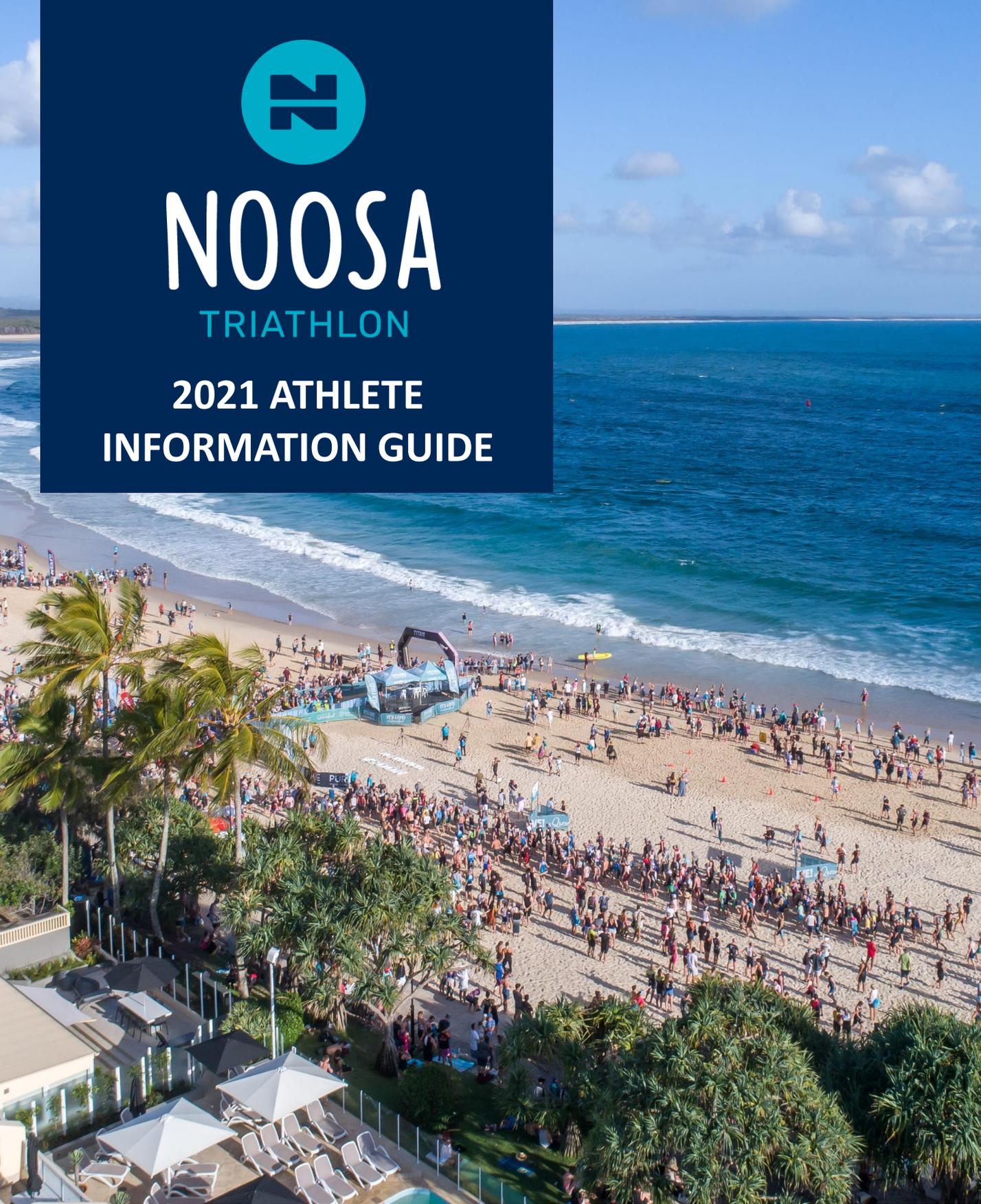




NOOSA

TRIATHLON

2021 ATHLETE
INFORMATION GUIDE



noosatri.com.au

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Ph: 1300 761384

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GARMIN.

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HAMILTON ISLAND TRIATHLON & OCEAN SWIM WEEKEND,
THE WHITSUNDAYS, 13 - 14 NOVEMBER 2021

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16 - 17 October 2021



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Beach House Hotel
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21 November 2021



Southern Queensland Country

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5 - 6 February 2022



Sunshine Coast

Noosa Summer Swim
20 February 2022

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IT'S LIVE!
in Queensland



In an effort to make racing at Noosa Triathlon as safe and risk free as possible, whilst still delivering an exceptional race day experience, we have made some changes to our event day operations.

Below is a summary of the key measures we are implementing this year. However, please thoroughly read the entire Athlete Information Guide (AIG).

IRONMAN will continue to monitor the latest Public Health Directions from Queensland Health and adjust our planning and communicate any changes with athletes, as necessary. The current situation in Queensland continues to be dynamic so we appreciate your understanding with the below key changes:

OVERALL

- If you or a close contact have COVID-19 symptoms ([click here](#) for list of symptoms) from 14 September up to and including race day 27-31 October, please do not attend the event. Contact us at noosatri@ironman.com or 1300 761 384 by 3:00pm Sunday 31 October to discuss your event entry options. Requests received after this time will not be considered.
- A Virtual Race Director update will be released race week
- Hand washing or sanitising stations are available throughout the event sites
- Physical distancing is everybody's responsibility. Please adhere to any queue spacings

PRE-EVENT

- All individuals are asked to please download and configure the [Check In Qld app](#) and the [Commonwealth Government COVID-19 app](#) prior to attending the event
- Individuals are discouraged from car-pooling with anyone from outside of their immediate household
- Athlete Check-In and bike racking will be by appointment only. Athletes will receive an email three weeks from race day with a link to book these times. Athletes are asked to please arrive within their appointment times
- Athletes will be asked to review and update medical and emergency contact details prior to arrival onsite. Athletes will receive an email three weeks from race day with instructions.

