

RAC

KARRI VALLEY TRIATHLON



2020 ATHLETE GUIDE

EVENT SPONSORS



EVENT SUPPORTERS

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WELCOME



The McGowan Government is a proud sponsor of the RAC 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.

68 diverse regional events across Western Australia have been funded through the 2019-20 Regional Events Scheme. This year's round includes the Regional Aboriginal Events Scheme with a funding pool of \$150,000 exclusively allocated to events delivering Aboriginal activities and experiences.

Tourism is a key pillar of the McGowan Government's plan to diversify the economy, create jobs and develop business opportunities, especially in regional Western Australia.

Events play an important role in this plan, with the Government sponsoring a range of sporting, cultural, arts and culinary events across the State, through Tourism WA, to attract more visitors, encourage them to stay longer, disperse further and do more while they are here.

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 MacTiernan MLC
Minister for Regional Development

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FROM OUR SPONSORS



RAC represents more than one million Western Australians and reinvest their profits for the benefit of their members and the community. One of the ways RAC gives back to their members and the community is through their sponsorship program.

RAC are proud to host and sponsor the RAC Karri Valley Triathlon at the picturesque RAC Karri Valley Resort. RAC Karri Valley Resort is just one of the RAC Parks & Resorts which are located at some of Western Australia's most beautiful and iconic locations.



The Shire of Manjimup is once again thrilled to be hosting this event in our unique and picturesque neck of the woods. The RAC Karri Valley Triathlon course meanders through some of the Southern Forests region's most beautiful sights and we congratulate the event organisers for bringing this event back to Pemberton again. I wish all of the participants' good luck – enjoy the event and enjoy your time here.

We are a Shire of over 7,000 square kilometres, so as you can imagine, there is a lot to see. Will you get a chance to do some sightseeing? Do you plan to visit some of our beautiful eateries that showcase the region on a plate? Do you hope to experience the peace and tranquillity of our waterways, oceans and forests? If not, a return visit is a must. Bring your friends and family and stay a while. We look forward to welcoming you again.

Paul Omodei
Shire President
Shire of Manjimup



Welcome to the 17th RAC Karri Valley Triathlon. With so many events on the racing calendar to choose from, we are delighted that you have chosen to race this event in the beautiful South West of WA. I would like to extend a very warm welcome to members of other WA-based triathlon clubs and athletes who are traveling from even further afield. I know that the members of Stadium Triathlon Club are really looking forward reigniting some friendly rivalries out on course. Our Head Coach, Robbo, will be at the resort all weekend so if you want any insider racing tips, he's the man to ask!

RAC and the team at Karri Valley Resort work hand in hand with the KVT organising committee to deliver a unique race on the TWA event calendar. Swimming in a lake then riding up and down a few hills in the countryside followed by a run in the forest trails make this special course. We hope you have a great time out there.

I would like to express my thanks to the core of Stadium Triathlon Club members who work incredibly hard to plan this weekend from our base in Perth. Equally crucial is the support given by local businesses and our major sponsors. They enable this club event to happen and to make it such a success year on year.

For many of you, the after party is the real carrot that entices you to enter. I am delighted to report that The Good Things will be rocking the party on the shores of the lake again this year.

Kirsty Docherty
President
Stadium Triathlon Club



EVENT INFORMATION



Registration

You must show a copy of your Register Now Confirmation email when picking up your race pack on race morning. Failure to do so will result in athletes having to purchase a new entry on the day, with this being refunded the following week if a valid registration can be confirmed.

Race packs can be collected from transition on race day between 7.30 and 9.00am where you will be provided with your race number bib, swim cap, timing chip and race number bike sticker. The sticker is to be applied to your bike's seat post or frame before you enter transition. You will not be permitted to enter transition without the sticker applied, and will be required to match this with your race number bib when removing your bike from transition after the race.

Race briefing will be at 9.10am in the transition area.

It is compulsory that all competitors wear the swim cap that is issued at registration and a Triathlon Australia-approved wetsuit. The swim is in fresh water which is dark and not as buoyant as sea water.

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.

Event Schedule

Saturday 14 March - RAC Karri Valley Triathlon

7.30am	Registration & transition opens
9.00	Registration closes
9.10	Race briefing
9.30	Transition closes
9.45	SHORT COURSE Race Starts
10.30	LONG COURSE Race Starts
11.00	BBQ commences near finish line
12.15pm	Short course presentations
3.30	Race cut-off (Long Course)
5.30	Dinner & bar opens
6.30	Long course presentations
7.00	Entertainment commences
10.30	Bar and food area closes

Sunday 15 March - RAC Little Legends Kids Triathlon

8.00am	Registration opens
8.45	Registration closes
8.50	Race briefing
9.00	Race starts
10.30	Race concludes

Parents: We are happy for you to swim alongside your child during the event. If you wish to do so please advise event staff when registering on Sunday morning.

