

Competitors Handbook - Solo Time Trial



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FOUNDATION
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Venue Details

Merv Craig Sporting Complex, Galleon Way, Currumbin Waters

Getting to the Venue

If travelling to the venue from the north along the M1 take exit 93 Sarawak Avenue for Guineas Creek Road. Turn right into Guineas Creek Road and continue 1.1km to the roundabout to take the first exit into Galleon Way. If travelling to the venue from the south along the M1 take the exit 93 towards K P McGrath Drive and merge into K P McGrath Drive. Turn right into Guineas Creek Road and continue 900m to the roundabout to take the first exit into Galleon Way. The complex is located 450m along Galleon Way on the left. If travelling to the event locally, it is requested that you try to avoid accessing Galleon Way from Currumbin Creek Road to minimise the impact of traffic on the event course.

Parking

Parking for competitors is available in the Currumbin Junior Rugby League car park. Additional parking for competitors and spectators is available along Galleon Way north of the Elanora Community Centre. Parking is reserved for official vehicles in the car park located adjacent to the Elanora Community Centre. Please refer to the parking plan in Figure 1 below.



Figure 1: Site Plan

Event Categories

The **Choice Home Loans Solo Time Trial** will comprise of the following categories:

- Open Men 36km
- Open Women 36km
- Master's Men 40-49 36km
- Master's Women 40-49 36km
- Master's Men 50-59 36km
- Master's Women 50-59 36km
- Master's Men 60 plus 36km
- Master's Women 60 plus 36km

Registration

Registration will take place at the Event Registration Centre located adjacent to the Elanora Community Centre car park (refer to Figure 1 above) and will open at 6.00am. Riders are recommended to register for their event at least 45 minutes prior to their nominated start time. All competitors must be registered and signed on a minimum of 20 minutes before their start time. Each competitor will receive a race number. The number must be worn on the left hand side of the back of every competitor. All licenced members of Cycling Australia must produce their current licence which will be retained until the completion of their ride. All riders must sign the 'Sign On' sheet at registration prior to starting.

Starting Order

Riders will be seeded on the basis of their entry information with the anticipated faster riders to start last. If you are also riding in the Teams Challenge or have any requests in relation to your start time please contact the event manager. The individual rider start order will be posted on the event website by Thursday 6 October.

Start Times

The **Choice Home Loans Solo Time Trial** will commence at 7.00am and riders will depart at 1 minute intervals. A detailed list of individual competitor start times will be available on the Tour de Valley and Cycling QLD websites by Thursday 6 October.

Warm Up

There is ample space for the use of rollers or indoor trainers on the grassed area behind the Event Control Centre. A tent will be available for competitors who wish to have a shaded area to perform their warm up. Please feel free to set up your own team tent. An area has been allocated on the grassed area behind the Elanora Community Centre.

No warm up riding will be permitted on the event course after 6.45am. If conducting a warm up on the road, travel north along Galleon Way to the roundabout and take the second exit into Guineas Creek Road (eastbound). Follow this road passing The Pines Shopping Centre on the left into Sarawak Avenue (there are three sets of lights) before turning left into Tahiti Avenue. This is now the route for the Darren Smith Memorial Cycle Way. Continue along Tahiti Avenue, through the Palm Beach Avenue roundabout and take the next left into Mallowa Drive. If you continue to the end of Mallowa Drive it is 7km from the event start. If looking for additional distance turn left into Tallebudgera Drive.

If looking for a short warm up on the road, travel north along Galleon Way to the roundabout and take the first exit into Guineas Creek Road (westbound). Take the next immediate right into Murtha Drive. It is approximately 2km from the event start if you continue to the end of Murtha Drive.

Technical Specifications

Time trial bikes will need to be suitable for cycling or triathlon competition. Helmets will need to display an AS 2063 approved sticker.

A mechanic will be located adjacent to the Marshalling Area to provide assistance to any competitors requiring adjustments or help with their bikes.

Tandems and Hand cycles will be permitted and are required to start first. They will not be eligible for category prizes.

Note: It is the rider's responsibility to ensure that their bike is in good working order.

Rider Marshalling Details

Riders will be required to assemble in the Marshalling Area at least 10 minutes prior to their starting time. Riders will proceed from the marshalling area to the start line under the direction of event officials.