ONCE I ARRIVE (PRE-RACE)

- Athlete QR Codes will be provided 1 week prior to event and scanned at multiple points throughout Athlete Check-In.
- You will be required to come during your selected appointment time. Please note you do not need to arrive at beginning of your time slot, rather you can come anytime within the 30min time slot

SWIM

- Swim Starts are athlete only areas

AID STATIONS

- Athletes are encouraged to be self-reliant on course, carrying hydration and nutrition on themselves during competition. Aid stations will continue to be stocked with hydration and nutrition products
- Hydration will be provided in single serve takeaway cups at all other stations

FINISH LINE/RECOVERY

- We encourage athletes to engage in no-touch finish line celebrations
- Hydration and nutrition products will be provided in single serve or original packaging takeaway options and spaced on tables for contactless collection by athletes.
- Athletes will be asked to remove their own timing chip after crossing the finish line.
- Athletes are asked to leave the event site as soon as possible to reduce density in this area



RACE DIRECTOR MESSAGE



Hello and welcome to the 2021 Noosa Triathlon, the 38th edition of this iconic event! After a year off, the Noosaville based IRONMAN team are super excited to deliver a 'home' event again. 2020 and 2021 has certainly been a period like no other and we're really pleased to welcome you back to Noosa.

To our over 300 Noosa Triathlon Legends that will be racing once again this year, you are an inspiration to us all. You'll all be able to spot these athletes on course with their gold race bibs – make sure you give them an extra cheer as they pass.

Please ensure that you read this Athlete Information Guide thoroughly as there are a few changes to the event, as well as tune in to the Race Director Virtual Briefing which is brand new to Noosa Triathlon!

With the ongoing COVID pandemic, and border closures, we've had to make a few changes to this year's event and adapt our venues and events scheduled to make them COVID Safe. Whilst the situation in Queensland continues to be volatile, we have positioned ourselves in a way that we can adapt quickly if there is a change in the Public Health Direction.

As for the course, well that's the one thing that hasn't changed. The Swim Course will again take place within the pristine waters off Noosa Main Beach. Once you've conquered the swim, the Bike Course takes you out to Cooroy with a 'quick' detour up GARMIN Hill. From the far turnaround it's a straight, fast ride back into Noosa Heads. The Run Course heads out along Noosa Parade and Weyba Road before turning and making a detour through Dolphin Crescent and Wyuna Drive. Before you know it, you'll be on the blue carpet running underneath the finish arch and enjoying a cold drink in the Noosa Heads Surf Club.

If you or your supporters are looking for something to do pre-event, there is a Festival Event for everyone, including; Noosa Run Swim Run, Tour de Noosa – Garth Prowd Ride, ASICS Noosa Breakfast Fun Run, 2XU Noosa 1000 Ocean Swim, Noosa Superkidz Triathlon and Tingirana Noosa Special Triathlon. In addition to this, we will also have 'Super Saturday' featuring some of Australia's best athletes racing the Australian Open Criterium and ASICS Noosa Bolt.

The fact that the Noosa Triathlon is held within a

UNESCO Biosphere Reserve is pretty special. Please keep this in mind when you visit and make sure any waste that you generate goes in the right bin, especially when you are racing. IRONMAN continues to work closely with Tourism Noosa and Plastic Free Noosa to reduce our event generated landfill. This year we aim to divert >80% of waste from landfill and in future years we will strive for continuous improvement. This is in addition to other initiatives we are already doing including using only using compostable aid station cups and switching to elastic bungees instead of nylon zip ties.

The Noosa Triathlon really is an iconic event, and this was recognised in 2019 when the event won Gold in the Best Major Event and Festival category at the Queensland Tourism Awards. A huge thanks to Tourism and Events Queensland, Noosa Council, Tourism Noosa, ASICS, Garmin and all of our event partners for their continued support. A big thanks also goes out to the Noosa community and volunteers who play a huge part in ensuring that this event is a great success year after year.

One final thing I would ask of you is to listen to your body out there. I know you have all been training hard (well, the majority of you) but when was the last time you raced? If something doesn't feel right make sure you ask for help, whether that be assistance from water safety in the swim or first aid on the bike and run course. It will likely be a hot, humid day out there so please take care and I look forward to seeing everyone of you cross the finish line on Noosa Parade!

All the best,



Rob Stalling
Regional Director

THE WHITSUNDAYS

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A BEAUTIFUL WAY TO BE

They're the days you'll have with you forever. Days filled with exhilaration and wonder.

From swimming with manta rays, to competing in your first event, connecting with Indigenous culture or even riding a boogie board down a sand dune 1,651km from the coastline. From the incomparable beauty of the Sunshine Coast to our vast outback, southern cities and island-studded coastline.

Days Like This are yours to discover, in Queensland.



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The event is sanctioned by Triathlon Australia. All Athletes must read and understand the race rules and penalties prior to race day. Below we have highlighted **some** of the race rules.

[Triathlon Australia Race Competition Rules 2021](#)

GENERAL

Section 1

1.1 Competitors must

- j.** not use any equipment that will distract the athlete from paying full attention to their surroundings: Athletes may not use communication devices of any type, including but not limited to mobile phones, smart watches, headphones and two-way radios, in any distracting manner during the competition. A “distracting manner” includes but is not limited to making and receiving phone calls, sending and receiving text messages, playing music, using social media, and taking photographs. Using a communication device in a distracting manner during the competition may result in disqualification;
- m.** not discard any equipment on the course, except at the approved dedicated locations;

SWIM

Section 2

- 2.1** When wetsuits are allowed, all components of the wetsuit will fit to the athletes’ body tightly.
- 2.7** Competitors must not use:
- a.** artificial propulsion devices;
 - b.** flotation devices;
 - c.** swimwear that covers the hands or feet, except socks may be used when wetsuits are mandatory
- 2.8** Swimskins may be worn and need to meet the same requirements as a race suit. Please see definition of a Race Suit in Appendix A.

BIKE

Section 3

- 3.1** A competitor is not permitted to cycle without appropriate footwear or with a bare torso.
- 3.2** A competitor is not permitted to make any forward progress without the bicycle and all of its component parts.
- 3.12** Bicycles must have all of the following characteristics:
- e.** fairings which reduce air resistance are prohibited;

Special Rule – Race Specific

Due to the number of competitors within Noosa Triathlon, the event will operate under a special ruling. When passing a forward competitor or motorcycle, you are allowed a maximum of 15 seconds to pass through the 7m x 3m wide draft zone. Failure to achieve this may result in a blue card penalty for drafting.

RUN

Section 4

- 4.1** A competitor may not crawl.
- 4.2** A competitor may not run with a bare torso or without shoes on any part of the run course of an event.
- 4.4** A competitor cannot be accompanied by any non-competing athletes, team members, team managers or other pacemakers on the course or alongside the course. A competitor cannot be accompanied by any non-competing person in the finish chute (unless an exception has been issued by the use of a special rule approved by the sanctioning officer or Technical Delegate).

PROTESTS

Section 7

A competitor may file a protest with the Race Referee provided that the matter under consideration has not previously been ruled upon by the Race Referee. A protest cannot be made on any matter involving a judgment call by a Technical Official. Matters relating to the lodging and consideration of protests are explained in Appendix G – Protest Procedures.

