

**SALOMON** 

presents

**Tre-X**  
OFF ROAD TRIATHLON SERIES

# EVENT INFORMATION

## Qld Enduro

### 31<sup>st</sup> January, 2010





# ENDURO EVENT INFORMATION

31<sup>st</sup> January, 2010

## LOCATION:

### Murrenbong Scout Camp

135 Scout Road, Kurwongbah, Qld, 4503

Brisbane Street Directory:

Map 87, Reference P 11



## DIRECTIONS:

**IMPORTANT!** We will be using **GATE 2** to access the property & NOT Gate 1 as used previously

### From the North

- Turn off the Bruce Hwy onto Anzac Avenue
- Follow Anzac Avenue into Petrie.
- Turn right onto Dayboro Rd.
- Carry on past North Pine Country Park.
- After Circuit Rd on the Right, take the next right onto **Scout Rd**.
- After approximately 2.5km **GO PAST** Gate 1 at Murrenbong Scout Camp.
- After approximately 800m turn left into **GATE 2** at Murrenbong Scout Camp.



### From the South

- Heading North on Gympie Rd, at Anzac Avenue, take the Dayboro Rd turn.
- Carry on Dayboro Rd past North Pine Country Park.
- After Circuit Rd on the Right, take the next right onto **Scout Rd**.
- After approximately 2.5km **GO PAST** Gate 1 at Murrenbong Scout Camp.
- After approximately 800m turn left into **GATE 2** at Murrenbong Scout Camp.

### When you arrive on site:

- From Gate 2, follow the dirt track up the hill.
- At the top of the hill continue straight, along the track to HQ.
- Park in the open grassy area where directed by officials.

**IMPORTANT:** The road within the scout camp is a single dirt track and there are some ruts and muddy patches. The speed limit is 20km per hour. Please take care when driving and be aware of possible oncoming traffic.

## RACE HQ & TRANSITION

Race HQ is at Murrenbong Day use area, and is the “heart” of the event. Spectators have a great view of the course from here.



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## Parking

Car parking will be on the grassy area beside Race HQ. Please park where directed by officials.

**IMPORTANT! Car Park Closure:** All vehicles must be parked at Race HQ by **7:45am**. After this time the road will be closed and no vehicles will be permitted to enter or leave Race HQ until the final rider has completed the bike course.



It is expected that the road will open at approximately **midday**, however this is an estimated time only, and may be later or earlier.

## Event Times

Timing will always be tight before the event, please allow yourself enough time to arrive safely, park, register, set up your bikes and equipment in the transition area and get your kit ready before the start of the event.



06:30: Registration Opens

07:00: 'On the Day' Entries close.

07:30: Registration Closes

**07:30: TRANSITION AREA CLOSED**

**Important Note:** The Transition Area will be cleared at **7:30am sharp**. You must have placed your equipment and cleared the area by 7:30am. If you arrive at Transition at 7:30am you will not be permitted to enter. Anyone who has not placed their bike & equipment in the Transition Area by this time **will not be able to take part in the event**. This will be enforced as it is a Triathlon Australia safety and regulatory requirement that the Transition is free from competitors before the start of the event and all participants are required to attend the pre-race brief.

07:35: Course & Safety Brief at HQ

**07:45: Vehicle Entry to Event Closes**

No vehicles will be permitted to access Race HQ after this time.

08:00: Wave 1 Teaser

08:30: Wave 1 Long Course

08:50: Wave 1 Short Course

09:30: BBQ Starts

12:45: Prize Giving Presentation

*This is an estimated time only. Prize Giving will start when all, or the majority of competitors have completed the event.*

**IMPORTANT:** For safety reasons vehicles are not permitted to leave Race HQ until all competitors have completed the Mountain Bike Leg. This is expected to be at approximately midday, however, this is an estimated time only and may be earlier or later.



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## Facilities

### Toilets

There are portable and flush toilets at Race HQ.

### Water

**IMPORTANT: THERE IS NO DRINKING WATER AVAILABLE ON SITE.** PLEASE BRING ENOUGH TO BE SELF SUFFICIENT FOR BEFORE, DURING AND AFTER THE EVENT.

### Club Tents

An area has been set aside at Race HQ for club tents. If you are bringing a tent, please email Robyn at [info@in2adventure.com.au](mailto:info@in2adventure.com.au) so we can allocate a space.

