



## **2017 NSTC Indoor Triathlon**

**7:00am, Sunday 21<sup>st</sup> August 2016**

Fancy doing an event with no start line, no finish line, no chance of cancellation due to bad weather and everyone is guaranteed to have a 70 minute personal best time ?



If so, then you are invited to come along for our first ever indoor triathlon event at the Ku-ring-gai Fitness and Aquatic Centre on Sunday morning the 21st August where you can join in and have a laugh doing the following:

**10 minute indoor swim**

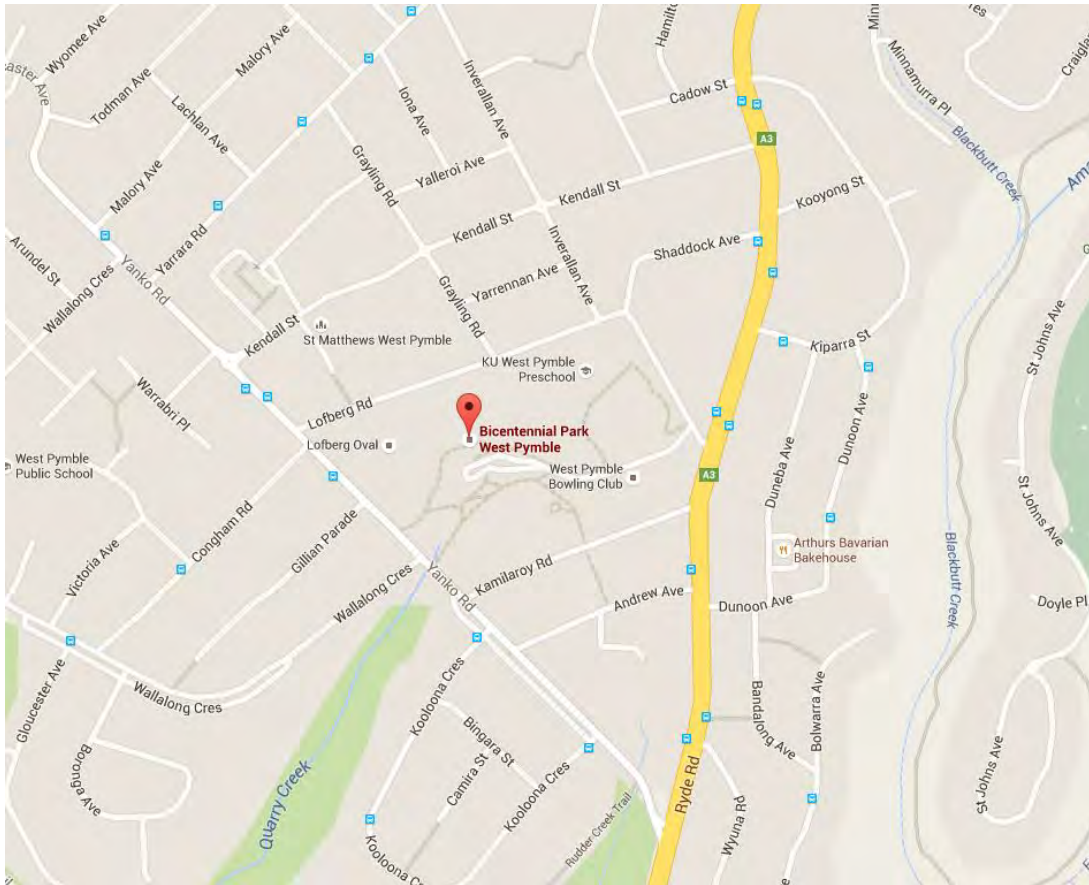
**40 minute turbo trainer ride**

**20 minute treadmill run**

**Note that numbers will be limited to 30 participants so get your entries in quick to avoid missing out !**

# The Location

Ku-ring-gai Fitness and Aquatic Centre is located at Prince of Wales Drive West Pymble. Heading west on Ryde Rd you turn right into Lofberg Rd the left into Prince of Wales Drive.