COMPETITION AGE

Appendix C

Age determination for all categories is determined by age on December 31st during the season of the triathlon competition.

For the 2021 Noosa Triathlon age is as of 31 December 2021

PENALTIES

Yellow Card - stop-start penalty. Minor infringement served with Technical Official anywhere on course.

Blue Card – 3min time penalty. If instructed to proceed to a bike course penalty box... the competitor is required to attend the next penalty box. Failure to do so may result in disqualification.

Red Card – major infringement.

WELCOME MESSAGE



Message from the Minister for Tourism Industry Development and Innovation and Minister for Sport

Welcome to Noosa Triathlon 2021, a wonderful opportunity to immerse yourself in Noosa's local culture and community, and hopefully explore some of the superb tourism experiences on offer here.

The impacts of the pandemic have provided incredible challenges, but thanks to the hard work of Queenslanders our state was one of the first to put in place a COVID Safe Event Framework which paved the way for events such as this one to take place.

The Queensland Government is proud to support Noosa Triathlon, through Tourism and Events Queensland's Major Event program and it is a feature on our *It's Live! in Queensland* events calendar. Events are an important part of our state's economic recovery from the pandemic because they attract visitors to the region which stimulates the local economy and supports local jobs. Events are also an important opportunity for communities, friends, families and visitors to come together, creating community pride and reconnecting us. Congratulations to the event organisers and all those involved in organising this event – may it be a successful one.

If you are visiting for the event, I encourage you to make some time to explore the diverse tourism experiences on offer in this beautiful region.



The Hon. Stirling Hinchliffe MP
Minister for Tourism Industry Development and Innovation and Minister for Sport.

Message from the Chief Executive Officer of Tourism Noosa

Welcome to Noosa and congratulations for taking part in one of Australia's most iconic sporting events – the Noosa Triathlon Multi Sports Fest.

As your destination host, we can't think of a better way to enjoy Noosa than swimming in our beautiful Laguna Bay, running along our tropical pathways and cycling from the beach through our stunning Noosa hinterland.

The Festival offers a great line-up of events for all ages and fitness levels and we wish you all the best in competing and hope you enjoy your stay in Noosa! We encourage you to get out and about and explore Noosa's wonderful villages and support our local communities whilst visiting Noosa!



Melanie Anderson
*Chief Executive Officer
Tourism Noosa*

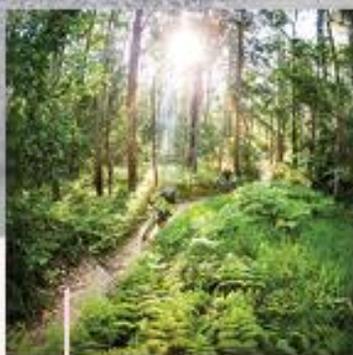
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EVENT SCHEDULE



Event Schedule is up to date as at 5/10/2021 and is subject to change.

View the Event Schedule [online](#) and on the [Noosa Triathlon App](#) for the most up to date Information.

WEDNESDAY 27 OCTOBER 2021		
Time	Event	Location
5:30am - 6:15am	Noosa Run Swim Run 13 years and under Check-In and new entries	Noosa Main Beach, Noosa Heads
5:30am - 6:30am	Noosa Run Swim Run 14 years and over Check-In and new entries	Noosa Main Beach, Noosa Heads
6:30am	Noosa Run Swim Run 13 years and under Race Start	Noosa Main Beach, Noosa Heads
7:00am	Noosa Run Swim Run 14 years and over Race Start <i>(14+years category will commence immediately after all 13 years and under are clear of course)</i>	Noosa Main Beach, Noosa Heads
7:30am	Noosa Run Swim Run Presentations	Noosa Main Beach, Noosa Heads

FRIDAY 29 OCTOBER 2021		
Time	Event	Location
5:00am - 5:45am	Tour de Noosa - Garth Prowd Ride Check-In and new entries	Noosa Heads Surf Club
6:00am	Tour de Noosa - Garth Prowd Ride Event Start	Noosa Heads Surf Club
6:00am - 7:15am	ASICS Noosa Breakfast Fun Run Check-In and new entries	Noosa Heads Surf Club
7:35am	ASICS Noosa Breakfast Fun Run Event Start	Noosa Heads Surf Club
9:00am - 7:00pm	Event Information Open	Festival Village - Noosa Woods, Hastings St
9:00am - 7:00pm	Noosa Sports & Lifestyle Expo Open	Festival Village - Noosa Woods, Hastings St
9:00am - 7:00pm	Merchandise Store Open	Festival Village - Noosa Woods, Hastings St
10:00am - 7:00pm	Noosa Triathlon Check-In (Must be pre-booked)	Festival Village - Noosa Woods, Hastings St
2:30pm - 4:00pm	2XU Noosa 1000 Ocean Swim Check-In and new entries	Noosa Heads Surf Club
4:15pm	2XU Noosa 1000 Ocean Swim Race Start	Noosa Main Beach, Noosa Heads
5:30pm	2XU Noosa 1000 Ocean Swim Presentations	Noosa Main Beach, Noosa Heads

EVENT SCHEDULE



Event Schedule is up to date as at 5/10/2021 and is subject to change.

View the Event Schedule [online](#) and on the [Noosa Triathlon App](#) for the most up to date Information.

SATURDAY 30 OCTOBER 2021		
Time	Event	Location
6:00am - 7:15am	Noosa Superkidz Triathlon Check-In and new entries	Chaplain Park, Noosaville
6:30am - 7:30am	TINGIRANA Noosa Special Triathlon Check-In and new entries	Chaplain Park, Noosaville
7:30am	Noosa Superkidz Triathlon Event Start	Chaplain Park, Noosaville
8:15am (approx.)	TINGIRANA Noosa Special Triathlon Event Start <i>(Tingirana Noosa Special Triathlon will commence immediately after all Superkidz have commenced on the run course. This will be approximately 8:15am)</i>	Chaplain Park, Noosaville
9:00am - 5:00pm	Event Information Open	Festival Village - Noosa Woods, Hastings St
9:00am - 5:00pm	Noosa Sports & Lifestyle Expo Open	Festival Village - Noosa Woods, Hastings St
9:00am - 5:00pm	Merchandise Store Open	Festival Village - Noosa Woods, Hastings St
9:00am	Tri Clinic with Toby Coote	Transition - Noosa Heads Lions Park
9:30am - 5:00pm	Event Information Open	Transition - Noosa Heads Lions Park
9:30am - 9:45am	Priority Bike Racking (Noosa Tri Legends Club) (Must be pre-booked)	Transition - Noosa Heads Lions Park
10:00am - 4:00pm	Noosa Triathlon Check in (Must be pre-booked)	Festival Village - Noosa Woods, Hastings St
10:00am - 4:30pm	Noosa Triathlon Transition Bike Racking (Must be pre-booked)	Transition - Noosa Heads Lions Park
11:00am	Noosa Triathlon Transition Tour with Multisport Consultants	Transition - Noosa Heads Lions Park
11:00am	Tri Clinic with Nick Croft	Transition - Noosa Heads Lions Park
2:30pm- 5:30pm	Noosa Triathlon Partners Lounge	Noosa Parade, Noosa Heads
2:00pm	Noosa Triathlon Transition Tour with Multisport Consultants	Transition - Noosa Heads Lions Park
From 2pm	Super Saturday - ASCIS Bolt - Australian Open Criterium	Noosa Parade, Noosa Heads

