



The best inspiration is not to outdo others, but to outdo ourselves. -Anonymous

NEW SEASON = NEW COURSE + NEW FORMAT. NEWSLETTER #3

2009/2010 RACE DATES.

17 - 18 October 2009
5 - 6 December 2009
13 - 14 February 2010
13 - 14 March 2010

ENTRIES

Entries are filling fast. Please note this season we have had to close entries earlier than previous seasons. All entries will close at 8pm on the Thursday prior to the race. Race ONE entries will close at 8pm on Thursday 15th October. NO late entries will be accepted for any race. Paper entry forms MUST be received at The Run Inn by 8pm Thursday 15th October, so if you are going to post your entry – make sure it's in ahead of time!

REGISTRATION

You can register for each event ahead of race day to save yourself time on race morning. Please note the change of venues from previous years. Registration is now at The Run Inn ONLY on the Friday preceding the race, as it will be based at Bribie Island from Saturday.

Registration times and venues for RACE ONE:

- **FRIDAY** 16th October 10am – 5pm at The Run Inn, 339 Wardell Street, Enoggera
- **SATURDAY** 17th October 12 noon - 4pm at Bribie Island Race Site, Sylvan Beach Esplanade, Bellara, Bribie Island.
- **SUNDAY** 18th October 5.30am – 6.30am at Bribie Island Race Site, Sylvan Beach Esplanade, Bellara, Bribie Island.

Please note – you will be unable to collect a race pack for another person without written permission from that person.

Teams – only ONE person from the team needs to come and collect your kit but you will need to know the 'team name' you placed on your entry. However, please come to the numbering area as a team.

SERIES ENTRANT GIFT

The Bribie Triathlon Series offer an incentive gift to our competitors each year as a thank you for entering the whole series of races. This year's gift is a pair of 2XU compression socks as worn by Emma Snowsill. These are valued at \$50 per pair. Compression socks are ideal as a recovery tool and also as a race sock. Remember to select your size on your entry form.



FACEBOOK

Facebook page – Are you on Facebook? Become a 'fan' of the Bribie Triathlon Series to keep your finger on the pulse and get the latest updates. A map of the new cycle course is already on the Bribie Facebook Page.

RACE DRINK

Endura Sports is our race drink of choice. It will be available to all participants upon finishing. Once you cross the finish line, make your way to the tents for water and Endura. There will also be fruit provided.

BEGINNER'S CLINIC

A new initiative for the 2009/10 series is the introduction of new FREE beginner's triathlon clinics. The first of these will be held from 11am – 12 noon on Saturday 17th October. The beginner's triathlon clinic will be run by Tania Brannan, Level 2 Triathlon Coach from the Be-Energetic Triathlon Squad. These clinics are designed for people new to the sport of triathlon and will help to answer any of those 'burning' questions you might have about what to do when preparing for your race.

Booking - Please send an email to racepromotions@optusnet.com.au to reserve your spot. Limited places available. Bookings for the Race 1 clinic close 8pm Thursday 15th October.

In the clinic you will have access to parts of the triathlon course – particularly the transition area. This is not available at any other time.

The clinic will cover:

- Transition set up and what to look for
- Bike set up
- Tips for the bike and run course
- Pre race diet tips and hydration advice for the race including sampling of race drink – 'Endura'
- Bike mounts and dismounts
- Important rules to remember.

What to bring.

- The session won't be physically taxing as it is designed so people can participate in this prior to the Active Kids or Active First Timers race on the same day.
- Bring your race gear – bike, helmet, towel, sandshoes etc for practical exercise and to practice setting up your transition area.

Questions and Queries – please email racepromotions@optusnet.com.au if you have any questions or queries regarding the Beginner's Clinic.

ANNOUNCING... NEW COURSE

Swim – Race 1 swim starts from the Bribie Bridge end of the course. The swim exit

Bike – Our cycle course is new for the 2009/10 season. We will now be using part of the Pacific Harbour estate and thank them for their support. There are some technical turns in the Pacific Harbour estate but there are still some nice long straight roads too. The new bike course is 10km – so it makes it easy to count your loops. For race 1, people in the Justrit race do ONE lap and people in the long course do TWO laps.

Run – The run course now heads out towards Pacific Harbour for all events. There will be loops of this course, depending on the event.