# The Schedule

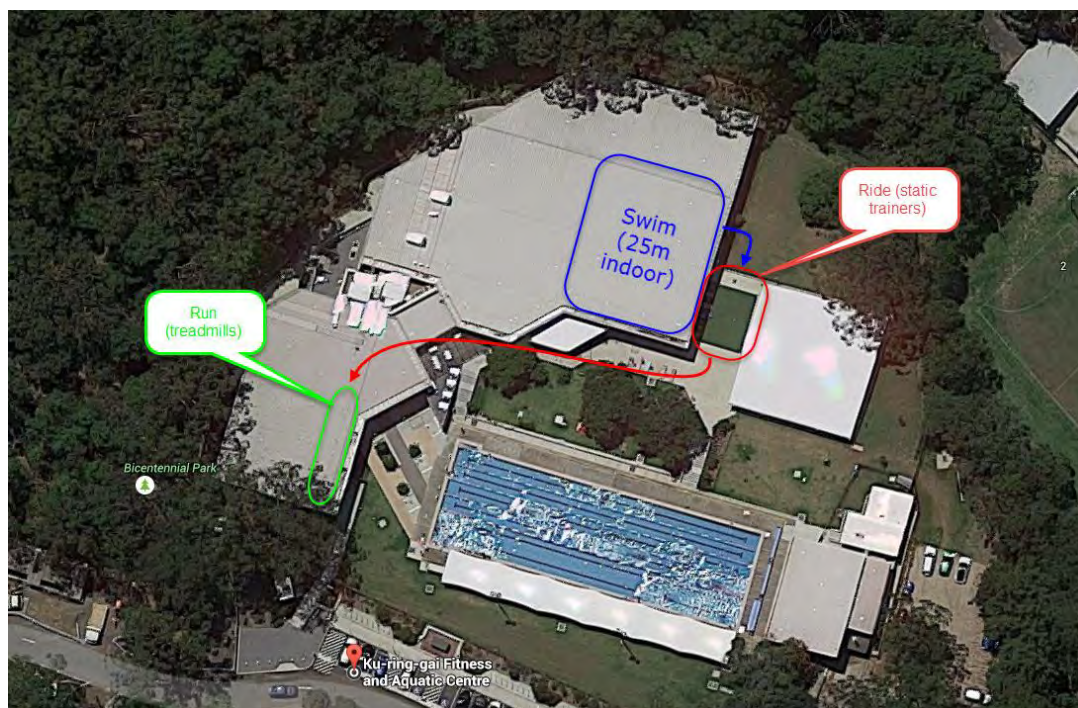
We will be holding the event over 3 waves of 10 people with everyone starting in the swimming pool. After the swim, 5 people will transition to the ride and finish with the ride while the other 5 people will transition to the run and finish with the ride:

Timetable			Wave 1a	Wave 1b	Wave 2a	Wave 2b	Wave 3a	Wave 3b	
Start Time	to	End Time	5 people	5 people	5 people	5 people	5 people	5 people	
7:30am	to	7:35am	10 minute Swim	10 minute Swim					
7:35am	to	7:40am							
7:40am	to	7:45am	5 minute Transition to bike	5 minute Transition to run					
7:45am	to	7:50am							
7:50am	to	7:55am	40 minute ride	20 minute run	10 minute Swim	10 minute Swim			
7:55am	to	8:00am							
8:00am	to	8:05am			5 minute Transition to bike	5 minute Transition to run			
8:05am	to	8:10am			5 minute Transition to bike				
8:10am	to	8:15am				20 minute run	10 minute Swim		
8:15am	to	8:20am							
8:20am	to	8:25am					5 minute Transition to bike	5 minute Transition to run	
8:25am	to	8:30am	5 minute Transition to run	40 minute ride	40 minute ride	5 minute Transition to bike	40 minute ride	20 minute run	
8:30am	to	8:35am							
8:35am	to	8:40am	20 minute run						20 minute run
8:40am	to	8:45am							
8:45am	to	8:50am			5 minute Transition to run	40 minute ride	40 minute ride	5 minute Transition to bike	
8:50am	to	8:55am							
8:55am	to	9:00am			20 minute run			40 minute ride	
9:00am	to	9:05am							
9:05am	to	9:10am					5 minute Transition to run		
9:10am	to	9:15am							
9:15am	to	9:20am					20 minute run		
9:20am	to	9:25am							
9:25am	to	9:30am							

Each participant will be assigned a wave start and notified whether they will be in the “Wave a” (Swim/Ride/Run group) or “Wave b” (Swim/Run/Ride group) prior to the event.

