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## Welcome

Townsville Triathlon Club (TTC) welcomes you to the reinvigorated Ross Dam Duathlon for 2024. TTC is affiliated with AusTriathlon and being a member of TTC provides you with the benefits of an annual race licence and accident insurance through AusTriathlon. Please consider signing up to an annual membership of TTC if you have not already done so. We offer free training sessions conducted by qualified coaches weekly and in preparation for major races. There's also the health and well-being benefits from meeting new like-minded people and the satisfaction from achieving personal goals. To join our club, visit [AusTriathlon](#) and follow the bouncing ball to complete the membership process.

The Ross Dam Duathlon takes place in the environs of the Ross River Dam. The design and construction of Ross River Dam commenced in 1970 to both provide drinking water for the city of Townsville and to provide a degree of flood mitigation of the Ross River. Earth works were undertaken and the original gate installed over two stages and was completed in 1977 with a total holding capacity of 110,000 ML. The dam has been upgraded and improved a number of times since, including the installation of the three radial steel spillway gates (which span 12 metres wide and are 5 metres high) in 2008; leaving the dam with a current capacity of approximately 233,000 ML. The earth and rock filled wall spans 8.67 km long and 27 metres high, and is the longest embankment in the southern hemisphere. During the monsoon event from 27 January – 8 February 2019, the total volume of flood waters received in the Ross Dam catchment would have filled the dam nearly four times over; and the dam was critical in moderating the flooding in Townsville during that rain event.

The origins of the Ross Dam Duathlon are lost in time. There are some rumours that it was originally raced on penny farthings and in tennis shoes. These are likely untrue, however it is pretty certain that the Townsville Triathlon Club conducted a number of duathlons in the area – albeit on a different course when it was known as the “Dam Tough Duathlon” – back in the 2010s. Townsville Cycling Club use the same route for their Time Trial competitions – both as stand-alone races and as a part of the Tour of the North weekend event. If you enjoy road cycling, you should definitely check them out.

## Registration and Preparation

The individual and team races on offer this year are as follows:

**Long** (ages 15+) – 4 km run | 11 km ride | 4 km run | 11 km ride | 2km run.

**Long Team** (ages 14+) – as above. 2 person team with 1 runner and 1 cyclist.

**Short** (ages 14+) – 4 km run | 11 km ride | 2 km run.

**Enticer** (ages 12+) – 2 km run | 11 km ride | 1 km run.

To enter in any one of the categories above, simply visit [My Race Result](#) or find the link to the event registration via our [Facebook page](#) or [website](#). Prices are detailed during the registration process.

*\*Ages as at 31 Dec 2024.*



**Registration.** Registrations close after the race starts, so there is plenty of time to consider your involvement. Please complete the registration process online before approaching the registration tent. You will need to allow five minutes to complete the online process and another five minutes to collect your timing chip\* from the registration tent.

The friendly volunteers at the registration tent will confirm you are entered on the timing system and will record a race number on your upper left arm and issue a timing chip. The timing chip should be secured on your left ankle facing outward (so as not to interfere with the bike chain).

**Technical Officials.** Technical Officials will be stationed at the entrance to the transition area and will be conducting bike and helmet safety checks. Please ensure your bike and helmet is in a road-worthy condition (brakes operational and end caps on handlebars) prior to arrival to avoid any disappointment.

**Transition.** Please keep the transition area tidy. We recommend storing only a small towel to stand on when changing shoes, bike, helmet, one or two water bottles attached to the bike, runners, visor, sunglasses, and any personal medication as prescribed by your doctor. No bags or bike pumps are permitted in transition.

**Bag Storage.** There will be an area for bags inside the registration tent and some supervision will be provided, but TTC cannot guarantee against theft or damage. We strongly suggest leaving anything of value at home.

**Lost and Found.** Report to the registration tent for lost and found. Anything found after the event will be posted on the TTC Facebook page – but if not claimed or collected in a reasonable timeframe will be donated to charity or to landfill.

**Parking.** There is plenty of parking available at Ross Park. Please park at the base of the ramp adjacent to the spillway first. Do not block any access road. Do not park near transition, on private lawns, or on the bike course itself (refer maps below). Please give yourself plenty of time to secure a carpark and walk the short distance to transition. If capacity is reached at this car park, please find a place to park along the road on the dam side of the intersection.