### Jungle Bean Coffee Van

Tarryn is back with The Jungle Bean Coffee Van and will be serving coffee, hot drinks and her world famous ice cold frappes throughout the event!

### Catering

A sausage sizzle is included in your entry. Spectators can purchase a sausage sizzle and cold drinks on the day with all proceeds going to the Murrenbong Scouts.

## Registration

Registration will open at **6:30am** and close at **7:30am**. At registration:

- Line up in the queue indicated.
- Advise the officials of your name and category.
- Collect your race bag, numbers & timing band.
- Collect pins and ties for your race numbers from the collection area.
- Go to Officials to have your number marked on your calf and arm.
- Take your bike & equipment to the transition area.



## ON THE DAY ENTRIES

Providing the event is not full, entries will be accepted on the day. On the day entries close at 7am sharp and incur an additional \$20 fee and are strictly CASH ONLY PLEASE!

## Race numbers & Timing Bands

Each competitor and team will be issued:

**A Timing Band:** Strap this to your left ankle. Teams pass the band to the next team member at the end of each leg.





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## Race Numbers & Timing Bands Cont

**Important Note:** Your timing band & chip must be returned at the finish line. If they are not returned a charge of \$50 will be made to cover the cost of the chip. When you receive your timing chip & band ensure that the strap is secure and will not come undone in the swim leg. If your band is faulty or loose, please advise officials before the event and we will replace it for you. If the chip is lost it is the competitor's responsibility to recover it, or cover the replacement cost.

**Body Numbering:** Your category letter will be written on your right calf and your race number written on your arm. Make your way to the marshals in the numbering area after registration.

**Run Number:** Your run number must be displayed on the front of your torso for the Run leg. Safety pins are available at the collection area near HQ.

**Bike Number:** The laminated bike number is to be clearly displayed on the front of your bike. Ties are available at the collection area near HQ.

## Transition area

The transition area is set up in an open area on the banks of Murrenbong Dam. There is limited space so competitors are asked to take all due care and precautions when entering and exiting the transition area.

**IMPORTANT:** Only competitors are permitted on the road leading to the Transition Area and in the Transition Area. Spectators are asked to remain at Race HQ where they will have a great view of the swim, MTB & run finish.

### Entry





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When you have registered, take your bike, bike helmet, running shoes, drinks and any other equipment you will require to the transition area. For entry you will need your bike number attached to the front of the handle bars of your bike, and your helmet fastened on your head.

## **Bike Safety Checks**

When you take your bike into the Transition Area an official from Triathlon Queensland will complete a safety check on your bike and helmet.

## **Set Up**

Place your bike where indicated and set up your race equipment next to your bike. Space is limited so please consider other competitors and keep equipment neat and tidy.

## **Courtesy in the Transition Area**

We're all at Tre-X to have a great day out! Each competitor has a 50cm area to rack your bike & leave any kit that you will require during the event. Please keep your equipment neat and tidy and please don't move or interfere with any other competitors gear or bike in the transition area.

## **Get to Know the Transition Area**

It's important to know where to go in the transition area for the start and finish of each leg. Check the exit and entry points and ensure you know where to go for the start of the bike and run leg



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## Pre-Race Safety Brief

The pre-race safety brief will take place at **Race HQ** at **7:35am**. All competitors must attend the briefing as it covers important information about the course and any changes on the day.



## Start of the event

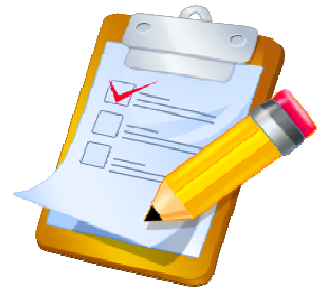
The first wave will start at the bottom of the hill from HQ at **8am**. Progressive waves will start at intervals after this time. Please check the notice board at Race HQ to identify your wave start and ensure you are at the bottom of the hill ready to start before this time.