Course Map and Profile

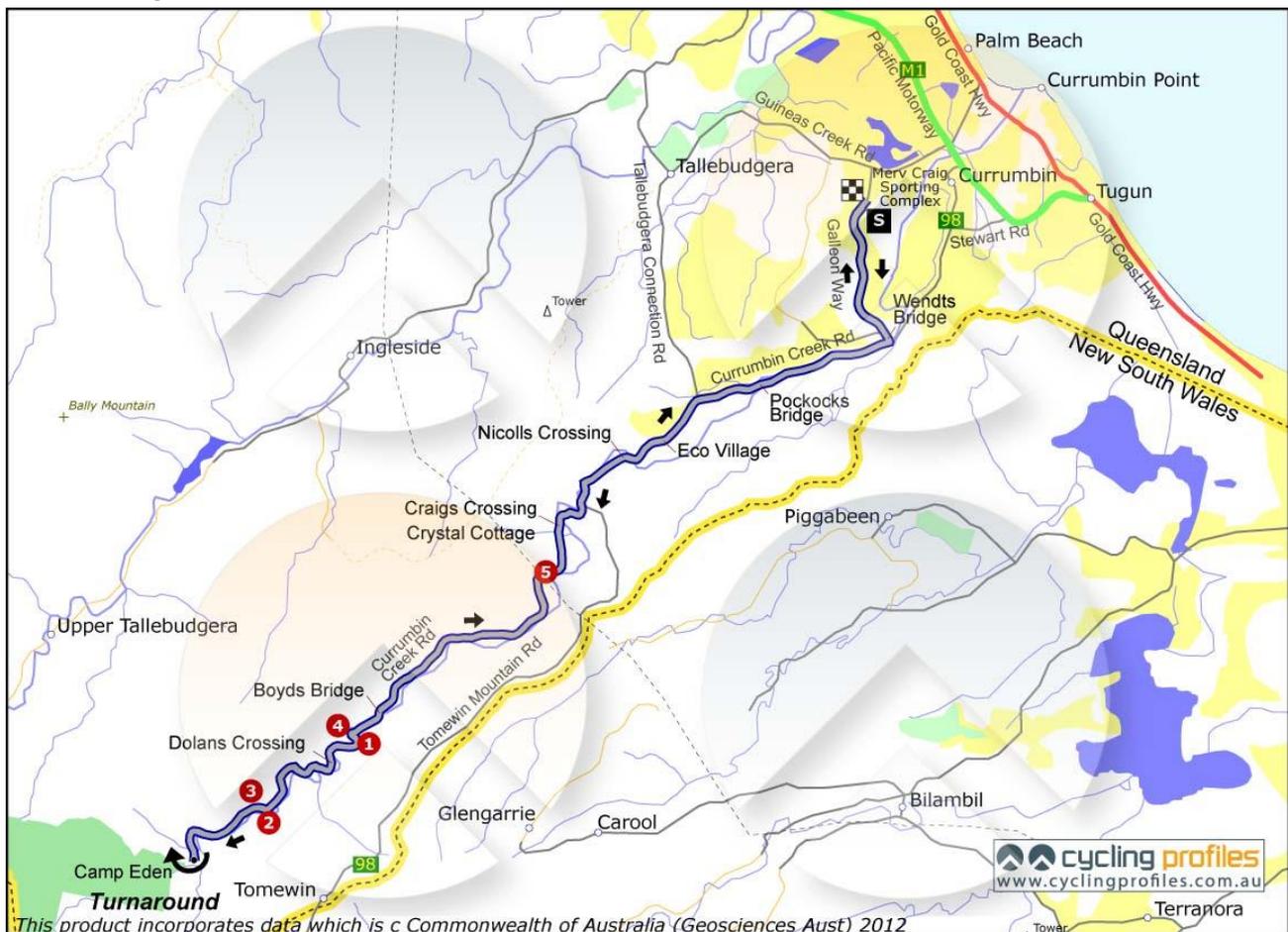


Figure 2: Course Map

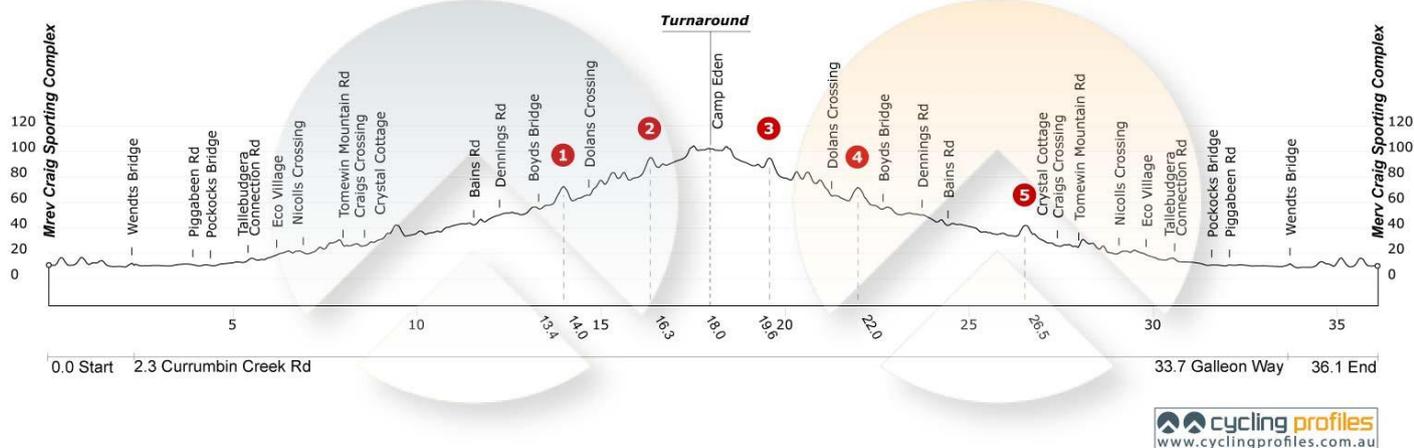


Figure 3: Course Profile

Course Information

Galleon Way is a dual carriageway road for the first 1.3km before merging into a two way road until the Currumbin Creek Road intersection at 2km. There is a wide verge for the duration of Galleon Way that narrows across Wendt's Bridge just prior to the intersection. The road surface is smooth, hot mix along Galleon Way. Riders will return along Galleon Way at the end of the time trial to finish at a point located directly opposite the Elanora Community Centre. The dual carriageway section of Galleon Way is separated by a medium strip. Points to note with the remainder of the course along Currumbin Creek Road include:

- The right hand turn onto Currumbin Creek Road has a road surface that is slightly uneven and riders are asked to corner with caution.
- The road narrows after The EcoVillage (6.5km) and riders are requested to remain on the left hand side of the road and remain aware (especially when approaching corners) of other riders and traffic travelling in the opposite direction
- Competitors will need to slow their approach to the curve in the road located at the 22km point on the return journey. It is indicated by a recommended 20kph speed sign and can be slippery in wet conditions.
- The road surface is generally good, however, riders are reminded to remain observant for uneven surfaces, especially on the return journey which is a slight negative grade and will involve higher speeds.
