



Competitors Handbook

Armstrong

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Venue Details

Kirra Foreshore, starting and finishing at the intersection of Musgrave Street and Douglas Street outside the 'Nirvana by the Sea' apartments.

Getting to the Venue

Musgrave Street on the Kirra foreshore will be closed from the Pacific Parade roundabout to the Miles Street intersection - 6.00am to 12.00am. A detour will be established along Coolangatta Road and Miles Street. Please access the event using the roads heading to the Kirra foreshore off Coolangatta Road.

Parking

Parking for competitors is available on the streets running from Coolangatta Road and Winston Street through to Musgrave Street. Additional parking is available at Coolangatta State School.

Event Categories

The **Kirra Criterium Classic** will comprise of the following categories:

- Men's Division 3 – Masters C/D
- Men's Division 2 – Masters B, Elite C, Under 19 C
- Women's Division 2 – Women C/D
- Open Women – Women A/B
- Open Men – Elite A/B, Masters A, Under 19 A/B

Registration

Registration will take place between 6.30am and 7.45am at the registration tent located in the parklands on Kirra Foreshore (south of the toilet block opposite the Douglas Street intersection with Musgrave Street). Competitors will be required to marshal in the car park 10 minutes prior to their starting time. Each category of riders will be briefed by the Commissaire in the marshalling area prior to starting. Each competitor will receive a race bib number and a seat post sticker. The race bib number must be worn on the left hand side of the back of every competitor and the seat post sticker must be fixed to the seat post. All riders must produce their current Cycling Australia licence which will be retained until the completion of their ride. All riders must sign the 'Sign On' sheet at registration prior to starting.

Start Times

- 8.00am – Men's Division 3 (30 minutes plus 2 laps)
- 8.40am – Men's Division 2 (40 minutes plus 2 laps)
- 9.40am – Open Women (35 minutes plus 2 laps)
- 9.41am – Women's Division 2 (30 minutes plus 2 laps)
- 10.45am – Open Men (45 minutes plus 2 laps)

Warm Up

The course will not be available for warm up. Each race will have 2 neutral laps prior to the start of each category for riders to familiarise themselves with the course.

There is ample space for the use of rollers or indoor trainers on the grassed area just south of the Start/Finish line.

Technical Specifications

The event is conducted under Cycling Australia technical rules and regulations. Helmets will need to display an AS 2063 approved sticker.

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



Figure 1: Course Map

Course Information

The course is a 1.2km criterium 'hot dog' circuit on the Kirra Foreshore, starting and finishing on Musgrave Street, outside the Nirvana by the Sea apartments. Riders will head south from the starting point, turning at Lord Street to head back north. Riders will turn again at the roundabout at the intersection of Musgrave Street and Pacific Parade to return south, completing the circuit outside the Nirvana by the Sea apartments.

Traffic Management

The course is closed to traffic on Musgrave Street from the Pacific Parade roundabout to the Miles Street intersection - 6.00am to 12.00pm.

There will be a lead motorbike assigned to each category.

Event Rules

The event will abide by the [CA 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 criterium racing and follow the instructions of officials and event marshalls at all times. Non-compliance will result in a penalty.

An area for spare wheels will be located just prior to the event Start/Finish line.

Event Start/Finish

The Start/Finish line is located on Musgrave Street, Kirra, outside the 'Nirvana by the Sea' apartments and will be indicated by a finish line and signage. Distance to go signage will be displayed 200m and 100m from the finish. Please refer to Figure 2.



Figure 2: Site Map

Presentations

Presentations will be conducted at 11.45am at the Presentation area located in the parklands on Kirra Foreshore (south of the toilet block opposite the Douglas Street intersection with Musgrave Street). 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.

First Aid

First Aid Officers will be on site throughout the event. The First Aid tent will be located in the parklands just past the Start/Finish line.

Toilets

Public toilet facilities are located adjacent to the rider marshalling area on the Kirra Foreshore opposite the Douglas Street intersection with Musgrave Street. An additional public toilet facility is located 300m to the south on Kirra Foreshore.

Food and Beverages

Food and beverages will be available at the cafes located along Musgrave Street.

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
- Armstrong Real Estate
- Jakazni
- Hammer Nutrition
- SeaBreeze Homes
- Choice Home Loans
- Currumbin Cycles
- Bicycle Centre on Bermuda
- Veloshotz.Sports Photography

Respect the Venue

The Kirra foreshore is a beautiful area. 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

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:

GOLDCOAST.

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The logo for the Amy Gillett Foundation, consisting of a stylized, abstract shape in shades of pink and purple, resembling a bird or a flame.