

Pre Event

How do I enter?

You can enter the ACT Duathlon Championships for the [event calendar](#).

How much does it cost?

Full pricing for the event can be found in the [event website](#) page.

What do I get for my entry fee?

We provide each participant and their family and friends the best possible sporting event experience. Our events are family focused events and there is something for everyone. A list of the benefits that you will receive with your race entry are as follows:

- Beautiful, safe, fair race and spectator friendly venue
- Food and beverage (available for purchase)
- Aid Stations: On the run with water and electrolyte drinks
- Post-race recovery nutrition
- Electronic timing and results posted following the event, on race day
- Police and professional traffic control personnel at all major intersections
- Traffic Restrictions & Partial / Total Road Closures (dependent on local authorities approvals)
- Sanctioning, technical support & insurance through Triathlon Australia (TA)
- Prizegiving with **all** competitors having the opportunity to win valuable spot prizes

Who can enter?

Triathlon is a sport for all ages and abilities. You can find the categories available for this event [here](#). Please remember to check the minimum age for each category.

Do I need to be a member of Triathlon Australia (TA), Triathlon ACT or Club?

No, but if you are not a member of TA you will need to register for a Non-TA/Non-Competitive TA Member category which includes a One Day Membership at the time of entering. If you are aiming to qualify for Team Australia at the 2018 ITU World Duathlon Championships, then you need to be a current TA member and registered for qualification purposes with TA. [Click here for more details](#).

What is the TRYkids category?

TRYkids is an entry level event for children from no experience up. There are two separate age groups within TRYkids:

- TRYkids Long is for participants aged between 10 and 13 years.
- TRYstars Short is for participants aged between 7 and 13 years.

What is the Novice category?

The Novice category is for anyone 12 years and over who is new to the sport. This category is an entry level distance and is a 2km run, 10km bike, 1km run.

You may also be interested in the [ACT Novice Program](#) run by some local triathlon clubs:

Can I enter on the day?

If you miss the online entry cut off dates you will be able to enter during “registration” which will occur on the day of the event. Ensure you check the event schedule closer to the time to see what times registration will be held.

Do you have a poster I can put up at my workplace / gym to help me encourage others?

Yes, please contact us as we have these for selected races. Please contact admin@act.triathlon.org.au

What distances are available?

The Stromlo Duathlon event has four races available:

Duathlons

- Sprint (5km Run/20km Bike/2.5km Run)
- Novice (2km Run/10km Bike/1km Run)
- Trystars 10-13 years (1km Run/5km Bike/500m Run)
- Trystars 7-13 years (375m Run/2.5km Bike/375m Run)

Where does the course go?

All course maps are available via the event page on our website and will be displayed at registration and Athlete Services during the event.

Will my race pack/timing chip be posted to me?

No, race packs will need to be collected from registration on the morning of the event. Please check the website for the event schedule and in event newsletters in the lead up to the event.

Will there be an expo at the event?

There will be no expo at the ACT Duathlon Championships, but there will be food and beverages available.

What do I need to bring with me to registration?

Please bring photo ID and your TA membership card if you are a member.

What happens if I lose my timing chip after collecting it at registration?

Please let us know at the Athlete Services area so that we can arrange a replacement for you. Please note that there is a charge of \$70.00 for unreturned timing chips.

What is my correct age category?

Your age for all Triathlon ACT events is the age you are as of **31st December 2018**; this is as per Triathlon Australia rules [Race Competition Rules](#)

How can I make changes to my entry or transfer to someone else?

You can make changes online up until 7 days prior to the event. There is a \$10 fee to change category or transfer your entry to another person.

If you need to make a change to your entry after this time, you can email admin@act.triathlon.org.au or alternatively you will be able to see us at the Athlete Services area at the race venue during registration time on the event weekend.

If you are changing from a shorter distance to a longer distance you will be required to pay the difference in entry fees before the change is made. Distance changes are subject to availability. If you are changing from a longer distance to the shorter distance you will receive a refund less an administration fee.

Please note transfers are at the discretion of Triathlon ACT.

Event Day

Where can I park for free close to the event?

See the parking note on the ACT Duathlon Championships website. Road closures will also be noted in this section.

What time do the events start?

Once the event schedule is confirmed it will be on the event website and published in the pre-event newsletters

How do I know when my wave start time is?

Wave's starts will be advised when you receive your event information the week prior. PLEASE NOTE wave starts may change prior to race morning so please check the information board for any updates on race morning.

What happens if I start in the wrong start group?

If you realise during the race, please continue and finish your event. Advise us at the Athlete Services area as soon as you have finished ensuring we can provide the correct timing for the event. Please note you will be ineligible for awards and points.

Is there somewhere to store my bag?