Event Schedule continued over page

EVENT SCHEDULE



Event Schedule is up to date as at 5/10/2021 and is subject to change.

View the Event Schedule [online](#) and on the [Noosa Triathlon App](#) for the most up to date Information.

SUNDAY 31 OCTOBER 2021		
Time	Event	Location
4:45am - 2:00pm	Gear Drop Area Open	Noosa Bus Stop, Noosa Parade
4:30am - 3:00pm	Event Information Open	Transition - Noosa Heads Lions Park
4:45am	Noosa Triathlon – Transition Open	Transition - Noosa Heads Lions Park
6:00am	Noosa Triathlon – Individual Transition Close	Transition - Noosa Heads Lions Park
7:00am - 1:00pm	Noosa Triathlon Partners Lounge	Noosa Parade, Noosa Heads
6:15am	Elite Male Race Start	Main Beach, Noosa Heads
6:17am	Elite Female Race Start	Main Beach, Noosa Heads
6:19am	Paratriathlete Race Start	Main Beach, Noosa Heads
6:23am	Individual Race Start	Main Beach, Noosa Heads
9:06am	Relay Teams Race Start	Main Beach, Noosa Heads
10:30am - 1:30pm	Noosa Triathlon - Transition Bike Collection - progressive	Transition - Noosa Heads Lions Park
11:00am - 4:00pm	Noosa Triathlon Merchandise Store Open	Festival Village - Noosa Woods, Hastings St
4:00pm	Noosa Triathlon Presentation Ceremony	Festival Village - Noosa Woods, Hastings St
6:00pm	Party on at the Noosa Heads Surf Club	Noosa Heads Surf Club

** Subject to change*

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ATHLETE CHECK LIST



PRE-EVENT

- Book/confirm accommodation & flights (if applicable)
- Ensure event registration is confirmed (check for confirmation email)
- Familiarise yourself with event schedule (know all check-in/drop off times)
- Ensure you have booked your appointment time for Athlete Check-In and bike racking. You will receive an email three weeks from race day with a link to book these times.
- Review/update of medical & emergency contact details check. You will receive an email three weeks from race day with instructions.
- Pack photo ID in your luggage
- Familiarise yourself with the course - it is your responsibility to know this on race day
- Check athlete list online & on event app. **Note:** web list won't be updated after 27 September 2021. Event app will be updated at close of Check-In prior to race day. If any details are wrong contact us via email noosatri@ironman.com or phone 1300 761 384.

ONCE I ARRIVE (PRE-RACE)

- Familiarise yourself with the event venue and key areas (Athlete Check-In, bike racking, swim start & finish line)
- Familiarise yourself with road closures
- Check-In and collect race kit
- Rack bike
- Pack items for race day
- Teams – familiarise yourself with team transition entry point

RACE DAY

- Ensure you have all items for your race including, helmet, timing chip & wetsuit/tri suit
- Enter Transition for last minute checks, set up gear & drop off bike pump (if relevant)
- Drop off gear bag (if relevant)
- Start the race - be at the start line at least 15 minutes prior to your start time
- Finish the race
- Recover
- Collect your items – gear bag, bike pump, bike

POST RACE

- If an award winner – attend Presentations at the Main Stage in Festival Village, Noosa Woods.

RACE KIT



RACE KIT COLOURS

Black – Open Male

Silver – Open Female

Light Blue – Individual Athletes

Gold – Legend Athletes

Navy – Relay Teams

1. RACE BIB NUMBER

Worn on the front and attach with race belt (supplied by athlete) or safety pins (available at Event Information). Do not fold or alter race bib number.

2. ATHLETE WRISTBAND

Secured at Athlete Check-In and must be worn at all times until after presentations. The IRONMAN Group will not allow access into athlete restricted areas without athletes wearing their wristband.

NO WRISTBAND = NO ACCESS

3. TATTOOS

Number Tattoo: Place on right bicep

Category Tattoo: Place on left calf

Application: Apply by peeling the clear film off, placing the tattoo face-down on your right arm, firmly pressing the paper side with a damp cloth or sponge, holding for 60 seconds and gently peel back the paper

Tattoos are compulsory to wear. In the case your tattoo becomes faulty please see the Event Information Staff who will be able to provide direction on how to write your number/letter on with a permanent marker.

4. SWIM CAP

Provided swim cap, must be worn during swim leg. If wearing another cap, the official cap must be worn on top. Swim caps are Latex.

5. GEAR BAG

Place items required for post race (collected in the recovery area). Drop off race morning. Must use bag supplied.

6. BIKE SEAT POST STICKER

Place this sticker around the seat post with the number facing backwards to be read from the side. Attach prior to bike racking.

Your Category Group is listed on this sticker and will match your swim cap colour, this is your start group. Please ensure your bike rack area matches the colour/number of your Category Group

7. HELMET STICKER

Place sticker on front of helmet. Attach prior to helmet check on race day.

8. BIKE PUMP STICKER

Place sticker on bike pump prior to drop off on race day.

9. GEAR BAG STICKER

Remove sticker from backing sheet wrap the label around the string on the bottom right-hand corner of your gear bag and stick securely onto the back of itself.

RELAY TEAM INFORMATION



Please note the below information relates to the Relay Teams and outlines specific team details and difference to the Individual race.

Teams you must still read the complete AIG for all relevant information but please note the team information below.

RACE KIT

Please refer to page 14 to see all inclusions in your race kit.

Please note the team differences:

- Race Bib Number – This is worn by the runner
- Athlete Wristband – each team member will receive their own wristband during Check-In
- Gear Bag- each team member will receive

Tattoos:

- Number Tattoo – worn by runner
- Category Tattoo – worn by runner

CHECK-IN

Only one team member is required to attend Check-In, but it is recommended that all attend if possible. The first team member to attend Check-In will receive the Race Kit and athlete gifts for all members.

