

Club Champs Participant Information – 4th – 6th April 2014

Congratulations for signing up for the annual NSW Triathlon Club Championships. Coffs Harbour Triathlon Club has over 100 members registered for the event. This is our biggest contingent ever to compete in the Club Champs & we are in a very good position to take out the title!

We look forward to seeing everyone down in Forster & we hope you all have a fantastic weekend. Below is some information, to help in your preparation & ensure that you get the most out of the weekend.

Race details

The event itself consists of a **1km swim, 30km bike ride & 8km run**. Our last club race was the same distance to this, so everyone should be well prepared & in tip top shape! For full details of the event go to:

http://www.triathlon.org.au/State_Associations/NSW/Events/Triathlon_NSW_Events/SCODY_Triathlon_NSW_Club_Championships/Event_Info.htm

Accommodation Address

Forster Holiday Village

1/5 Middle St

Forster

(look out for the Coffs Tri banner at the entrance.... you definitely won't miss the place!)

Overflow accommodation is at:

Bella Villa Motor Inn

19 Lake St

Forster

(this is just around the corner from the main accommodation so you won't miss out on a thing!)

The accommodation is within walking distance to the event. So you will find that once you arrive you won't need your car again until you leave on Sunday

Accommodation details

Shared accommodation – usually 4-8 in a cabin. You have been allocated rooms & roommates & will be given these details when you arrive in Forster.

All linen & towels provided

A kitchen & fridge in each room, so you can bring & store all your nutritional requirements!

Pool (& bouncy trampoline!) for our use

What to bring

Food – remember that the race is not the early morning affair we are used to. Breakfast is a must for everyone, with waves not starting until later in the day. Snacks & mini meals can be taken over to the race precinct & left with your gear at the team tent

Clothes – your usual style will suffice! Sat night is presentation night & unlike the grand affair that the Coffs Tri Club Gala & Presentation Night will be this year, this is a very casual event. You will be presented with your team t-shirt which you wear to presentation night....jeans generally appear to be the apparel of choice!

Race gear – wear your Coffs Tri gear if possible. This is one event that everyone bands together as one big family – even if someone doesn't know you, just by wearing your Coffs Tri suit you will have a hoard of people cheering hard for you (& vice versa). You will have many more friends by the end of the weekend.

Weekend Proceedings

Fri afternoon:

Your Coffs Tri team mates will be at the accommodation by Friday mid-afternoon. When you arrive at Forster please head to Forster Holiday Village, where you will get your room allocation & catch up with your fellow team mates.

Saturday is the day:

This year there is a kids Aquathon early in the morning, with the Club Champs race starting after this. Registration opens at 10am followed by a race briefing. The first wave starts at 12.30pm (yep it's gonna be hot – so bring the sunscreen). Coffs Tri will have their big tent, which is at the finish area. You can leave any clothes, food etc here & pick it up at the end. Although not officially secure there are generally only participants in this area & there has not been any problem with theft in the past.

The current event schedule (subject to change) looks like this:

Registration Opens	10.00am	Grass Island (cnr Beach St and North St-opposite main beach)
Transition Opens	10.05am	Forster SLSC car park
Registration Closes	11.45am	
Transition Closes	11.50am	
First Wave Start	12.30pm	Forster Main Beach
Last Wave Start	2.00pm	Forster Main Beach
Race Finish	4.30pm	Race Finish
Presentations & After Party	8.00pm	Club Forster

If you are volunteering, your schedule looks a bit like this:

Marshall and Volunteer Briefings	11.00am	Behind Volunteer Registration Tent
Volunteer Bus Drop Offs	11.30am	Outside Beaches International-Beach St
Volunteer Bus Collection	TBC	commence after the last bike is off the cycle course

Saturday race

Check your race start time & hang out at the tent or cheer your team mates along at various stages of the race until it is your time to head off. Remember that as the race is a later time than our club races, your nutritional & hydration requirements will be different than normal. Do the Boy Scout thing & be prepared. Bring extra food & water. It will usually be fairly hot out on the course, particularly if you are in one of the later waves, so stay hydrated as we don't want to see anyone collapsing out on the course.

Saturday afternoon & evening festivities

This is where the festivities begin. We will all meet for beer & pizza in the Holiday Village (just follow your nose to find the pizza). You will get your club champs t-shirt as well as a great feed. All the pizza you can eat as well as a selection of beer & wine will be provided (free of charge). Pizza never tastes as good as after a big race!

From here we will head over to the Presentation Night at Club Forster (again walking distance). This is a fun event where you will get to socialise with your team mates as well as all the other tri clubs from NSW & ACT. Remember that you are representing Coffs Harbour Triathlon Club, so please keep this in mind as the night progresses.

Start preparing your winners speech Mr Dougherty – as Coffs are definite favourites to take out the title!

Sunday:

Rise & shine

Last year the Forster Ocean swim was on this day, however it has been put back to the following week. So no need for early morning wake up calls for anyone! Enjoy your time, the place will still be buzzing with triathletes, grab a coffee, loosen up those legs, freshen up with a cool dip – the choice is endless

Homeward bound

Thanks for a great weekend & many lasting memories. Remember to drive safe & keep smiling

Have a great weekend everyone

Coffs Tri Committee xx