

Welcome to the 2024  
Col Pearce Corporate Triathlon  
Competitor Handbook



Hervey Bay  
**Neighbourhood Centre**  
*The Heart Of Our Community*

## Introduction

The Hervey Bay Triathlon Club Inc has been promoting participation in and conducting triathlon races over the last 25 years on the Fraser Coast. The club is a not for profit organisation that provides extensive financial support to local community groups through our signature fundraiser the Hervey Bay 100. Col Pearce Corporate Triathlon launched in 2011 to rave reviews, we have now partnered with Hervey Bay Neighbourhood Centre to support their excellent youth initiatives.

### ***About HBNC's youth mentoring service:***

Youth Mentoring (YMP) is an early intervention program delivered in partnership with local Hervey Bay schools to support youth experiencing difficulties and at risk of disengaging with education and community. YMP trains volunteers to become mentors and matches them with students 7-17 years old in need of assistance. Mentors visit students at schools 1-2 times per week for a 1 hour session to engage in positive role modelling, help students build their confidence, recognise their strengths and talents, goal setting and by being a confidential person who listens to their issues and concerns.

In 2022, Youth Mentors delivered 476 hours of mentoring to students. 100% of students reported feeling more confident after their sessions and rated the program an average 4.5 out of 5 stars.

The Fraser Coast Youth Survey 2022 showed that 1 in 3 young people need support in our community. We know that the key to a young person's successful transition into adulthood is having one person who believes in them. Programs like Youth Mentoring provide early intervention solutions to complement a holistic approach to supporting our youth into the future.

## Events Schedule

Event date: 28/4/24

Location: Hervey Bay Surf Club/ Ron Beaton Park

Event timings:

Registration from	7.00 am
Transition closes	8.30 am
Race briefing	8.40 am
Race start	9.00am
Road closure	8.30am to 10.30am or until last rider off course.

Distances: 300m swim  
10km ride  
3km run

**Parking:** Best access is to park on the Esplanade on the Scarness side of the Surf Club as the road will be closed from the Surf Club up towards the Urangan Pier prior to race start. Alternate parking is on the back streets off the Esplanade near the club.

### **What does my team need:**

- Costumes if you're adventurous! If not just casual sports attire suitable for your leg of the race.
- *Swimmers:* Will need goggles, togs and a swim cap.
- *Riders:* Correct fitting helmet, enclosed shoes, bicycle with working brakes and in a safe condition for the road (please check your hand grips as well to ensure the end of the handle bars does not protrude through).
- *Runners:* Suitable shoes, a shirt and adventurous spirit!

### **When do we check in:**

- The earlier the better will help our volunteers. Registration will be open at the surf club at 7am, we will need to have everyone registered and ready by 8.30am. The bike rider will need to wait until after registration to rack their bike in the transition area.

### **How do we do this thing??**

- The team will be provided with a wrist band, this will be your baton to pass between team members at transition.
- *Swimmers* will line up on the beach in view of the first swim buoy, you'll get the cue to start and you head out and turn right at the first buoy. Turn right again at the second buoy and make your way up the stairs to the transition area.
- *Riders* will need to be waiting in transition for the swimmers prior to them arriving, helmet on and ready. Swimmer will pass you the wrist band and you'll walk your bike out to the mount/ dismount line to start your ride. After completing your **5 laps** of the ride course you'll pull up at the dismount line and get off your bike. Then walk back into transition to meet your runner.
- *Runners* are free to watch the swim and ride but will need to be in transition waiting for the rider as they come back in. Pop the wrist band on and head out on the run course for **2 laps**. Keep in mind the water station in front of the surf club in case you need a drink.
- *The coolest thing you can do on the way to the finish arch is to have your team members run in with you... It's a Col Pearce Tri tradition!*

### **Terminology:**

*Registration:* Where the volunteers welcome you and provide cool stuff/ also making sure your teams all logged in for the race.

*Transition:* This will be a flagged off area on the grass with bike racks. Riders will need to wear their helmet after registration when they put their bikes in (we need to make sure you're safe)

*Race Briefing:* We always run through all this stuff again for you as a group in the morning and can walk you through where and what everything is.