## equipment

It is recommended that competitors bring the following equipment:

- Swimmers
- Goggles (if desired)
- Swimming cap (if desired)
- Bike Helmet that meets Australian Safety Standards
- Mountain Bike – Ensure that your bike has been serviced and is in good working condition and that handle bars & extensions are solidly plugged.
- Bike Shoes (if applicable)
- Water Bottle
- Water – There is no running water on site, please bring enough for before, during and after the event
- Snacks
- Off Road Trail Running shoes
- Running shirt/Riding shirt/Vest
- Hat & Sun Lotion
- Towel
- Sunglasses
- Insect repellent – The event is in the bush so there may be a few creepy crawlies!
- Chairs to relax in after the event
- Shelter for shade or in case of bad weather.
- Old thongs to walk to the Swim Start from Race HQ
- Plastic bag for rubbish
- A sense of adventure!



## Water



**IMPORTANT:** There are no mains water taps at Race HQ. Please bring enough water for before, during & after the event.



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## ALL THE FUN AT PACE HQ

### MC: COACH JEFF FROM POWERFIT

**ON AIR**

Coach Jeff from Powerfit and purveyor of the famous Powerfit Podcast will be on site as MC throughout the event with event updates, music, results, shout outs and much more.

### ♦♦ FOR THE RIDERS.COM ♦♦ DEMOS, SPARES & REPAIRS

The team from For the Riders will be on hand at the event to help everyone along with those much needed bike repairs and they'll also have a great range of demo bikes on display so you can get hands on with some of the best MTB's on the market.

### REPAIRS & SALES

The FTR team will be on hand for those 'on the go' bike repairs and will have spares & equipment for sale including Tyres, Tubes, Brake pads, derailleurs, shifters, chains, cassettes, pedals, energy bars, rear cables and more.

Look out for the team at the FTR Stand at HQ.



### the massage spot **massages!**

Pete from Massage Spot will be providing FREE 10 minute massages. Spaces are limited so book in early. First in best dressed!

### **Race Elements** Training Hub & Stretch Station

personal fitness specialists

Race Elements are the experts when it comes to Off Road Triathlon & Mountain Bike Training. The team will be on hand at the event to discuss your training requirements. Catch up with Simon and the team at HQ and find out more about their upcoming 'Muppet to Champion' course which could see you on the next winner's podium.

### active stride

Catch up with the latest in footwear and active wear with the team from Active Stride.



### aligned feet podiatry

Check in with Evie for your free foot checks!





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## SALOMON & SUUNTO

Catch up with Sam & the team for all the latest off road footwear and training wristwear from Salomon & Suunto

SALOMON 

  
SUUNTO

## XS ENERGY

Check out all the latest in race nutrition from XS Energy.



## SWIM COURSE

The swim will start at the bottom of the hill at HQ. We recommend that competitors go to the website to check out the course before race day.

**IMPORTANT NOTE:** Lap 1 Enduro swim will start at the bottom of the hill at HQ. Lap 2 Enduro swim will start from the Transition Area. Therefore the course is different for each lap.

## The course & signage

A map of the course can be viewed at [www.tre-x.com.au](http://www.tre-x.com.au). The course includes:

### Swim – 350m

Teaser, Short Course & Enduro Lap 1 swim course starts on the shores of Murrenbong dam at the bottom of the hill from HQ and traverses, then crosses the dam before returning to shore into the transition area.

Enduro Lap 2 Swim Course starts from the Transition Area and returns to the Transition Area

### Mountain Bike – 10km (2 x 5km laps)

The mountain bike leg consists of 2 x 5km laps including fire trails, tracks, some flowing single track and a small section of technical single track. The course is marked by yellow tape, signs and marshals to direct where necessary. Competitors will be monitored by marshals on each lap of the mountain bike course.



### Run – 4km

The run course is a 4km lap and includes cross country tracks, trails and a small section through the bush. The terrain will be uneven underfoot, so please consider this when choosing footwear. The run will finish at Race HQ where your friends & family will be there to cheer you across the finish line.

## LONG COURSE ENDURO

### Swim – Bike – Run – Swim – Bike - Run

Long Course competitors complete the following:

- 350m Swim
- 10km Mountain Bike (2 x 5km laps)
- 4km Run
- 350m Swim
- 10km Mountain Bike (2 x 5km laps)
- 4km Run



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## SHORT COURSE

### Swim – Bike - Run

- 350m Swim
- 10km Mountain Bike (2 x 5km laps)
- 4km Run

## TEASER COURSE

**Swim:** 150m – Across the dam to Transition

**Mountain Bike:** 4km – 1 lap including mainly fire trails and a small section of flat single track.

**Run:** 1.2km

## Signage

The Course is signed with Salomon Tre-X Arrows, Yellow Tape and Salomon Tape. Please follow the signs. Marshals will be located at strategic points throughout the course.