**Medical.** If you need medical support on the course, please report to a Technical Official or a volunteer. If there is any doubt, 000 will be called and an ambulance requested.

**Race Exit.** If you wish to exit the event prior to completion, please let the volunteers know in the registration tent and hand back your timing chip. This is very important for TTC to track athletes on the course.

**Environment.** Ross river dam and the environs are a natural environment with the potential for strong sunlight, bugs and insects including flies and mosquitos. It is recommended that competitors, volunteers, officials, and spectators wear suitable sunscreen and insect repellent.

*\*Fees will be charged to competitors for lost timing chips (currently \$100 per timing chip), so please secure it properly before competing and return it to the designated timing box near the finish line at the completion of your race.*



## Event Schedule 06 Oct 2024

All efforts will be made to adhere to the timings detailed below. Arrive early and register! Once registered, use the remaining time to setup your transition space, make final adjustments to your bike (gear selection for a hasty departure), consider helmet and running gear placement, familiarise yourself with the direction of travel, locate the entry and exits points into transition, make a pit stop (public restrooms are available at Ross Park) and conduct a warm-up. If you have any questions, feel free to ask anyone of our friendly volunteers, or refer to the race brief and maps for clarification as sometimes even our volunteers get it wrong – we are all human.

Volunteers arrive / Set up	05:00 am
Sun rise	05:50 am
Registration and Transition open	05:50 am
Safety brief / Race brief	06:15 am
ENTICER race start	06:30 am
SHORT race start	06:45 am
LONG and TEAMS race start	07:00 am

Transition reopens at the discretion of the Technical Officials

Presentations will commence as soon as most of the competitors have finished. We understand people have busy lives and will want to get away quickly.

## Maps

The course maps are detailed below. The course will be marked with chalk and signs, and marshals will be posted at critical junctions. It is expected that competitors are familiar with the course prior to the race. Please study the maps and arrive early to familiarise yourself with the layout, specifically:

1. Start line
2. Entrances and exits from transition between run and bike legs
3. Direction of travel through transition (keep left)
4. Team change area inside transition
5. Bike mount and dismount line
6. Finish line