### **What if I'm still not sure?**

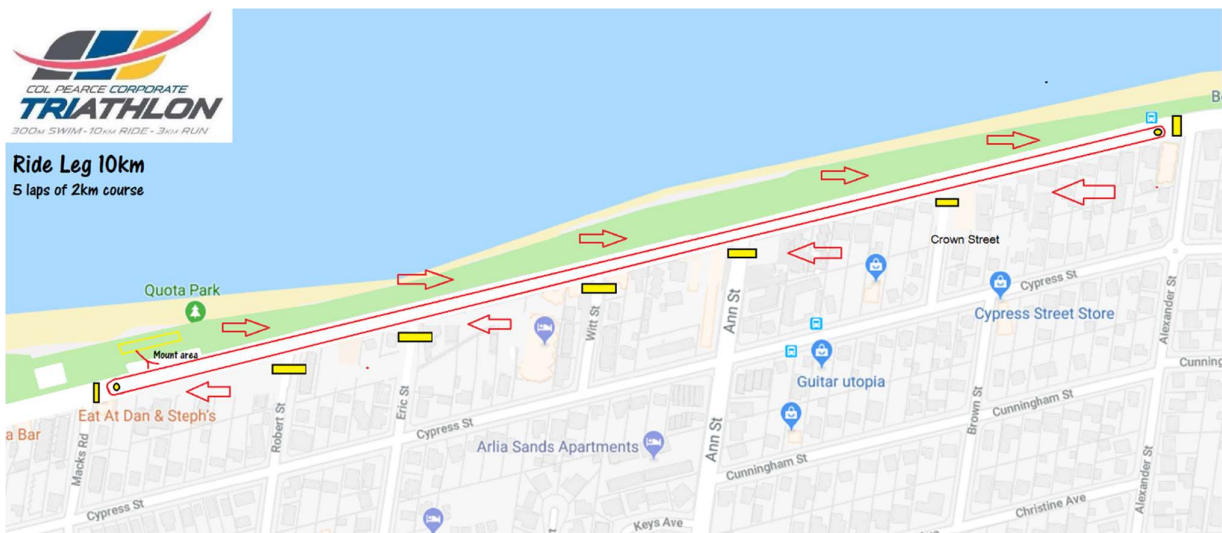
The Triathlon club crew are experienced with pre race nerves and making new competitors feel welcome and confident. Just grab anyone and say Hi, they'll be more than happy to walk you through any questions you may have. There is no such thing as a silly question, even if you're unsure when racing just ask for help.

# Event Precinct Maps

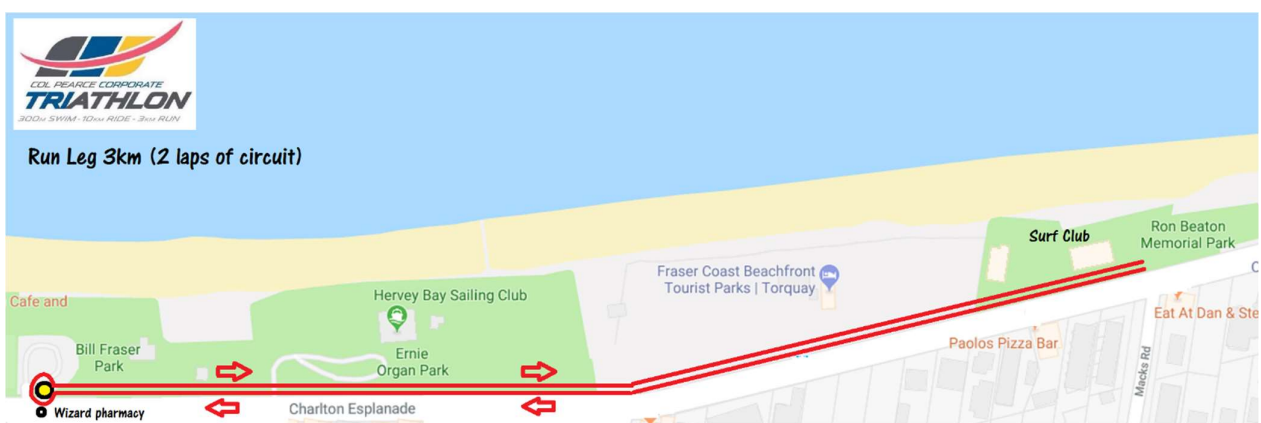
## Swim/ transition area:



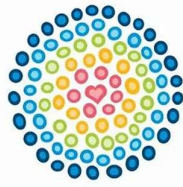
## Ride Course



## Run Course



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