It is then the responsibility of the team member to distribute the race kit to the other team member/s.

It is recommended where possible, that all Relay Teams Check-In together.

TRANSITION

The changeover between team members will occur at your bike racking space. You will then, exchange the timing chip. Your timing chip is your relay baton.

During the race, team members will enter through the Teams Entry and await in the teams change over area to meet at their bike racking space.

Team changeovers are self-managed, and it is up to Relay Teams to ensure they know when they must be at the meeting point.

All Team Swimmers must be at the swim start by 8:45am. Only team cyclists can remain in the team transition area from 9:00am. Team runners will have access to transition once all the bikes have exited transition and are on the bike course.

We must ensure Teams Transition is as clear as possible during race times for the safety of all competitors.

- Team swimmers must not remove the timing band until within the transition area.
- The team cyclist must remain in their position in transition with their bike racked until the swimmer has tagged the cyclist and the cyclist has the timing chip secure around their LEFT ankle.
- Once returned to transition the team cyclist must rack their bike before the timing band can be exchanged to the runner for them to commence the run leg. Team runners must wait in the team cyclist's bike race position. Remember to take the timing band off the cyclist and secure it to your ankle before exiting transition.

SWIM START

Rolling Category Start: Team swimmers will seed themselves based upon their own projected swim times.

FINISH LINE

Only runners of the Relay Teams will be permitted down the finish line.



Cancer... we're coming for you!

Take on Noosa Triathlon 2022 as part of Team Smiddy and make your race about more than just the finish line!

Premium benefits including:

- Priority check-in
- Premium bike rack parking
- Early wave start
- Custom sun-safe tri suit
- Track-side hospitality and more!

**Register today: smiddy.org.au/noosa
Use promo code NOOSA22 to save \$20**

PRE-RACE INFORMATION



VENUE



ATHLETE CHECK-IN

See page 10-12 for time and location. We will be operating Athlete Check-In by appointment only. You will receive an email three weeks from race day with a link to book these times.

All packs will need to be collected during Athlete Check-In opening hours. **Please note, no packs will be posted out prior to the event.**

What you will need to bring:

- Photo ID (drivers licence or passport)
- QR Code (you will find in your email from ACTIVE)

Who can collect?

Only the person registered can pick up their race kit at Athlete Check-In. Please note that it is not permitted for someone else to compete under your name or for you to compete under someone else's name. This will result in suspension from your State Triathlon Association and banning both parties from future IRONMAN Oceania races.

TIMING CHIP

Pick Up: Your Timing Chip will be located in the envelope of your Race Kit.

Hot Tip: Place the timing chip somewhere safe after collection. Eg with your helmet.

Drop Off: Timing chips will be collected within Recovery. Please remove your own timing chip and give to volunteers.

Lost During Race: If you lose your timing chip during the race, inform Event Staff within Transition, so that timing providers can do their best to replace the chip.

Drop Out: If you do not start the race or pull out of the race, please return the timing chip to a drop out clerk located at Event Information or if unable to reach this location to an Event Staff member. Where possible only hand to an official Event Staff member not a volunteer.

Lost Timing Chips: If your timing chip is not returned or is lost, you will be charged \$150AUD for a replacement.

PRE RACE INFORMATION



BIKE MECHANICS

Cyclezone will be available at the Noosa Sport & Lifestyle Expo Friday and Saturday for all pre-race bike mechanic services. A limited 'emergency service' will be available in transition on Sunday from 4:45am – 6:00am for Individuals, and 4:45am – 10:15am for Relay Teams if you require assistance.

Note: There is no technical support available on course.

PRE-RACE TRAINING

When you are on the road cycling or running, remember all the rules of the road apply. Do not ride two abreast on narrow road sections and obey all traffic rules. Being a competitor does not exempt you from the law. Be courteous to motorists. Wearing your helmet whilst cycling is compulsory in Queensland and Police can issue on the spot fines for breach of this law. Make sure you lock your bike whenever you leave it.

Swim: There are many great pools on the Sunshine Coast, if you choose to swim at the beach, remember to swim between the flags

Bike: Remember to obey the road rules and do not ride two abreast on narrow road sections. Be courteous to motorists. Wearing your helmet whilst cycling is compulsory in Australia and Police can issue on-the-spot fines for breach of this law. Lock your bike whenever you leave it (unless it's during bike racking).

Run: Run on footpaths where possible and do not run more than two abreast.

FISIOCREM MASSAGE

Pre and post-race massage therapy will be available from Friday to Sunday. View the Event Schedule (pages 10-12) for times and location.

Cost: \$20 per 15 minutes.

Bookings by emailing glaux@netSPACE.net.au prior to Thursday 4pm. Bookings also available onsite from Friday 9am.

PARKING

Parking will be on surrounding local streets (please ensure that you are aware of any parking restrictions and changed traffic conditions).

Athlete drop off on Sunday morning must be at the top of Noosa Drive hill, and athletes are to walk down the footpath to transition. Do not attempt to drive into Noosa Heads as you will only cause congestion and hold up shuttle buses.

CHANGED TRAFFIC CONDITIONS

Please take time to make yourself aware of all changed traffic conditions for yourself and all athletes on race day.

[View CTC Flyer](#)

SHUTTLE BUS

There will be a shuttle bus service available from Wednesday 27 October to Sunday 31 October for athletes and public.

On race day an additional two routes will be available from all-day parking.

This service will run approximately every 30 minutes.

[View Schedule here](#)



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GEAR BAG DROP / COLLECTION



GEAR BAG

Your gear bag consists of any clothes you require post-race and is collected from the Gear Drop Area. The bag provided to you during Athlete Check-In must be used as your gear bag. No other bag will be accepted. Please ensure that you have the gear bag sticker (located in your race kit) clearly stuck to the bottom of the handle. The Gear Drop is outdoors so please ensure that your valuables are protected from the elements within your Gear Bag.

Examples Include:

- Warm clothing (jumper, tracksuit pants)
- Different footwear

Please refrain from placing any valuables in your bag where possible.

View page 10-12 for times and locations.

Ensure you are aware of the closing time as after this time the Gear Drop Area will become unsecure.

BIKE PUMPS

Bike pump drop off will be available on race morning at the Gear Drop Area and can be collected post event from the Gear Drop Area. Please ensure your bike pump is labelled using the sticker within your race kit.

All bike pumps which aren't collected during bike collection times will be donated.