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.



EVENT INFORMATION



Race Day Checklist

General

- ☐ Watch
- ☐ Energy bar, gels and fluids
- ☐ Sunscreen
- ☐ Talcum powder (for shoes)
- ☐ Vaseline (to prevent chafing)
- ☐ Race belt (for attaching race bib)
- ☐ Transition towel

Swim

- ☐ Wetsuit
- ☐ Goggles
- ☐ Swim cap (supplied on the day)

Bike

- ☐ Race bib (worn on back) & sticker (on bike)
- ☐ Bike & helmet
- ☐ Bike shoes or runners
- ☐ Socks
- ☐ Sunglasses
- ☐ Bike pump
- ☐ Tool bag with spare tubes & repair tools
- ☐ Water bottles

Run

- ☐ Race bib (worn on front)
- ☐ Running shoes
- ☐ Socks
- ☐ Hat or visor
- ☐ Sunglasses

Recovery

- ☐ Gear bag (with dry, warm clothes)
- ☐ Recovery nutrition

GENERAL INFORMATION



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: pembertonstay.com.au

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 the resort entry road will be closed to traffic between 8.45 am and 2.30 pm when the last competitor finishes the bike leg. The resort entry road is part of the bike course and only event and emergency vehicles are permitted to use it during this time.

Access to and egress from the event parking area will be via the paddock and Hopton Road.

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 back for the Bike Course and front for the Run 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 \$100 fee to the athlete.

Athlete Nutrition

Bindi Sport Hydration (with carbohydrates) will be available on the run course for all athletes. If hot weather is forecast, there will be an additional hydration station set up on the bike course. See bindinutrition.com.au for nutritional information.

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 portaloos 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 gazebo post event.

First Aid

A First Aid post will be set up adjacent to the bike mount/dismount Area. Paramedics will also be posted at the swim entry/exit, at the intersection of Vasse Hwy and Channybearup Road and near the finish line.

Short Course Athletes & 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).

A coffee van will be located in the transition area on Saturday for athletes and spectators who need a little pick-me-up during the day.

GENERAL INFORMATION



Results

Official results will be online via the RAC Karri Valley Triathlon Facebook page and Stadium Triathlon Club website.

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 2019.

Prize Money | Open Division | Male & Female

1st Place \$1,600

2nd Place \$800

3rd Place \$400

Saturday Night Entertainment

The presentation dinner will commence from 5.30pm. Tickets for dinner are available from the RAC Karri Valley Resort Reception or at the General Store. Drinks can be purchased separately at the bar (cash or EFTPos).

\$32 per adult | \$12 per child

Menu

Sweet & Sour Tempura Fish (Sweet Lip Hoki)

Chicken Stir Fry

Beef Stroganoff

Rice

Potato Salad

Garden Salad

Dinner Roll and Butter

Kids Spaghetti Bolognese

Selected beverages available for purchase.

Strictly no BYO.



RAC LITTLE LEGENDS KIDS TRIATHLON



Partnering with RAC, Stadium Triathlon Club brings you the RAC Little Legends Kids Triathlon, hosted at RAC Karri Valley Resort on Sunday 24 March 2019.

We invite kids between the ages of 7 and 13 who enjoy swimming, cycling and running in the RAC Little Legends Kids Triathlon.

Registration

You must register between 8.00am and 8.45am at the beach area of the RAC Karri Valley Resort, opposite the General Store.

Event Briefing

There will be an event briefing at 8.50am.

Event Start

Event starts at 9.00am.

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.

EVENT CONTACT INFORMATION



Race related matters

Race Director

Marcus Wilkinson (0431 136 786)

General Event Enquiries (including Registration)

Event Manager

Anthony Wilson (0417 897 160)
stadiumtri.kvt@gmail.com

Stadium Triathlon Club

PO Box 136, Wembley WA 6014
Kirsty Docherty – President
president@stadiumtriclub.com

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

A sincere thank you to all the volunteers who assisted in planning, preparation and delivery of the RAC Karri Valley Triathlon. Your contributions are essential to the success of the event.

SPONSORS & SUPPORTERS



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

Major sponsors



Supporters

