition Area
15:30	Race Cut-Off (Long Course)	Lakeside
17:30	Dinner and Bar Opens	Lakeside
18:30	Long Course Presentations	Lakeside
19:00	Entertainment commences	Lakeside
22:30	Bar and Food area closes	Lakeside

### Sunday 18<sup>th</sup> March

8:00	TryStars Registration Open	Lakeside
8:45	TryStars Registration Closes	Lakeside
8:50	TryStars Race Briefing	Lakeside
9:00	TryStars Race Start	Lakeside
10:30	TryStars Race Concludes	Lakeside
12:00	Karri Valley Resort Triathlon Festival concludes	Lakeside



# 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 10 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).

## Athlete Nutrition

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](http://bindinutrition.com.au).

## Change Tents

Female and male change tents will be provided in the transition area for athletes wishing to change in and out of race outfits. Athletes are requested to avoid using portaloo toilets to change in, to avoid congestion.

## 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 )

**Eftpos is available at the Resort.  
You will need to purchase your dinner  
ticket at Reception when you check-in  
or at the General Store.**

**\$22.00 per adult**

**\$5.00 per child**

Sweet and Sour Tempura Fish (Sweet Lip Hoki)  
Chicken Stir-Fry  
Vegetable Style Curry  
Spaghetti Bolognese  
Rice  
Potato Salad, Garden Salad  
Dinner Roll and Butter

**At presentations, beverages are  
available for purchase by cash or  
EFTPOS at the bar.**

### 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



# RACE DAY INFORMATION

(continued)



## Parking

Parking is available in the paddock closest to the transition located on the left hand side of the RAC 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 2:30 pm 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](mailto: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 12:15 pm).

Long course presentations and official speeches will be adjacent to the lake from 6:30 pm and be followed by live music from cover band "The Good Things", back again after rocking the house down at Karri Valley in 2017.

## Prize Money | Open Division

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

## Friday night—Social Gathering

**Where:** Beedelup Room at the rear of the resort's restaurant

**When:** 5:30-6:30 pm | Friday 16 March

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

A bar will be set up for purchase of drinks, and snacks will be provided.



# SUNSMART KARRI VALLEY TRIATHLON 2018

Race Course is brought to you by:



**VAULT**  
CYCLE SERVICES





# 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](http://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

ROKA swim course



*"ROKA was formed in a garage in Austin, Texas with humble beginnings and a laser-beam focus. Our mission is to unlock human potential. To equip. Empower. Inspire. Ignite. We serve those who seek to redefine the standard, to push themselves to the limit – whatever and wherever that may be. When we see an opportunity to innovate, to challenge the status quo, to disrupt a complacent or monopolistic market, we go all in."*

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](http://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 RAC 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, 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 RAC 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.

The road used for the cycle course will not be closed during the event and you will be sharing it with other road users. With this in mind it is important to remain aware of all traffic on the road during your race. The zone speed limits have been changed and traffic management has been employed to ensure that you enjoy a safe and fun race.

### Bike Cut-off

Due to traffic management restrictions, if short course competitors have not reached Turnaround 1 (on Channeybearup 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).



# Race Course (continued)

## KARRI VALLEY TRIATHLON COURSE MAP





## RUN

### Bindi Nutrition Run Course

*"Bindi is a true Aussie success story... it began in 2013 as Belinda Dennis realised a need for something better in the sports nutrition market. In Belinda's case, it was the availability of good quality, natural, healthy, Australian-made sports nutrition products that could support her passion for triathlon."*

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 RAC 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





# SunSmart Karri Valley Kid's Triathlon



Partnering with Healthway and Triathlon WA, Stadium Triathlon Club brings to you the SunSmart Karri Valley Kid's Triathlon hosted by RAC Karri Valley Resort on Sunday 18 March 2018.

This event invites kids between the ages of 7 and 13 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 – 13 years – 200m swim | 4km cycle | 1km run

Teams (2 or 3 participants 7 – 13 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

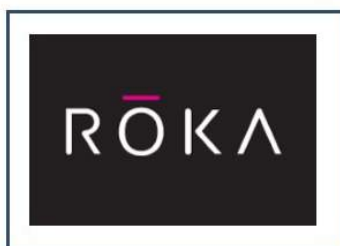


We would like to thank all our sponsors for their contribution, without them the event could not happen. Please remember to support them as they support you with this great event.

## OUR MAJOR SPONSORS



## 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:

Event Manager: Anthony Wilson (0417 897160)  
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](http://www.stadiumtriclub.com)



Stadium Triathlon Club wishes to thank you for your invaluable support for  
the SunSmart 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.