Ensure you are aware of the closing time as after this time the Gear Drop Area will become unsecure.

BAG	DROP OFF LOCATION	USE DURING RACE	POST RACE COLLECTION
GEAR BAG	When: Sunday 31 October, from 4:45am Location: Gear Drop – Noosa Bus Stop Car Park	No access during race.	When: Post Race Sunday 31 October until 2:00pm Location: Gear Drop – Noosa Bus Stop Car Park
BIKE PUMPS	When: Sunday 31 October, from 4:45am Location: Gear Drop – Noosa Bus Stop Car Park	No access during race.	When: Post Race Sunday 31 October until 2:00pm Location: Gear Drop – Noosa Bus Stop Car Park

Note: When you collect your bike post race, gear bags and bike pumps should be collected at the same time.

PRE-RACE BIKE RACKING

View the event schedule (page 10-12) for times and location.

Prior to Entry:

- Attend Athlete Check-In
- Secure bike seat post sticker

Bike Checks:

- Conducted by Triathlon Australia upon entry
- You, the athlete, are responsible for your bike being in safe working order
- Inspectors will be checking for such things as:
 - End plugs on handlebars
 - Tyres in reasonable condition
 - Stripped cabling
 - At least one water bottle cage
 - Brakes in working order
 - Compliance with Triathlon Australia Race Competition Rules

How to Rack your Bike: Rack your bike by the handlebars. On race morning you may change your bike to be racked by the seat, front wheel facing outward from the rack.

Covers: No full bike covers will be allowed for overnight racking. These will be removed and can be collected at Event Information (lost & found).

Note: No helmets are to be left overnight as a compulsory helmet check is conducted on race morning.

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Bring your life



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RACE DAY

HELMET CHECK

Triathlon Australia officials will be conducting compulsory helmet checks as you enter the Transition area. Please ensure you have your helmet on and secured (with your helmet sticker on the front of your helmet) prior to entering Transition.

Your helmet may be placed either on your bike or on the ground beside bike

Competitors are responsible for ensuring that their bike helmet is in a safe working order, prior to presenting them at Transition. [See Triathlon Australia Race Competition Rules](#)

TRANSITION GEAR SET UP

All items required for your bike and run legs will be set up on race morning at your bike. Please note no bags/tubs are to be used or left in transition and all bags will be removed if left.

Gear may include:

Bike	Run
Bike shoes (or on bike)	Running Shoes (compulsory)
Helmet	Race bib number (compulsory)
Sunglasses	Sunglasses
Towel	Hat/Visor
Socks	Socks
Change of clothes	Change of clothes
Nutrition and fluids (or on bike)	Nutrition and fluids

POST RACE

BIKE COLLECTION

View the event schedule on page 10-12 for collection times. Ensure you are aware of the closing time as after this time Transition will become unsecure.

When collecting your bike, please ensure all gear bags and bike pumps are collected at the same time.

Bike Collection will be progressive, meaning athletes will be permitted to enter Transition in the order of the swim start. This is to ensure a safe and organized collection for our athletes. Please check the end of your bike rack row for the approximate time of your bike collection. Please follow the direction of event staff and volunteers on the morning



BIKE LITTER ZONE

There will be a designated litter zone where you will be able to drop any gels, bar wrappers, fruit or drink bottles. This will be at the far end turnaround point on Cooroy-Noosa Road, 50m before and after the turn. If you are caught littering outside of this area you will be penalised with a Stop/Start penalty on the bike. The volunteers on course are not there to pick up after athletes. If you see other athletes littering, please report them to technical officials and help keep Noosa beautiful!

RUN AID STATIONS

There will be 5 aid stations on the run course, located at:

- R1 - 1km & 9km - Ravenwood Drive - double sided
- R2 - 2km & 7km - Nancy Cato Park - double sided
- R3 - 3km & 6km - BP Petrol Station, Weyba Road - double sided
- R4 - 5km - Noosa AFL Grounds – inbound only
- R5 - 8km - Wyuna Drive – inbound only

Will offer:

- Water
- PURE Electrolyte – Lemon and Superfruits
 - R1 and R3 only
- Sunscreen
- Toilets
- First Aid

Process:

Keep left when approaching a run aid station. If you do not require any product from a run aid station, please stay to the right of the roadway. There will be signs along the aid station listing what is on offer. Athletes will collect their own items from the aid station. Once items have been collected, please proceed to continue the race or move aside to ensure no blocking of fellow athletes.

AID STATION LAYOUT



DISCARD DROP ZONES

Please discard any unwanted items post the discard zone start sign and pre the discard zone finish sign. Anything discarded outside this area will be penalised.



CUT OFF TIMES

Below cut off times provide absolute cut off locations and time of day based on the predicted last starter at time of publishing this document.

All competitors must be finished by 1:20pm

Swim – Athletes must complete the swim by 10:05am. Any remaining team cyclists in transition will be sent out on the cycle course by 10:15am. (55 minutes after last swim start)

Cycle – There will be two early turnaround points to maintain our Police approved opening times. The first at 10:55am at the 14km mark and the second at 11:00am at the 16.5km mark. Any athletes that are turned early will be recorded as a DNF. Athletes must complete the cycle by 12:15pm.

Run – Any remaining runners in transition will be sent out on the run course by 12:20pm. Every endeavour will be made to allow you to run to the finish line however, any runners on course after 12:45pm may be asked to move onto the footpath in order to allow the scheduled reopening of the roads. Athletes must complete the run by 1:20pm

In addition to the above cut off times, athletes may be cut-off at any time based on the Race Director's discretion and judgement. Reasons for this may include, but are not limited to; medical, contingency, logistical and or race rule violations. In the situation of one or more legs (swim, bike, run) being modified under contingency scenarios, the Race Director also reserves the right to announce new cut off times.

If you believe that these cut off times may be an issue, please call the event hotline on 1300 761 384 to discuss.

CONTINGENCY PLAN

If/when the contingency plan needs to be implemented you will be notified by the Race Director. This will be communicated by the event app or by the commentator.

RACE DAY SERVICES

Medical

A first aid provider will be engaged to provide first aid at all events operated by The IRONMAN Group.

First aid will be positioned in a variety of locations. The exact positions of first aid stations can be viewed via the [course maps](#). Athletes are responsible for any costs incurred as a result of a medical incident, this includes but is not limited to ambulance transfers, hospital stays, specialist treatment; it is therefore strongly advised that all athletes hold adequate personal insurance. Australian residents are recommended to hold valid private health insurance (inclusive of ambulance cover) whilst international athletes are strongly advised to have adequate travel or personal insurance that will provide coverage for participation in an IRONMAN Group event. Athletes are responsible for understanding the terms and conditions of insurances held.

