

## **Club Champs Participant Information – 15<sup>th</sup> – 17<sup>th</sup> May 2014**

Congratulations for signing up for the annual NSW Triathlon Club Championships. Coffs Harbour Triathlon Club has over 140 members, officials & volunteers registered for the event. This is our biggest contingent to compete in the Club Champs & we are in our strongest position ever to take out the title this year (no pressure!!!)

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 is the same distance to this, so everyone should be well prepared & in tip top shape!

Remember that, if you haven't done so already, you will now need to **register for the race**. Registrations are open & Coffs Tri is subsidising members' entries with a \$20 discount for racing athletes. Please note you need to enter the code **CHT2015CC to claim your \$20.00 athlete discount**.

To register as an athlete please click here:

[https://endurancecui.active.com/event-reg/select-race?e=13350453&locale=en\\_AU](https://endurancecui.active.com/event-reg/select-race?e=13350453&locale=en_AU)

To register as a volunteer: (No charge)

[https://endurancecui.active.com/event-reg/select-race?e=13477152&locale=en\\_AU](https://endurancecui.active.com/event-reg/select-race?e=13477152&locale=en_AU)

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

### **Accommodation details**

We have booked rooms at both the Holiday Village & Bella Villa so please check which location you are staying at (both within walking distance to each other & the event). It is shared rooms with 4-8 people in a cabin / room. All linen & towels provided. A kitchen & fridge in the rooms, so you can bring & store all your nutritional requirements!

You will be allocated rooms & room-mates (a great way to get to know your fellow club members) & a full list will be sent out early May, so you know where you will be staying & with whom!

### **Accommodation Addresses**

#### **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!)

#### **Bella Villa Motor Inn**

19 Lake St

Forster

(just around the corner from the Forster Holiday Village!)

## **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.

Additional gear for the race precinct – Your bike & gear will be in transition for up to several hours before you race or can access it, so you will probably need to bring extra essentials to the race precinct like footwear, cap, sunnies, shirt, food & water (& money for post-race snacks!). Coffs Tri will have our tent there & items are generally pretty safe left there, with athletes milling around all day.

## **Weekend Proceedings**

### **Fri afternoon:**

Your Coffs Tri team mates will be at the accommodation by Friday mid-afternoon, with people trickling in whenever they can get there. When you arrive at Forster please head straight to your accommodation, check in & catch up with your fellow team mates. No official function this night, with most people either bringing some food down with them or heading out for a meal.

### **Saturday:**

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. There is food & drinks (& various 'essential' race items) for sale at the race precinct so you might also want to pack some cash for the day. 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

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, so please 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 & wine, salad & 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. Pizza, salad as well as a selection of beer & wine will be provided (free of charge). Gluten free & other dietary requirements will be catered for so please let Vicki know if you have any special requirements.

From here we will head over to the Presentation Night at Club Forster (again walking distance). We all wear our club champs T-shirt's & this is a great sight, seeing all 140 of us walking into the room in matching uniforms (just like the Olympics!!!). 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.

Mick Dougherty has been drafting & re-drafting his winners speech so please don't let him down!

### **Sunday:**

#### **Rise & shine**

The day is yours to enjoy as you wish. The place will still be buzzing with triathletes, so grab a coffee, loosen up those legs, freshen up with a cool dip – the choice is endless. When you check out just leave your keys at reception & you are free to go.

#### **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

PS: If you want any additional information please get in contact with Vicki [vickimt@gmail.com](mailto:vickimt@gmail.com)