If you have a bag & personal belongings you need to take this out of the transition area and leave this at the bag drop area which is located in the Athlete Services area. A record of your race number will be attached to your bag. You will be required to show your race number to enable you to collect your bag after the event.

Is the event timed?

Yes, each participant in an adult race receives a timing chip as part of their race pack which is to be worn on your left ankle.

General

What do I do if I need first aid or don't feel well before, during or after the race?

Inform a volunteer, event staff or 1st Aid.

Where will the toilets be located?

Toilet facilities will be available at all events. You will be able to locate these on the event maps on the information boards.

Teams

Can I enter in a team?

Yes we do team entries! A team for a duathlon is a minimum of two and a maximum of three participants. One person runs, one person ride and one person runs. If one person wants to do two legs that is fine – but if you and your friend want to participate side by side you need to do individual entries.

What are the team categories?

Teams can be made up of all male, all female or mixed and will all race under the one category of 'teams'.

Do all team members need to be at registration?

Only one team member is required to pick up the race pack from Registration.

How does a team work?

Traditionally the changeover point is at the cyclist's bike but this can vary at each event. Please ensure you listen carefully at the Race Briefing. The first runner must give the cyclist the timing chip before cyclist removes the bike from rack and cyclist must rack bike and then give the runner the timing chip before the runner begins the run. The race number bib is to be worn by final runner only. The timing chip is to be worn by all team members on the left ankle or the team may not receive a time. Your timing chip acts as your teams relay baton.

Transition

What is a transition area?

The term 'transition area' is the area where you set up your bike and 'transition' from the run to bike legs and then bike to run legs. Before the start you will leave your gear for the bike and run leg next to your bike and then exit and head to the start. You can't leave any bags or additional items in the transition area. These will be removed by Technical Officials if left in transition.

What should I wear?

When you are in the transition area before the bike leg you can put on shorts/leggings and a singlet or t-shirt. Some people choose to purchase a tri-suit, which means you can wear this the entire time. Please note nudity is not permitted in transition or on course.

Cycle

Are there drink stations on the bike course?

There are no aid stations on the bike course for Triathlon ACT races due to no long distance races. Please ensure that you have sufficient water and nutrition on your bike for the ride.

Will there be bike mechanics at the event?

Not at the ACT Duathlon Championships event.

Do I need a helmet?

Yes, helmets are compulsory to compete in the event. When you 'rack' your bike in transition before the race, you will need to put your helmet on. Our technical officials will then check that this is safe to wear for the event. Please remember your helmet must be on and done up before you remove your bike from the transition rack. Your helmet must remain on and done up until your bike is returned to the bike rack after your bike leg.

Can I ride a mountain bike?

Any bike is fine. Cruiser, mountain bike, racers, BMX, baskets, spokey dokies – all are great options. Your bike just must be in a safe working condition and will be checked by a Technical Official when you enter transition on race day. They will be checked for safety and looking at handle bar ends, brakes, sharp edges or dangerous objects.

Will the roads be closed?

There will be partial road closure in place. Please be aware that access to emergency, official race vehicles is always in place, you must obey the road rules, and we are required to give access to residents and park users. If you cross the centre line at any time you may be disqualified from the race.

Run

Are there drink stations on the run course?

Yes there will be aid stations on the run course. These will have water and electrolyte drinks available.

Can I race with an IPOD, MP3 or other music device?

You are not permitted to race with any music devices including mobile phones, MP3 players, earphones etc; this is a very serious safety risk to you. As stated in Triathlon Australia's [Race Competition Rules](#). If you are caught with any of these items, you may be instantly disqualified.

Post Race

What do I do after I cross the finish line?

Please remove your timing chip and place in the bucket provided. Then make your way to the recovery area where water and nutrition will be provided. Medical are also located close to the recovery area if required. If you need any assistance getting to the recovery area please advise one of our volunteers at the finish line. The **most important** thing to remember is to smiles, have your race number visible and enjoy the finish line experience!

What happens after the race?

After the race is a great time to catch up with friends and family, make new friends with your fellow competitors and generally talk about the whole experience! After that, stick

around for the presentations and computer generated random draw prizes, you must be present to win!

Do I receive a finisher's medal or certificate?

Your personalised finisher's certificate will be available to download from our results page once finalised.

How and when can I see my results?

Race results will be posted on the Triathlon ACT website, within a few hours of the event being completed. You will have until midday on the Monday post event to advise Triathlon ACT of any discrepancies. Provisional results will be published online by 5pm on the Monday post event. Final results will then be posted 48 hours after the provisional results are posted. You will also be able to elect to receive free Facebook live results.

What if I can't stay for presentations?

If you are a category place getter and are unable to stay for presentations, you will need to contact our office by email admin@act.triathlon.org.au Please do so within 2 weeks of the event to arrange for award collection. If you are unable to collect your award from our office you are able to have your medal sent for a surcharge of \$5.