SAG wagon

The SAG Wagon will collect athletes who are unable to complete the event or are unable to finish within the course cut-off time. Collected athletes will be transported back to the event venue at the Bus Stop near Transition.

Should you require a SAG Wagon at any time, please wave down a motorbike official and they will contact IRONMAN for SAG Wagon deployment. Alternatively advise volunteers at the nearest aid station.

Please Note: delays in SAG Wagon transport are expected. To assist with a prompt response, please do not move from your reported location once a SAG Wagon has been requested as this could affect their ability to locate and transport you.



FINISH LINE PHOTO

FinisherPix is the official event photographer.

How to Get your Best Photos:

- Ensure your helmet sticker visible on the FRONT of your bike helmet.
- Keep your race bib number visible on the FRONT of your body during the run and whilst entering the finish line.
- Smile and celebrate when you cross the finish line! Don't worry about touching your watch, the timing company will ensure an accurate record of your achievement.
- Smile and have your photo taken with your finisher medal and towel at the photo wall available within recovery

Your personal race photos will be available within 24-48hrs after the race at www.finisherpix.com.

RECOVERY PROCESS & AREA

After passing the finish line arch, You will then follow the recovery process and have the below available to you:

- Timing chip removal
- Recovery food/drink
- Medical support (if required)
- Gear bag collection
- Official finisher photo by FinisherPix

Important: before exiting, please ensure all relevant nutrition and items have been collected. There is a no re-entry policy so make sure you are comfortable before you exit.

THE POST FINISH RECOVERY AREA WILL OFFER:

- Water
- PURE Electrolyte hydration – Lemon and Superfruits
- Watermelon

POST RACE

RESULTS

Results can be viewed at the following locations:

- Noosa Triathlon App
- Event website - <https://noosatri.com.au/history/latest-results/>
- Finishers Certificate – www.multisportaustralia.com.au

No access to online services? Visit our Event Information who can assist.

LOST & FOUND PROPERTY

Any lost or found property that is handed in will be taken to the Event Information. You can lodge your own lost items here:



Alternatively view the event schedule (page 10-12) for times and location.

Please note: that no responsibility or liability is taken by the Race Organisers for lost property.

All lost property will be held for 30days post event. After this time all left over items will be donated to charity. For any enquiries after the event please contact IRONMAN on 1300 761 384 or noosatri@ironman.com



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2XU SWIM COURSE 1.5km



Cut off – 10:05am all swimmers must be out of water

WARM UP SWIM

Swim warm-up if required must take place off to the right of the swim start.

ELITE SWIM START

Elite athletes will start their race in a wave start format from the beach.

PARATRIATHLETE SWIM START

Paratriathletes will be communicated to by the Race Director of their start time and process.

If you are a Paratriathlete and require support, please contact us at noosatri@ironman.com or on 1300 761 384

ROLLING CATEGORY START

Once again the swim start will be a rolling category start format. Within each category, athletes will seed themselves based upon their own projected swim times. Self-seeding will be based on your individual abilities according to your expected finish time. Within each rolling category start there will be 4 start zones. You can avoid being overtaken by stronger swimmers by seeding yourself with athletes of a similar skill and ability level.

The four Start Zones are:

Zone 1. Under 28 minutes

Zone 2. Between 28 - 31 minutes

Zone 3. Between 31 – 35 minutes

Zone 4. Over 35 minutes

The rolling category start will continue from Zone 1 to Zone 4 with Athletes being released at intervals, across the start line and timing mat. Athletes official individual race time will start when they cross the clearly marked start line/timing mat on the beach.

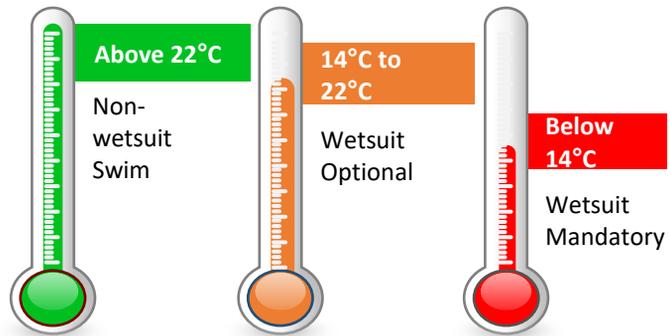
The next category start will then self-seed into the 4 start zones and this process will be repeated until all category starts have commenced the swim.

[Click here](#) to view Swim Start Times and cap colours.

SWIM CAPS

All swim caps provided will be latex based. In the case you are allergic, please contact us noosatri@ironman.com or via 1300 761 384.

WETSUIT RULING



Wetsuits will be optional if the water temperature is below 22 degrees Celsius. [See Triathlon Australia Race Competition Rules](#) for more information.

A provisional wetsuit ruling will be posted at Athlete Check-In and Event Information on Saturday from 11am. The official wetsuit ruling will be announced race morning by the commentary team.

Open/Elite Athlete: Wetsuits will be optional if the water temperature is below 20 degrees celsius

SWIM SAFETY

Water safety personnel and craft will be located on the water during the swim. They will have relevant equipment and are there to support you should you require.

At any time should you require the assistance of water safety please raise one arm into the air and they will come to your aid. Should at any point in time you decide to abandon the swim, you will be taken to one of the swim withdrawal or extraction points. At this point in time, if required you will be checked over by medical and your timing band removed. If your timing band has been removed, do not attempt to re-enter the race.

2XU SWIM COURSE 1.5km



COURSE

1500m triangle swim in the beautiful clear waters of Laguna Bay off iconic Noosa Main Beach. Athletes will swim in an anti-clockwise direction. **NEW FOR THIS YEAR** is the 2XU gate that athletes must swim through between the swim start and the first pink triangle turn can. After you pass through the gate, you will keep four pink triangle buoys on your left shoulder and the final yellow triangle buoy on your right shoulder.

All competitors must be at the swim marshalling area 15 minutes prior to their start. You must follow the swim buoys precisely; any short cuts will result in disqualification.

COURSE MAP



2XU

JOIN THE
2XU
CREW

By joining the 2XU Crew, you will be lining up with our athletes, ambassadors and other like-minded change-makers as we go to work actively encouraging everyone to get moving and chase healthier, life-changing habits.

Sign up to the movement is free, but the Crew benefits will be equal to your endeavour.

