

**IBUW**

**LONG COURSE WEEKEND**  
J E R V I S B A Y · N S W

# RACE PACK

EVERYTHING YOU NEED TO KNOW FOR  
**LONG COURSE WEEKEND**

**2 0 1 9**

# WELCOME

## FROM OUR EVENT TEAM

On behalf of the dedicated and enthusiastic team at Long Course Weekend, welcome to the third year of Long Course Weekend Jervis Bay. For those of you that raced with us last year – welcome back and for the many new faces that will join us this year – welcome and thank you for joining us for what promises to be 2 intense days of racing in the Endurance Paradise of Jervis Bay.

We hope you enjoy the flexibility of being able to design your own race weekend and we're proud to be able to deliver an event that attracts swimmers, cyclists, runners and triathletes.

We expect to welcome over 1,200 athletes and supporters to Jervis Bay for a weekend of fun, smiles and challenges. This event is more than just a long course triathlon. It is three events split over two days. For those taking on the 'Long Course Weekend' Challenge, it's a chance to step up to the next race distance or to get a PB across each discipline individually.

Volunteers are the lifeblood of our events and many have volunteered to support you over the race weekend in November. These wonderful people of all ages are well aware of your dedication and commitment to the task you have personally set. Please take the time to say thank you to this great team before, during or after the race - they are inspired by you and understand the sacrifices you have made just to get to the start line.

We hope you enjoy your experience and the challenge presented, and we wish you all the very best come race day.

We look forward to seeing you on the start line!

**THE LCW GLOBAL TEAM**



Welcome to Long Course Weekend	2
Itinerary	4
Travel Information	5
Registration Guide	6
In Your Race Pack	7
The Jervis Bay Triathlon Show	8
General Information	9
<b>THE JERVIS BAY SWIM</b>	<b>11</b>
Race Instructions	12
Safety Information	16
Bag Drop	16
Timing Chips	16
Facilities	16
<b>THE JERVIS BAY GRAN FONDO</b>	<b>18</b>
Bike Inspection	19
Timing Chips	19
Rules & Regulations	20
<b>THE JERVIS BAY MARATHON</b>	<b>25</b>
<b>THE JERVIS BAY HALF MARATHON</b>	<b>27</b>
<b>THE JERVIS BAY 10K</b>	<b>29</b>
<b>THE JERVIS BAY 5K</b>	<b>31</b>
Medical Waiver	33
<b>FULL LONG COURSE WEEKEND</b>	<b>34</b>
Medal Ceremony	35
Post-Race Information	36
Things to do	38
Where to eat?	39

# ITINERARY

## LONG COURSE WEEKEND



There is loads going on at Long Course Weekend - With professionals and experienced age-groupers challenging for the glory of being Long Course Weekend champion, to novices and 1st times completing one or multiple distances/ disciplines, we've made things as simple as possible for you. To work out where you need to be and when you can see the best of the action, simply check out our itinerary of events below.

Please be aware times may change slightly.

For any updated itinerary times, please check: [www.lcwJervisbay.com/athletes/about-lcw/](http://www.lcwJervisbay.com/athletes/about-lcw/)

### FRI

NOV  
15

- 3pm - 6pm **Registration Open** (Callala Community Hall)
- 3pm - 6pm **Event Expo Open** (Callala Community Hall)

### SAT

NOV  
16

- 6am - 2:30pm **Registration Open** (Callala Community Hall)
- 6am - 10am **Bike Rack Area Open** (Bike Rack Area, Callala Community Hall)
- 6:30am - 2:30pm **Event Expo Open** (Callala Community Hall)
- 7am **Race Start 1KM Swim** (Race Start, Callala Beach)
- 7:20am **Race Start 4KM Swim, 2KM Swim** (Race Start, Callala Beach)
- 10:30am **Race Start 90KM Ride** (Race Start, Callala Beach)
- 11:00am **Race Start 60KM Ride** (Race Start, Callala Beach)
- 11:30am **Race Start 30KM Ride** (Race Start, Callala Beach)

SWIM & BIKE

### SUN

NOV  
17

- 6am - 3:30pm **Event Expo Open** (White Sands Park, Huskisson)
- 6am - 9am **Registration Open** (White Sands Park, Huskisson)
- 7am **Race Start - Marathon Athletes** (White Sands Park, Huskisson)
- 7:30am **Race Start - Half Marathon** (Race Start, White Sands Park)
- 9:00am **Race Start - 10KM** (Race Start, White Sands Park)
- 9:15am **Race Start - 5KM** (Race Start, White Sands Park)
- 2:30pm **LCW Presentation** (Red Carpet, Finish Line, Huskisson)

