

TOWNSMAN

1 Event | 3 Days | 3 Challenges

ARE YOU READY?

ATHLETE GUIDE
AUGUST 3-4-5TH
2018

Welcome athletes to this unique event. One event three days with 3 challenges. This is like no other event. This is an event for everyone aimed at both individuals, team and family members. A challenge event over three days, covering a fantastic course culminating in the McDonalds Running Festival celebrating its 25th year. It is one of the most scenic events in the southern hemisphere.

This event is intended for you to prove to yourself that you CAN because you are extraordinary people.

We hope you will enter this challenge with a sense of fun and family, as it brings an encouraging, you can do it atmosphere to this great city of ours

Good luck stay safe, the team will see you at the finish!

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Schedule of Events

SWIM Friday, August 4 th , 2017		
Event	Location	Time
Swim Start – Check in at Strand Park 06:05	Ocean Swims	Starts 06:30 Strand Park next to the SLSC

Saturday, August 6 th , 2016			
Event	Location	Time	Notes
Bike Check in	Fat Dogs Café	06:00	Please be prompt
Start	Fat Dogs Café	06:30	

Sunday August 7 th , 2016			
Event	Location	Time	Notes
Run event	Jezzine Barracks Townsville	05:30	
Presentation of Finishers Medals	Jezzine Barracks Townsville	As required – Rolling	Finish line
Finishers BBQ	Jezzine Barracks Townsville	Ongoing	

PRE-EVENT INFORMATION

This is an arduous event over three days if you are moderately fit and have been training you should be able to finish this event. Please consult your doctor if you have any concerns prior to registering.

REFUND POLICY

Due to event costs there will be no refunds after June 29th. Prior to that a 50% refund may be claimed.

EVENT BRIEFING

An event briefing will be by email covering all aspects of the Swim Bike Run course, athletes will receive a swim and bike event briefing 10 minutes before the start of each leg. Please make sure you arrive in promptly. The run briefing will be as per the event details for the [Townsville Marathon](#).

BAG DROP

Athlete bags can be left with event staff at the open water swim area and the bike area at Fat Dogs Café [Located here](#). Ample free parking is available at the site.

RUN CHECK IN

The Run check in will have been pre done for you and you will be required to collect your running bib numbers and singlet as soon as you have finished your bike leg. These will be available for you to collect at the finish line of the bike leg. A relative may collect them for you if you so wish, however they will be required to show their ID.

EVENT TIMING AND CUT OFF TIMES

There will be no cut off time for either the swim or the bike legs unless there is a safety issue or you request to be pulled from the course. There will be a cut off time for the marathon leg as dictated to by the [Marathon Festival](#)

PERSONAL SAFETY

Please ensure whilst on the bike leg you adhere to all QLD road traffic regulations, you must also have working lights on your bike for the start of the event, some of you may finish in the dark so please be sure you have them fully charged or new batteries. The safety vehicle will carry one or two emergency lights, if required.

EVENT WEEKEND CHECK LIST

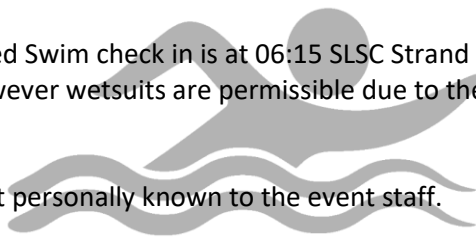
<p><i>PRE EVENT</i></p> <ul style="list-style-type: none"> • Directions to Hotel • Directions to Athlete check-In • Directions to Race start • Directions to Race finish • Photo I.D. • bike services/tune up • Attend Athlete check-In • Attend Athlete briefing • study the race courses and plan your nutrition <p><i>EVENT DAY SWIM – FRIDAY 4TH AUG</i></p> <ul style="list-style-type: none"> • GARMIN or lap counting device • Swimsuit/Wetsuit (if applicable) • Goggles (consider a spare pair as well) • Swim cap • Ear Plugs/nose Plug (optional) • Morning clothes bag <p><i>EVENT DAY BIKE – SAT 5TH AUG</i></p> <ul style="list-style-type: none"> • Bike Pump • Extra nutrition • Extra Water bottles • Aero Water bottle straw • Bike Repair Kit bar-end plugs co2 cartridge(s) • Spare tire spare tube • Tyre levers • Valve stem Extenders • Patch Kit Wrench set/tools • Body glide • Sunscreen • Helmet • Sunglasses • Bike shoes • Socks • GPs Watch or bike computer 	<p><i>EVENT DAY MARATHON – SUN 6TH AUG</i></p> <ul style="list-style-type: none"> • Fuel belt • Race belt or safety Pins • Bib number • Hat/Visor • Running shoes • Socks • Sunglasses • Water bottle or belt if required • Sunscreen • Running shorts • Marathon Singlet <p><i>MISCELLANEOUS</i></p> <ul style="list-style-type: none"> • Body Glide • Antibacterial • Contacts or Rx Glasses • Heart Rate Monitor & chest strap • Towel • Hair ties • Chopstick • Post-Race clothing • Have a Great Race!
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EVENT DAY FRIDAY 3rd AUG

SWIM LEG – 1.5km and 1.9km

You are required to swim the distance you have nominated Swim check in is at 06:15 SLSC Strand Park. Swim equipment is not allowed for this event – however wetsuits are permissible due to the time of year and for safety.