- Riders are requested to remain on the left hand side of the carriageway on the approach to the right turn into Galleon Way and remain on the left hand side of the road through the turn. There may be traffic stopped on Currumbin Creek Road and Galleon Way.

Traffic Management

The course is **open** to traffic with the speed limit reduced to 60kph for the section from the start to Crystal Cottage (9km). The event organisers have worked with the Gold Coast City Council, department of Transport and Main Roads and the QLD Police in ensuring that planning for the event has considered all aspects related to rider and public safety. All riders are asked to remain aware of traffic on this section of the course at all times. Traffic will be stopped by accredited Traffic Controllers prior to the race start and at the Galleon Way-Currumbin Creek Road intersection to provide riders with the right of way. Traffic will also be stopped at the Tomewin Mountain Road intersection to ensure rider safety. Riders are to remain on the left hand side of the carriageway and to take care when overtaking other riders.

The road will be **closed** to traffic in both directions from Fordyce Close (9km) just west of the Tomewin Mountain Road turn-off to the turning point at Camp Eden (18km). Access will be permitted for local residents, so riders are requested to remain aware of the possibility of vehicles. Please remain on the left hand side of the carriageway and take care when overtaking other riders.

There will be a lead vehicle and follow vehicle on course plus two additional roving motorbikes.

