

Lake Kaniere Scenic Triathlon Participants Briefing 2023

Welcome to the 38th Lake Kaniere Scenic Triathlon event.

General information;

1. This year we have included two new events- These are the Long Distance Swim, and a Run as a single event. Please note however that **ALL** events will start from the HUB at Hans Bay at the same time of 9.30 a.m. All events will also transition and finish at the HUB .
2. Timeframes for the day – Kayaks and bikes must be in place by 8.30 a.m., Competitors briefing at 9.20 a.m., Race start 9.30 am, Prizegiving at Stumpers Hotel – food served at 4.40pm and Prizegiving at 5 pm.
3. There is a major spot prize of a bike, and several other valuable spot prizes – these will be drawn at the prizegiving – and will be drawn using the race numbers. To be eligible you must be present at the prizegiving. So please ensure that you return your number to the box provided at the Info Tent at the HUB after you have completed your event.
4. This year we are also providing a Kids Triathlon and Duathlon starting at 1.30 pm. Please ensure that you have packed up your gear and that the Central HUB at Hans Bay is clear by 1 pm. The Kids Run and cycle courses take place on the main road at from Hans Bay to Sunny Bight so please be mindful of this when you drive back towards town.
5. Emergency procedures - The Event Manager, and Medical Personnel will be based in an information tent at the HUB, and will have radio contact with Marshals on the courses - please approach event staff if you need information or assistance. All event staff will be wearing High Viz vests.
6. If you withdraw from the race at any stage – please notify event staff.
7. Please leave the HUB promptly when completing your event to avoid congestion in the transition area.
8. In previous years marshals have met incoming cyclists and removed their bikes from the HUB. This year you **MUST RACK YOUR OWN BIKE** at the end of the cycle leg **BEFORE** heading into the chute to finish and record your time.
9. Participants in teams must tag hands in the designated tag zone.
10. Timekeeping -**This year the HUB has been set up with a one-way chute which ALL competitors must pass through AFTER EACH discipline in order to record a time.** This chute is where all timekeeping will be undertaken and applies whether you are competing as an Individual or in a team event. (refer to map of HUB)
11. Runners, Walkers and Cyclists – **The roads are not closed during this event** – therefore normal road rules apply. Marshals are in place, but they are NOT able to stop traffic.
12. Points of note for the Swim Triathlon, Kayakers and Long Distance Swim participants.
 - (i) The lake is **not** closed to the public during this event – so if a member of the public launches or returns to the boat ramp whilst swimmers are in the vicinity you will hear 3 short blasts of the starter horn – **which means that you must return directly to the shore** – the Boat marshals will escort you to ensure a safe distance is maintained from the vessel.
 - (ii) Swimmers and Kayakers requiring assistance in the water –tread water and raise your hand or your paddle to alert boat marshals that you need help.

Course Descriptions.

Long Distance Swim. This is the 2 Km Hans Bay Epic clockwise triangular course – starting at Hans Bay HUB Head left towards the jetty and continue for 400 metres and turn Right at the buoy, continue swimming behind the two islands for a further 600 metres until you reach the corner of the land mass where you will be directed by a buoy or boat marshal to turn Right and proceed for a further 500 metres into the topmost corner of the bay . At this point you will make a sharp turn Right (this time Hans Bay foreshore will be on your left) and return 500 metres towards Hans Bay boat ramp . A Pink swim lane on the water marks the finish of the swim - Exit the water inside this swim lane and run through the chute to record your time.

Swim Triathlon. This is a 680-metre triangular **anti clockwise** course starting at the Hans Bay HUB. (**NB this is the opposite direction from last year**) From the boat ramp you will swim straight ahead towards the island until you reach the first buoy, where you will turn **LEFT** and swim parallel to the shore until you reach the second buoy, where you will again turn **LEFT** and return towards the boat ramp – exiting the lake inside the designated Pink swim lane on the water and run through the chute to record your time.

Run , Walk, and Run course for Swim and Kayak Triathlon and Duathlon . This is a 10.2 Km course starting at Hans Bay and proceeds along Lake Kaniere Road until turning Right into Wards Road. Proceed along Wards Road for several kms , then turn Right into the Water Race track and continue along this off road section for 3kms until you reach Lake Kaniere Road at the Sunny Bight corner. Marshals will be in place here to assist you to cross the road where you will return to the start/ finish/ transition HUB at Hans Bay. Ensure that you run through the chute to record a time then tag a team member or continue as an individual to the next discipline. The off road section of the Water Race track is open to cycle trail users during this event, Marshals are in place at each end of this section to warn cyclists, but they are not able to stop cyclists. You must Run on the **Right** hand side of the road so you can see oncoming traffic.

Kayak Course. this is a 7.4Km course starting at the HUB at Hans Bay – heading south for 3.7 kms – until you reach the turning buoy near Big Bay where you turn and paddle back to the shore at Hans Bay HUB. Exit your craft and run through the chute to record a time. Swimmers may be exiting the water near to where you finish – they are required to exit via Pink Swim lane – but please be aware of their proximity. You must paddle within 50 meters of the shoreline on both the outward and return legs. You must wear an approved Life jacket, and Kayaks must be scrubbed to prevent Didymo. If numbers are worn beneath Life Jackets – Jackets must be removed so number is visible when running through the timing chute.

Cycle Course. This is a 20 Km out and back course leaving the HUB at Hans Bay to the corner at the top of the Hans Bay hill where it turns Right into the graveled Milltown Road. This winding and undulating road continues for 10 kms into the Arahura Valley which includes a fast downhill section. Take Care on this hill! The turn point is at the Arahura Bridge , where you return to the HUB – **Noting that you MUST Rack your own bike** before running through the chute to record your time.

You must wear a helmet and that your bike must be suitable for the gravel surface. Remember that the Road is OPEN to traffic at all times and normal road rules apply.

ENJOY YOUR DAY