You may be required to also show you're ID, if you are not personally known to the event staff.



EVENT DAY SATURDAY 4TH AUG

BIKE LEG – All distances

You are required to bike your nominated distance and complete the entire course which then allows you to continue the following day to complete the challenge in the culminating discipline. See maps on the web site - <https://www.nqtriathlonacademy.com/townsmen-2018-course-maps>

Check in for the bike leg will open at 06:00 at Fat Dogs Café .

The bike course will be explained in detail for both events at the briefing.

Bike cut off time - Safety

This leg of the event is not timed and you will only be pulled off the course in the following circumstances:

- a. At your request
- b. For safety reason
- c. Medical reasons as observed by any event staff member
- d. Adverse weather conditions

Special Needs Bag – Bike leg

If you wish to have a special needs bag of goodies that you want to use on the bike course please pack this in a separate bag with your name clearly labelled and identify this as a special needs bag for the bike leg. All Special needs bags can be accessed at the junction of Black River Road - again this will be covered in the briefing.



Grouping and Drafting

Riding as a group and or drafting as a group is encouraged but only if safe to do so and the group is happy to ride as a group. Some individuals would like to ride alone so please respect that during the event. Please make sure that you know how to ride as a group before the event so as part of your training you should experience a group ride. Agree what the hand signals are going to be and the words to be used for objects or dangers that you may come across on route.

Sag Wagon

There will be a sag (Safety vehicle) roving up and down the course during the event, it will stop should you be stationary at the side of the road. The Sag wagon can transport you back to the finish if required or help with mechanical problems. It will have a small first aid kit limited water and

supplies. DO NOT rely on the Sag wagon to replenish your water as it will not do so unless there is a medical need.

Drinking bidon

You must start the bike leg with no less than 2 drinking bidon's or the equivalent, on course replenishment will be available on course. You will be required to fill your own bidon's from the on course nutrition provided. Water melon will also be available.

Run Check in

On completion of the bike leg, you will be handed you running bib number for the final challenge on Sunday. It is your responsibility to check the pack, prior to leaving the bike leg finish.



EVENT DAY SUNDAY 5TH AUG

RUN LEG – All Distances

You will be required to complete the third part of the TOWNSMAN in order to receive the finisher's medal. Please be at the race start 15mins prior to start time, to make sure you have time to drop your bag if required.

TIME	RACE
5.30am	Tony Ireland Townsville Marathon
7.10am	Daikin Air Conditioning Half Marathon
7.45am	10K Classic
8.40am	Hero Run

The early morning start means that you run with the sunrise. You'll get to experience the stunning beach views of the Coral Sea across to Magnetic Island, and the pre-dawn glow of Townsville's winter months. You'll start/finish in our beautiful parkland at historic Jezzine Barracks. Run past the Marina, the Casino, along The Strand then out to Pallarenda and back again. See map in the annex.

RACE NUMBERS

It is compulsory to wear your race number in your race. A timing device is attached to your number. This device can be checked on a timing mat located at registration on Saturday. Attach your race number with pins provided – do not fold, bend or wrinkle your race number. For identification purposes wear your race number facing forward. We urge you to complete the medical details on the rear of your race number. Race numbers are colour coded per race. You are entitled to keep

your race number and timing tag as a souvenir. Many runners are now competing in events in honour or in memory of someone. All race numbers this year have a space to write a name if you wish. Remember no race number means no race time.

Start

There is no need to check in on the day as you will already have received your race bib number and running singlet. Make sure you're there in plenty of time. The event will start at 05:30am at Jezzine Barracks follow the signs at Jezzine to the start line. Be sure to be there in plenty of time, parking is available

Cut of Times

The run is the only part of the challenge that has Roads will reopen from 10.30am and runners will be directed onto footpaths in order to finish.

The marathon cut-off time is 12 noon. Official timing and finish chutes will close from 12pm

Finish

There is a combined finish line where you will first receive your Running Festival medal and then your Townsman T shirt as you pass through the finish area - please look for us wearing the Townsman T Shirts as with the amount of people crossing the line we may not see you - and we don't want to miss you and mark your great achievement

T shirt Colour this year will be TEAL