## passing

There are plenty of passing opportunities on the track. On the course, keep to the left where possible to allow other riders to pass. When the track is clear for passing, call to the rider in front “**Track Left**” or “**Track Right**” depending on which side you are passing. If you hear the call “**Track Right**” this means the passing rider is passing on the right hand side and you move left.

We’re all there for our own adventure and personal challenge, but ultimately, no matter where we place, it’s the experience we remember. So race hard, but keep it friendly!

## First aid

First Aid will be located in the St John Tent at HQ. This will be identified at the safety briefing. There are also first aid trained team members at two check points on the course.

## safety

Your safety is a key consideration; however, Off Road Triathlons do involve risk. Dedicated first aiders are on hand at Race HQ and on the course to assist where necessary.

### 3 Safety Rules

1. Stop and assist any competitor that is in need of emergency assistance.
2. Report any incident to the next available marshal on the course.
3. Compete within your abilities.



On the course there are a number of things you can do to assist yourselves and your fellow competitors:

- Slow down in steep areas.
- If you’re not confident with a section of the track dismount your bike and walk if you feel more comfortable. Please just remember to keep to the left so other riders can pass easily.
- Ride/run on the left hand side of tracks.
- Compete within your limits.
- Let common sense and courtesy prevail. We want to see you safe and sound at the BBQ after the race.



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## emergency evacuation

In the event of fire or other emergency follow instructions from event officials. On the course marshals will direct you back to the Evacuation Meeting Point at HQ. Please follow instructions from Emergency Personnel and/or event officials.

## BBQ

From approx **09:30am** there will be a Sausage Sizzle provided by Murrenbong Scouts. A sausage sizzle is included in the entry for competitors and volunteers.

BBQ Vouchers will be issued in your race bag. Please don't lose them as they cannot be replaced!

Friends & Family, who are not volunteers, and would like a sausage sizzle, can purchase one at the cost of \$2.50 each (cash only) with proceeds going to the Murrenbong Scout Group.

## prize giving

Prize giving will start at approximately **12:45pm** or when all, or the majority of competitors have finished the event.

The spot prize draw will take place at prize giving. To be eligible for a spot prize, you must be present at the draw. Please remember to enter your run number into the box at race HQ at the end of the event to be included in the spot prize draw



## pets

Pets are not permitted at Murrenbong so please leave them at home.

## Feedback

The Salomon Tre-X events have been developed in response to listening to the people who take part in our events. We are keen to gather your feedback to ensure we deliver the type of events you want to be a part of.

There will be a feedback form at the finish line at Race HQ. We encourage all participants to take a few minutes to tell us your thoughts. And as an added bonus, each competitor who completes a feedback form will receive an additional entry into the spot prize draw!

## Volunteer officials

If you have any friends or family coming along to watch the event, why not ask them to consider volunteering as an Event Official. Volunteer officials assist with such things as registration, timing and directing competitors on the course. It's a great way to meet likeminded outdoor people and you have a great view of the action and receive a free BBQ & T-shirt. If you'd like to be a part of the adventure as a volunteer official, email Robyn at [info@in2adventure.com.au](mailto:info@in2adventure.com.au)



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## environmental policy

In 2 Adventure (Allura Pty Ltd) is committed to maintaining a minimal impact policy that will protect the environment and enable us as individual members of the general public and members of the outdoor community to continue to enjoy the vast natural environment that is Australia's backyard. Therefore we ask that competitors read and agree to abide by the Bush Code and Mountain Bike Code outlined on in the Policy Section of our website @ [in2adventure.com.au](http://in2adventure.com.au) and ensure that no rubbish, gel packets or wrappers are dropped on the course during the event.



## most importantly!

The most important aspect of the event is the experience you take away. Where you cross the finish line is important, but equally important are the memories you take away from the event. So race hard, but also remember to relax and enjoy the event for what it is... a great opportunity to get into the outdoors with your mates and have an awesome time!

## FOR MORE EVENT INFORMATION:

**Web:** Go to [www.tre-x.com.au](http://www.tre-x.com.au)

**Phone:** Simon Lazenby: Race Director 0414 320 585  
Robyn Lazenby: Event Director 0414 282 084