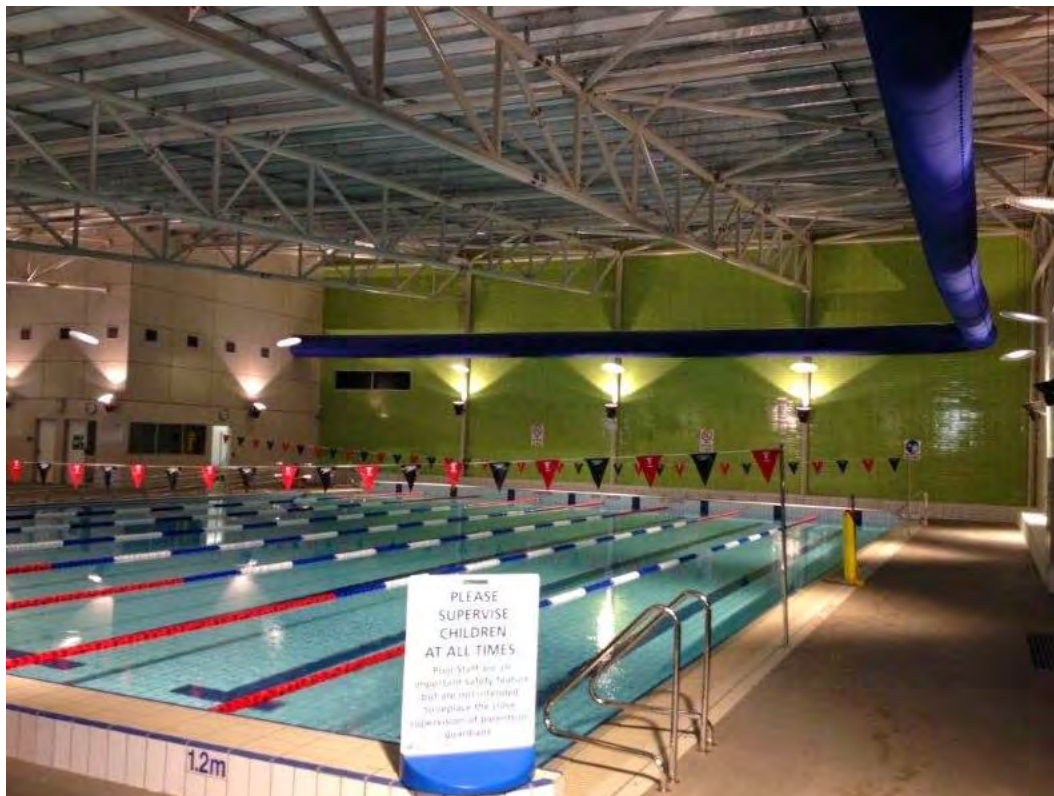
## The “Course”

The event will be held completely within the grounds of the Ku-ring-gai Fitness and Aquatic Centre using the indoor pool, outside courtyard and gymnasium:





The swim will be held in the indoor 25m pool and you are free to swim as far as you like in **10 minutes**: Please only swim in the lanes that are reserved for NSTC to use.



You will then have **5 minutes** to complete each of the first and second transitions to the bike and run courses.

The ride “course” will be located adjacent to the indoor swimming pool on the outside synthetic turf area. You will have **40 minutes** to enjoy the fresh air and build up a sweat on your turbo trainer fitted bikes while watching the following waves do their swim legs:



The run course will be using the treadmills in the gymnasium which is a short 50 metre stroll from the swim and ride location. **20 minutes** will go by very quickly as it's entirely up to you how far and fast you want to go. **The club has been allowed the use of 5 x treadmills therefore please use only ones that are reserved for NSTC to use.**



After completing your last leg make sure you return to the synthetic turf courtyard area to cheer on others as they complete the bike leg !

**Note that only a limited number of spectators will be allowed access to the gymnasium area and children under the age of 10 years will not allowed access at all as per Fitness Australia guidelines.**

## **What to bring with you**

- Swimming gear
- Running shoes
- Your own bike
- A static/turbo trainer or rollers (preferably a fluid trainer that does not require power). ***For people that do not have a trainer we will do our best organise one for you***
- Towels for the swim and ride/run (you will get a bit of a sweat up and will also need a towel to wipe down the gym equipment)
- Plenty of friends and family to cheer everyone on ! (note that here is a small fee required for spectators to enter the centre).
- Lots of club branded kit to wear !!!



## Entry Fees

Event Participants:	\$30.00
Spectators with no pool access: (including children over 3 years)	\$3.10
Spectators with pool access: (children over 3 years)	\$4.50
Spectators with pool access: (adults):	\$6.50

When you arrive at Ku-ring-gai Fitness and Aquatic Centre on Sunday morning all participants and spectators will be required to sign in at the front desk using the guest register and enter "NSTC" as the company. You will not be charged an entry fee at the front desk but instead payment should be made direct to NSTC.

## How to Enter

Go to the following link and enter your details to reserve your place:

[REGISTER](#)



## The Event Plan and Rules:

- The event is open to all NSTC members plus any friends or family you wish to invite.
- We are limited to 30 participants therefore entries will be granted on a “first in first served” basis.
- The first swim sets off at 7:30am with the second wave at 7:50am and the final wave at 8:10am. Please make sure you are aware of what order you have been assigned for the run and ride legs and do not deviate from this as we only have 5 treadmills available to use at any one time
- You should arrive at registration at least 30 minutes before the first wave starts to allow time to sign in and setup you bike for the ride leg
- You will be notified of your start wave prior to and on the day of the event
- Everyone is encouraged to wear club branded clothing or colours
- This event is not suitable for children under 14 years of age.
- Please note that you will be bound by the conditions of entry outlined by the Ku-ring-gai Fitness and Aquatic Centre when you sign the guest register and enter the facility. .
- Given that this is a public event and we will be clearly visible and representing the club, any inconsiderate behaviour towards the facility staff, gym members and the general public will be frowned upon (eg. abusive behaviour and language).

## Afterwards:

Ku-ring-gai Fitness and Aquatic Centre have a café on site so please feel free to grab a feed and a coffee here.



Hope to see you all there !