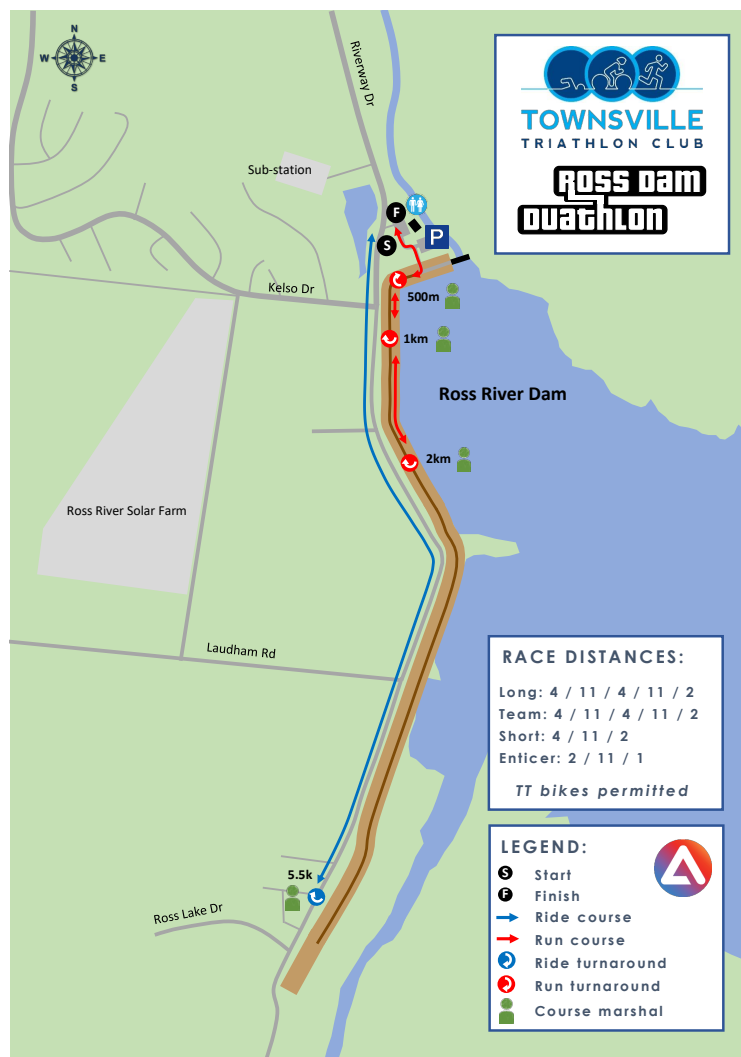


## Run Leg

All run legs follow the same course. From the start line or after exiting transition, you will make your way up the ramp to the top of the dam wall before turning right and running on the gravel surface to your designated turn-around point. Turn-around points will be marked at 500 m (for a 1 km run); 1 km (for a 2 km run); and 2 km (for a 4 km run). A water point will be established at the bottom of the ramp and is accessible on the way up or the way down. After the last run, continue through the finishing arch and smile for the photographer.