Join the 2XU Crew now



BIKE COURSE 40KM

Cut off – 12:15pm – all bikes must be back in transition

COURSE

40km out and back giving you just a taste of the lush Noosa hinterland. You'll get a unique chance to take in all that the Noosa area has to offer. Caution is required in the first and last 2km to Transition, especially over the Garth Prowd Bridge and Quamby Place Bridge. **NEW FOR THIS YEAR** is a slight change to the course near the Weyba Rd roundabout. Outbound cyclists will no longer go around the Weyba Rd roundabout and instead cut across it as you turn right from Noosa Pde to Weyba Rd. Inbound cyclists will continue straight on Gympie Tce and turn right down Howard St before linking back up with Noosa Pde. Outside of this the course is unchanged and will still feature the infamous 2km GARMIN Hill Climb 10km into the ride and the far turnaround just prior to Swift Dr. It's a fast ride back from the Cooroy turnaround and please use caution coming back down the hill on Cooroy-Noosa Rd.

TRAFFIC

Event vehicle and personal vehicles/motorbikes will be out on course during the event.

PENALTY BOX

There will be one penalty box located at:

- Inbound on the Bike Course on Gympie Terrace, before the right hand turn onto Howard St

COURSE MAP



ASICS RUN COURSE 10km



Cut off – 1:20pm all runners must have crossed finish line

COURSE

10km of fast and flat roads from Noosa Heads to Noosaville and back again, with the crowds cheering you on all the way to the finish line. You'll pass plenty of aid stations out on the course to keep you well hydrated and get you to the famous Noosa Tri blue carpet finish line.

COURSE MAP



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PRESENTATIONS

All awards will be presented at the Presentation Ceremony at the Main Stage in Festival Village, Noosa Woods.

- Each competitive category will be awarded 1st-3rd place medals.
- Noosa Tri Legends Club Inductions for 10, 15, 20 and 25, 30, 35 years will be awarded

If you are a place-getter in your category and are unable to stay and collect your award, you will need to contact the IRONMAN office within two weeks of the event to arrange collection of your medal. You will be able to collect your prize from the IRONMAN office or alternatively have your medal posted to you, at your expense.

TRICLUB AWARDS

The top 3 TriClubs overall of the day will be awarded. For more information on the TriClub Awards and program [visit here.](#)



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VOLUNTEERS

The 2021 Noosa Triathlon requires the support of over 1000 Volunteers in order to deliver the event.

Our team of Volunteers will contribute a combined total of around 3,000 hours to assist, support and motivate you from the start to the finish of your Noosa Triathlon.

We encourage you to say THANK YOU to the Volunteers whenever possible! They love it when they are appreciated by our athletes and without the Volunteers, we simply would not be able to run any IRONMAN Group events.

OFFICIAL EVENT APP

The Noosa Triathlon app has everything you need to know as an athlete or a spectator.

Available for both iPhone and android, the app includes live athlete tracking, race leaderboard, race results, course maps and event schedule.

- Update it to get the latest race info.
- Track the athletes live throughout the course, including their time splits.
- Live leaderboard to keep you up front with who's in the lead. And you can filter by age group.
- It's super easy to find and create your own list the of your fav athletes to follow.
- You can receive notifications when the athletes you're following cross key race points.
- Check out the final results post-race.
- Always know where you are and want to be with interactive maps.
- Event info and clear schedules ensure you know what's going on, where and when.

Get all the race info and updates in your pocket. Download the Noosa Triathlon App now!



SPECTATORS

Spectators are asked to please support and participate in all COVID Safe measures outlined in the Athlete Information Guide. Key detail includes;

Stay home if you or a close contact have COVID-19 symptoms ([click here for list of symptoms](#)) from 29 July, up to and including race day 12 September, please do not attend the event

Download and configure the [Check In Qld app](#) and the [Commonwealth Government COVID-19 app](#) prior to attending the event

Avoid or minimize time at areas of high density e.g. Athlete Check-In, Transition, Swim Start and Finish Line / Recovery

Regularly clean hands at hand wash and sanitation stations when onsite at event

GET SOCIAL



<https://www.facebook.com/NoosaTri/>



<https://www.instagram.com/noosatriathlon>

#NoosaTri



Noosa Sport and Lifestyle Expo

Noosa Triathlon is again playing host to the Noosa Sport & Lifestyle Expo as part of Australia's biggest Triathlon. The Expo will also feature the official merchandise store of the Noosa Triathlon.

Noosa Run Swim Run

The Noosa Run Swim Run is a great part of the fun of the Noosa Triathlon Multi Sport Festival. This event continues to offer competitors of all ages and abilities the opportunity to experience a great sporting occasion.

Tour de Noosa - Garth Prowd Ride

All proceeds from this ride will go towards the [Garth Prowd OAM Triathlon Scholarship](#), to continue the legacy created by Garth Prowd at the Noosa Triathlon in assisting athletes to reach their full potential. It is a brisk recreational ride over part of the Noosa Triathlon cycle course. Open to everyone young and old, join us on a recreational ride to raise funds for the Garth Prowd Triathlon Scholarship.

ASICS Noosa Breakfast Fun Run

Whether you are a runner or a walker, come and enjoy the beautiful Noosa area for National Breast Cancer Foundation! Come dressed in pink and join some of Australia's premier runners to raise awareness and funds for this great cause. Entry includes breakfast in Noosa Woods following the run and lots of great random draw prizes!

2XU Noosa 1000 Ocean Swim

Celebrating its 28th year as part of the Noosa Triathlon, the 2XU Noosa 1000 Ocean Swim will once again attract swimmers of all ages and abilities back to Noosa Main Beach. Be part of this Festival tradition and join us to celebrate one of Australia's premier ocean swims on one of Australia's best-known beaches.

Noosa Superkidz Triathlon

The Noosa Superkidz Triathlon is the kids' only version of the famous Noosa Triathlon. Short achievable distances for kids aged 7-13 years based on participation and fun. Entry includes event singlet, finisher's medallion and lots of great random draw prizes.

Tingirana Noosa Special Triathlon

This is one of the few triathlons specifically held for people with special needs. This triathlon showcases some of the most special moments of the weekend with the emphasis on fun and enjoyment. Entry includes event shirt, finisher's medallion and lots of great random draw prizes

ASICS Noosa Bolt

The ASICS Noosa Bolt is Australia's premier 5km road race attracting Australia's best middle-distance runners over an exciting, flat, multi-lap course. Huge crowd support and a fantastic atmosphere make this event a must see.

Australian Open Criterium

A star studded Australian and International field of cyclists will be heading for Noosa come November to compete on the tight 'hot dog' circuit along Noosa Parade.

For further details on the Festival events please go to the website www.noosatri.com



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