Event Rules

The event will abide by the CQ Technical Rules and Regulations under the direction of race officials. Officials will be on course during the event. Riders must be familiar with the rules for time trial events (please refer to rule [3401](#)) and follow the instructions of officials and event marshalls at all times. Non-compliance will result in a penalty.

Event Finish

The finish line is located directly opposite the Elanora Community Centre on Galleon Way and will be indicated by a finish line and signage. Distance to go signage will be displayed 500m, 200m and 100m from the finish. Finishing riders will proceed in the left hand lane or slip lane to the finish line. **Do not proceed in the right hand lane to the finish.**

Once competitors have crossed the finish line please continue along Galleon Way to the roundabout with Guineas Creek Road and return to the event registration area via the south bound lane of Galleon Way. Riders are instructed to avoid re-crossing the start and finish mats and to remain off the course after they have completed their ride.

Presentations

Presentations will be conducted at the presentation stage adjacent to the Elanora Community Centre at 9.30am. All riders must be present at the presentation to receive their prize. Riders are requested to wear their cycling uniform with no hats, caps or sunglasses on their heads.

Prizes

Prizes will be awarded to the first three place getters in each category. A special prize will be awarded to the male and/or female rider who is successful in breaking the course record.

First Aid

First Aid Officers will be on site throughout the event. The First Aid tent will be located adjacent to the Event Control Centre. First Aid Officers will also be located in event vehicles on the course.

Toilets

Toilets are located at the Currumbin Eagles Junior Rugby League Club, the Elanora Community Centre and in the park on the opposite side of Galleon Way just to the south of the Elanora Community Centre.

Food and Beverages

All competitors will receive a breakfast voucher that is included in their entry pack. Additional food and beverages will be available for sale at the event site.

Schedule

The schedule of events for the morning (with approximate start times) is below:

Time	Event	Location
0700	Choice Home Loans Solo 36km Time Trial <ul style="list-style-type: none"> • Masters Women • Open Women • Masters Men • Open Men 	Marshalling Area - Elanora Community Centre car park
0800	Hammer Nutrition Team Cycling Challenge 72km	Marshalling Area - Elanora Community Centre car park
0850 (approx)	Club Team Series TTT 72km	Marshalling Area - Elanora Community Centre car park
0900 (approx)	Jakazni Team Cycling Challenge 36km	Marshalling Area - Elanora Community Centre car park
0930	Individual Time Trial Presentations	Elanora Community Centre car park
1000	'Kids Ride' 15 mins plus 1 lap	Marshalling Area - Adjacent to Elanora Community Centre
1030	Event Presentation –'Kids Ride'	Elanora Community Centre car park
1100	Event Presentations – Club Team Series TTT and Team Cycling Challenge	Elanora Community Centre car park
1130	Cyclocross Division 1	Marshalling Area - Adjacent to Elanora Community Centre
1140	Cyclocross Division 2	Marshalling Area - Adjacent to Elanora Community Centre

Sponsors

A special thanks to all the sponsors who have made this event possible. Please consider supporting the businesses that are willing to contribute to the development of cycling events:

- The City of Gold Coast
- Connecting Southern Gold Coast
- Jakazni
- Hammer Nutrition
- SeaBreeze Homes
- Choice Home Loans
- Armstrong Real Estate
- Currumbin Cycles
- Bicycle Centre on Bermuda
- Veloshotz.Sports Photography

Respect the Venue

The Currumbin Valley is a beautiful area for riding. The event organisers ask all competitors, supporters, officials, volunteers and spectators to appreciate the opportunity of having an event in this area and promote cycling in a positive light by:

- Not littering – waste bins will be situated throughout the event site and riders are requested not to discard wrappings on the event course or during warm up.
- Using the toilet facilities – urinating in public is strictly prohibited
- Parking in designated parking areas only
- Displaying respect and courtesy at all times to local residents, other road users and members of the public
- Complying with the road rules at all times

Departing the Venue

Please depart the venue by travelling north along Galleon Way to the Guineas Creek Road roundabout to reduce the impact of traffic on the event course.

Accommodation

There are many accommodation options on the southern Gold Coast. Visit the following site <http://www.southerngoldcoast.com.au/accommodation> to explore some of the choices.

We hope you have a great ride!!

This event is proudly presented by:



With the support of:

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