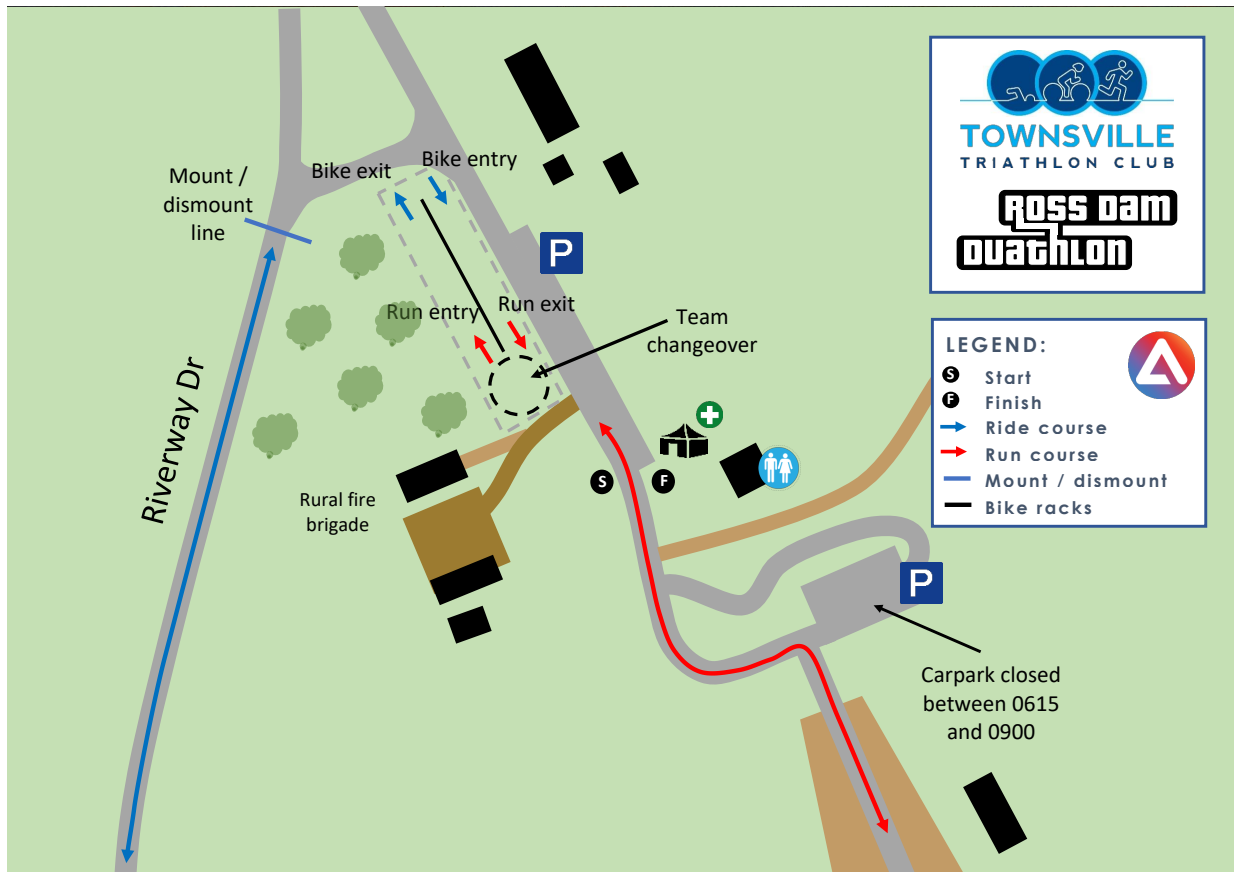
## Bike Leg

Please note that the bike leg takes place on an open road. There are no restrictions to traffic and no traffic control. Traffic will be advised that an event is in progress through signage and course marshals. All cyclists must obey Queensland state road law during the race. All bike legs are the same. The ENTICER and the SHORT course will complete one bike leg; while the LONG course will complete two bike legs separated by a run leg. After exiting transition, mount the bike **after** the mount/dismount line and make your way south-west along Riverway Drive parallel to the Ross Dam earth wall. The turnaround point for the bike leg is 5.5 km from transition. Conduct a U turn around the marshal then ride back to the dam. Dismount **before** the mount/dismount line and run your bike into transition keeping left of the bike rack.



## Transition

The transition area is a linear-style transition. Keep left of the bike rack as you enter transition from either side to avoid bumping into other competitors. We recommend placing your shoes directly under the bar, so it can be accessed from both sides of the bike rack. See the transition map for more detail and be sure to do a walk-through on the day.



## Teams

Only the long course will have team entries available. An area is set up on the southern side of the transition area for teams to conduct the changeover. Teams must swap the timing chip in this area.



## Race Rules and Regulations

All competitors shall comply with [AusTriathlon Race Competition Rules](#) during the race. The main points to remember are as follows:

### Run

- No form of locomotion other than running or walking is allowed.
- No individual support vehicles or escort runners allowed.
- Upper torso must be covered, and shoes must be worn.
- The use of electronic equipment including telephones, headsets, headphones or other communication devices is prohibited.

### Bike

- Your bike must be roadworthy.
- Bike helmets must be worn with the chin strap fastened (including in transition whilst the bike is in motion).
- Keep left unless overtaking.
- Time Trial (TT) bikes are permitted.
- No drafting – keep at least 10 m from the bike in front. If you are overtaking you have 20 seconds to complete the manoeuvre.
- Obey QLD Road Law (the roads will not be closed to vehicle traffic).
- Upper torso must be covered, and shoes must be worn.
- The use of electronic equipment including telephones, headsets, headphones or other communication devices is prohibited.

### Transition Area

- Keep the transition area clear and consider other athletes.
- Only enter through the entry chute, and exit through the exit chute.
- Keep left of the bike racks as you enter transition.
- Mount your bike only after you have crossed the mount line.
- **Dismount your bike before the dismount line and give way to traffic before crossing the street into transition.**





## General

- Competitors must follow the directions of ALL course marshals and Technical Officials.
- Race referees have the authority to disqualify any competitor.
- Medical staff may remove a competitor from the race if judged to be physically incapable of continuing without risk of serious injury.
- There are no cut-off times enforced, however a competitor may be removed from the race as above.
- Good sportsman-like conduct is demanded of all competitors.
- If you wish to exit the event prior to completion, please let the volunteers know in the registration tent and hand back your timing chip.
- **Littering.** Please do not litter on course. Any person caught littering by the Technical Officials risks disqualification. This applies to both run and bike legs.
- **Anti-Doping.** Each competitor confirms he/she shall comply with, and voluntarily consents to all provisions of the Anti-Doping Rules which includes the World Anti-Doping Code (the “WADA Code”), all associated International Standards, including the List of Prohibited Substances and Prohibited Methods (the “Prohibited List”) as issued by WADA.

