

# BUNBURY TRI CLUB

WESTERN AUSTRALIA



## Race 3 BTC Summer Series - Sunday 10<sup>th</sup> December 2017 Potter's Gorge, Wellington Dam

Proudly sponsored by Mowers Plus



94 King Road. Bunbury. WA6230  
Tel: (08) 9791 2240 Fax: (08) 9721 6843  
e-mail: [mowersplus@aapt.net.au](mailto:mowersplus@aapt.net.au)

*Thank you to John Thomson of Mowers Plus for his ongoing support of our club. Our sponsors are essential for our Club being able to hold a summer series of races and we ask members to reciprocate by supporting our sponsors.*

Wellington Dam and the Potters Gorge redevelopment have created a stunning venue to hold Club triathlons. With redeveloped camp grounds and general facilities looking first class, the redevelopment provides participants the option of camping and making a weekend of the event.

To avoid congestion and cluttering of the ride and run course, if you are arriving on the morning of the event, **please drive down to the boat ramp and park on the Dam bank.** The Potters Gorge car park will not be available due to being used as the transition area.

The swim course will be a 250m triangular course set directly in front of the car park/transition area. Sprint (long) course participants will do 3 laps and Enticer (short) course participants will complete 1 lap, both in a clockwise direction. As this is a handicap race, participants will commence their swim at designated times as provided on the morning. Please note that on exiting the swim, participants will need to traverse gravel on which there are a lot of dried eucalyptus seeds, both of which are sharp. **Some thongs are recommended to wear into transition area.**

In contrast to our Club events to date, the bike leg for both the Sprint and Enticer course is a simple out and back course over some undulating hills in the shaded Wellington National Park. On exiting transition, riders will head out on Potters Gorge Road and turn right onto Wellington Dam Road. Sprint course participants will ride 10kms to turn just before the Coalfields Hwy while Enticer course participants will turn just before River Road. Please note that the cycle leg is not under closed road conditions. While we expect traffic to be minimal and will have traffic marshals at each end of the course on Wellington Dam Road please take care, particularly when turning at the end of each respective course leg. Participants must obey roads rules at all times.

The Wellington Dam run course is stunning and shaded the whole way! Participants will run along the edge of Wellington Dam before enjoying a new trail path in the bush before turning left into the extended Potters Gorge campsite. Participants will then head through the camp grounds until reaching Potters Gorge Road. From here, runners will turn right onto the road and continue until reaching a turn marker to then return to the transition

carpark. On reaching the car park, Enticer course participants will run over the blue mat to complete their 2.5km run while Sprint distance participants will continue on and complete a second lap.



*Some different aspects of the beautiful run course that awaits participants.*

### **Location**

Potters Gorge, Wellington Dam. The turn off for Potters Gorge is approximately 8km from Coalfields Hwy on Wellington Dam Road on your left. It is another 2km to arrive at the Potters Gorge camp grounds and boat ramp.

Please follow the directions of the traffic marshal and park on the Dam bank to the right of the boat ramp.

### **Course Distances**

Enticer Course - Swim 250 metres      Ride 10 km      Run 2.5 km

Sprint Course - Swim 750 metres      Ride 20 km      Run 5 km

Participants can complete the Sprint course solo or as a team.

### **Key Event Times**

6.30 – 7.00 am Registrations

7.10 am Transition area closes

7.10 am Trystar Event

7.15 am Sprint course and Enticer course briefing

7.30 am Handicap start commences

### **Participant Age Considerations**

Juniors are aged 19 and below on the 31st of December 2017. Seniors are 20 and above on this date.

Children 12 and 13 years of age can compete in the Enticer course provided they are chaperoned by an adult.

Children 14 years of age and older can compete in the Enticer course without a chaperone.

Participants must be 15 years of age as at 31st December 2017 to compete in the Sprint Course.



### **Trystar Event**

*Trystars please bring thongs to wear from the water to transition to avoid injury from sharp gravel and dry seeds.*

Trystars will complete a 100 metre swim, 4km bike ride and 1 km run. With the calm waters of Wellington Dam available, we will set a swim course that will require swimming. For Trystars unsure of being able to complete the distance, fins can be used for added propulsion. For Trystars not wanting to swim you will need to practice your wading backwards technique☺.

The cycle leg will be an out and back loop on Potters Gorge Road. While a quiet road that will have marshals policing traffic, the road will not be closed and so parents will need to be comfortable with their children's road riding ability. We ask that our younger Trystars be accompanied by an adult (Club members may be able to assist if required).

The run will be an out and back loop on the path along Wellington Dam.

We ask that Trystars register online before the event (more information below) and arrive by 6:45am to set up for their event.



### **BTC Handicap Series Information**

Our Wellington Dam events (Race 3 and Race 5) will be handicap races. Handicap times have been determined from prior races.

In the event you have not competed in any prior Club races, you will be assigned an arbitrary start time and will not be eligible to result in this handicap event.

A big thank you to Eaton and Bunbury Vet Clinic for supporting our BTC handicap series.

### **Registrations**

Online registrations will close Saturday 9<sup>th</sup> December at 5pm. Time permitting, registrations will be accepted on the morning of the race. However, registering online assists the registration process greatly and we appreciate participants doing so in advance of the race.

Please go to the club website <http://www.bunburytriclub.com/> or alternatively, register using the following link; <https://endurancecui.active.com/event-reg/select-race?e=40705054>

Please collect your timing chip at the registration desk on the morning of the race and return post race.

### **Race Fee**

The event is free for Bunbury Triathlon Club members. A day race fee will apply for non-Club members  
Sprint course \$35                      Enticer course \$25                      Trystars \$15

The above fees apply for both individual competitors and team entries for the Sprint and Long courses.

To become a member of the Bunbury Triathlon Club and obtain the benefit of completing all club races for free as well as much more, sign up via the Bunbury Triathlon Club web page.

### **BBQ**

The BTC will provide a bbq brekky and tea and coffee as we are not permitted to have our favourite coffee van on site at Wellington Dam. \$2/ person donation to brekky is appreciated. Please bring your own thermos cups to save the trees.

## Volunteers and Volunteer Policy in relation to Club Championships

Volunteers are a necessity to run our club events.

To qualify for Bunbury Triathlon Club Championships awards, athletes must compete in two Club races of the same distance and pre-register to volunteer at one Club race per season. Club Championships is open to all members and day members however you will not be able to claim a podium finish for Club awards if the criteria for members has not been met. Family members may volunteer on the athlete's behalf.

### *Criteria*

- ❖ Pre- register one race per season and be allocated a role as;
  - First Aid (must have current certificate)
  - Traffic Controller (must have current TC Licence)
  - Registration
  - Event Marshall
  - Water Safety (must have Bronze medallion) – Wellington Dam & Minnipup Races
  - Race Director
  - Water Station
  - Fruit Preparation/ BBQ
  
- ❖ Pre- register – a family member can complete the volunteer role on behalf of an athlete.
  
- ❖ Pre- register means to register online through the registration link provided for each race, or by email to [Helen Morgan](#), or by telephone to **Kate Lefebvre on 0427 653 331**.

In order to facilitate Volunteer allocations at each race, **notification must be received no later than 48 hours prior to the race** confirming the availability to volunteer. Key Roles must be filled to facilitate the start of a Club Event.