

NSW Club Champs 2024 Race Booklet

Race Morning:

Have a light breakfast at least 2 hours before your race start. Don't try new breakfast options, just something that you have regularly.

Head to the transition compound with all your race gear. You will need to have your helmet on and done up for checking as you enter transition, along with your numbers on your bike etc.

Rack your bike and set up your bike and run gear next to the bike so that it is easy to access when you come in from the swim and back from the bike.

Walk the route you will take through transition:

- Find the entrance from the swim and walk the route you will take to get to your bike, noting things like rack numbers and row numbers to help guide you.
- Walk the route from your bike to the bike exit.
- Walk the route from the bike entry to your rack position.

Take your swim gear and find somewhere to relax until your wave heads off – there will be a Balmoral tent set up where you can leave gear and complete final preparations.

About 30 minutes before your scheduled swim start, get your swim kit ready (wetsuit on if you are wearing one) and head over to Main Beach. You can do a light warm-up in the water so that you don't start cold. Just 5 minutes of swimming will help here.

Swim Course.

The swim is a rolling beach start. This means that a couple of people “start” every 5 seconds or so. It is a low stress start as you can head down to the water at your own pace and start swimming when you are ready.

Things to think about:

- Before your wave starts, head down to the water and get a feel for how quickly the water gets deep, how big the waves are and what the best line is to the first turning buoy.
- Depending on your start time, you may be looking directly at the sun when looking for the furthest turning buoy on the first side of the rectangle, so be prepared for this and use the sun as a navigation point.



- Once you are in the water, find a comfortable pace to swim and think about long, controlled strokes. If you can find someone to follow, jump in behind them and get some assistance from being in their draft. You will need to slow your stroke a little bit so that you don't keep hitting their feet/legs.
- After you turn each buoy, make sure you have the right line to the next buoy and then get back into your rhythm.
- You may encounter extra traffic as you complete the second lap of the course depending on your start time. Don't stress about this, just keep swimming on your line, faster swimmers will go around you and you can spot slower swimmers and go around them.
- On exiting the water it is a bit of a run UP the sand to transition. Take this easy and use the time to start removing your wetsuit and/or removing your cap and goggles.
- Once you get to transition follow the route that you should have worked out before the race start to get to your bike.

Transition (T1)

- Have a plan for getting through T1:
 - Swim gear off and next to your bike (cap/goggles, wetsuit).
 - If you are putting gear on, do that.
 - Helmet (and sunglasses) on
 - Cycle shoes (and socks?) on if you don't have them already attached to your bike.
 - Unrack your bike and follow a preplanned route to the bike exit.
- Be aware that the bitumen in the transition area is quite rough and can be uncomfortable to run on.
- Get past the mount line and give yourself some space to mount the bike (it can be congested)
- Make sure that you racked your bike in a gear that is easy to start in – the start of the bike is flat before a slight downhill and then an uphill.

Bike Course

The bike course has a 500m section at the start and then 3x8.5km laps before covering the original 500m in reverse to the finish. It is undulating with a couple of short, steep hills each lap. There are a number of corners to be negotiated.

Club Champs Bike Course

Gravel Cycling

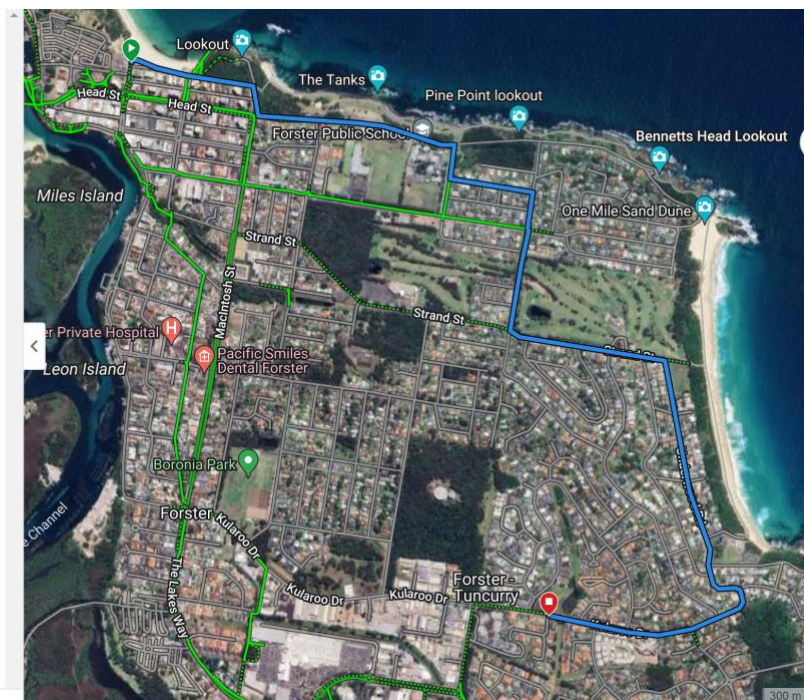
Private: Available only to you.

4.90 km 29 m 31 m
Distance Total Ascent Total Descent

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Avg Speed Goal Time

Elevation

Expand



Things to think about:

- You mount the bike on North St. At the end of North St you turn right and go down a short hill on the road and then on to a cycle path. Be careful on the cycle path as, depending on when your wave is, there may be bikes coming the other way, returning to transition.
- The road is then flat as you ride down Head St and turn onto Hadley St and then left onto Lincoln St (slight uphill).
- Turning right onto Boundary Rd, you have a flat and downhill section past the golf course but then a sharp climb as you turn left onto Strand St. Use your gears and get out of the saddle to get over this hill.

- You then have a short downhill followed by a short uphill. This is another hill where you can get out of the saddle to get over it and then recover down the other side. At the bottom of the hill you have a right hand turn (onto Underwood Rd) that can be a bit sketchy with gravel on the road, so take it carefully.
- Underwood Rd is relatively flat until you climb up the headland at the southern end. This hill is better done in the saddle as it is a little longer, although there is a steep pinch at the start where you might get out of the saddle.
- This becomes Kularoo Rd and there is long downhill to the turn-around.
- At the turn-around, make sure that you are in an easyish gear as you will need to get going again and have a longish hill to climb (in the saddle in a gear you can hold comfortably)
- The ride back is fairly straight forward, although be careful turning right out of Lincoln St onto Hadley St as there is a pedestrian crossing on the corner that has a gutter/raised path that reduces the road you have available to turn.
- Back on Head St, the turn-around for laps 2 and 3 is opposite the park near The Tanks about half-way along.
- After your 3rd lap, continue along Head St and back up the cycle path and back to transition.
- As you ride back to transition, use an easier gear and spin your legs a bit to get ready for the run leg.

Transition (T2):

- Dismount before the dismount line and run your bike to your rack position (you should have checked out the shortest route for this before the race start.
- Have a plan for getting through T2:
 - Rack your bike (using the handlebars is usually the easiest).
 - Remove your helmet.
 - Remove cycle shoes (if not already done on the bike).
 - Put on your running shoes.
 - Head to the run exit.

Run Leg

The run leg is flat with the only hills being the humps on the Forster-Tuncurry Bridge. It is a two lap run.

Things to think about:

- Start conservatively and find a good rhythm.
- Make sure you keep hydrated on the run – drink something at each aid station.
- Take it easy over the humps of the bridge and then try to stride out a bit on the flatter sections.
- Use your arms to keep good rhythm.
- Use positive self-talk to keep you going
- Focus on running to the next aid station as best you can to break the run up and then get rewarded with a drink etc.