## Safety

- Stay hydrated.
- Be sun smart and protect yourself from potential illness from mosquitos.
- Acknowledge that participation in the race comes with potential hazards such as Musculo-skeletal injuries, dehydration and heat illness, traffic accidents, and slips, trips and falls:
  - Shoes must be worn during the run leg. Remain vigilant for, uneven ground, tree roots, rocks, and debris.
  - Obey road laws, marshals, and technical officials. Be mindful of the public sharing the same space, as roads will not be closed. Always keep left. Potholes may be present on the course, so remain vigilant. TTC will chalk and place traffic cones in known hazardous areas. If you get a flat tyre, move completely off the road before attempting to repair it.
- As this is not an event for the casual jogger or cyclist, it is recommended that all competitors have trained sufficiently for the event and have obtained a thorough medical examination prior to competition.



## Merchandise

TTC has high quality club merchandise available for purchase. Catfish Designs currently produce the club uniforms and have provided the club with a range of items such as trisuits, swim wear, and running shirts. Please check out the [online shop](#) for great prices on club merchandise and clothing; and discounts on Kask helmets and Koo eyewear.

## Photography

We are very fortunate to have Robert Ellershaw on the course who will be snapping up some fantastic photos. The photos will be available for download on Rob's [Facebook page](#) shortly after the event - free of charge! If you or your child do not want your photo posted on social media, please advise Rob on the day.

## Results

[My Race Result](#) provides results as soon as competitors cross the finish line. This is the same site used for registration. Do not click on any suspicious live tracking links on our social media accounts. Unfortunately, scammers take advantage of our events and are phishing for your information. Be warned.



## Presentations

Cash prizes are on offer this year. First place you get triple your entry fee back. Second place you get double your entry fee back, and third place you get your entry fee back.

### *Long Course:*

Male: 1<sup>st</sup> \$60, 2<sup>nd</sup> \$40, 3<sup>rd</sup> \$20

Female: 1<sup>st</sup> \$60, 2<sup>nd</sup> \$40, 3<sup>rd</sup> \$20

Teams: 1<sup>st</sup> \$60, 2<sup>nd</sup> \$40, 3<sup>rd</sup> \$20

### *Short Course:*

Male: 1<sup>st</sup> \$45, 2<sup>nd</sup> \$30, 3<sup>rd</sup> \$15

Female: 1<sup>st</sup> \$45, 2<sup>nd</sup> \$30, 3<sup>rd</sup> \$15

### *Enticer:*

Male: 1<sup>st</sup> \$30, 2<sup>nd</sup> \$20, 3<sup>rd</sup> \$10

Female: 1<sup>st</sup> \$30, 2<sup>nd</sup> \$20, 3<sup>rd</sup> \$10

## Records

Current records are as follows. Beat them and earn yourself an extra \$50.

### *Long Course:*

Male: Richmond Sense 1:13:50.5

Female: Bec Stedman 1:25:58.9

Team: No records set

### *Team and Solo Splits, Long Course:*

Male bike split (22 km): Aaron Smith 34:28

Male run split (10 km): Richmond Sense 35:11

Female bike split (22 km): Bec Stedman 38:59

Female run split (10 km): Bec Stedman 43:42



## Volunteers

Committee members and volunteers are invited to enjoy a free coffee on us. If you would like to volunteer, please contact us. Tasks include the following:

On the morning of the event:

- Establish transition fencing and bike racks
- Establish finish chute and arch
- Recon the bike leg and chalk/place traffic cones near potholes
- Place road signage at the turnaround point on the bike course
- Sweep away debris and sand from prominent areas
- Identify other hazards and mitigate accordingly
- Mark the mount/dismount line
- Recon and mark run course with GPS and place turn around signs at 500m, 1 km, and 2 km
- Establish a water point at the base of the ramp, but not too close as runners will be descending at a fast pace.
- Establish the registration area, bag drop, first aid station and merch store
- Establish the timing system and placement of timing strings
- Establish the MC and presentations tent
- Staff the registration tent and process registrations
- Brief marshals and assign them to marshalling stations (refer map)

## Special Thanks

The Townsville Triathlon Club would like to give special thanks to the following groups who provided support to this event:

- AusTriathlon
- Townsville City Council
- Queensland Police Service
- Sponsors, technical officials, marshals, volunteers and committee members