RUN

# TRAVEL INFORMATION

Jervis Bay, Shoalhaven will be attracting over **1200** athletes plus spectators this November for the third Long Course Weekend in Australia and as a result, there may be long delays on the way into the town. If you are planning on registering on the day please ensure you plan ahead and leave plenty of time. Parking is limited and please be aware you will get a ticket if you park in a timed zone. Please keep noise and disturbance to local residents to a minimum and please be respectful (especially early in the morning).

**JERVIS BAY BY TRAIN:** There is a train service from Sydney to Bomaderry. Trains run frequently to Kiama where you will need to change from Bomaderry Line.

**JERVIS BAY BY CAR:** Huskisson/Callala is a 2.5 hour drive from Sydney, traffic dependent. Please allow sufficient time for your journey. The highway now extends all the way to Berry, South Coast NSW which should speed up travel time from Sydney.

**JERVIS BAY PARKING:** There are plenty of parking spots available at both Callala and Huskisson. Please be mindful of timed parking zones (2 hours) as parking here for longer than the designated time may result in a fine. Please avoid parking across residents' driveways. There are free carparks and road-side parking that athletes and supporters can use all day. There are no road closures for this event but some road restrictions and changed speed limit zones will apply.



## HUSKY FERRY SERVICE

You can take the Husky Ferry from Huskisson to Callala (you can take your bike on board too!) for \$15 return and bike travel fee.

**Booking Essential**

To book now [Click Here](#)

For Facebook [Click Here](#)

# REGISTRATION



**YOU WILL NEED YOUR PHOTO ID TO COLLECT YOUR BIB NUMBER. ONLY YOU CAN REGISTER. YOU ARE NOT ALLOWED TO REGISTER ON SOMEONE ELSE'S BEHALF.**

## TO REGISTER YOU MUST HAVE

### PHOTO ID

Any athlete **WITHOUT PHOTO ID** will **NOT** be able to **REGISTER** or **RACE**. It is **NOT** acceptable for a friend to verify who you are. At registration, it is essential that you ensure your details are correct.

Failure to complete your entered distance will result in a DNF, you will still receive a medal however no Finishing time will be given to athletes not completing the distance they registered for.

### ALL TRANSFERS ARE NOW CLOSED

**ATHLETES WILL RECEIVE EVERYTHING THEY NEED TO RACE AT REGISTRATION. NOTHING IS POSTED OR AVAILABLE AT EVENT STARTS.**

**ALL ATHLETES MUST BE REGISTERED 30 MINUTES PRIOR TO THEIR EVENT START**

## CHANGING YOUR EVENT DISTANCE

Athletes wanting to change distance on the race weekend will be charged **\$10** per event for a different timing chip. Changes must be made **WELL IN ADVANCE** of your start time (we advise the day before where possible). **Athletes cannot change their distance during the event.**

## REGISTRATION TIMES

**FRI**

Nov  
**15**

3pm - 6pm

**Registration** (Callala Community Hall)

**SAT**

Nov  
**16**

6am - 2:30pm

**Registration** (Callala Community Hall)

**SUN**

Nov  
**17**

6am - 9am

**Registration** (White Sands Park, Huskisson)



**FULL LONG COURSE WEEKEND & SWIM ATHLETES MUST BE REGISTERED BY 7:00AM ON SATURDAY.**

# IN YOUR RACE PACK

You will be supplied with your chip and race number for the weekend at registration.

Please ensure leaving registration that you have:



**JERVIS BAY SWIM**

## THE JERVIS BAY SWIM ATHLETES:

- 1 x issued swim hat
- 1 x timing chip to be worn using the strap provided outside of your wetsuit on your left ankle.



**JERVIS BAY GRAN FONDO**

## THE JERVIS BAY GRAN FONDO ATHLETES:

- 1 x Seat Sticker (Timing chip on it)



**JERVIS BAY MARATHON**

## THE JERVIS BAY FULL, HALF MARATHON, 10K & 5K

- 1 x bib number to be displayed on your front
- 4 x safety pins
- 1 x timing chip attached to your bib (do not bend)



## LONG COURSE WEEKEND ATHLETES

- 1 x All of the Above
- 1 x LCW Bag
- 1 x LCW Athlete Polo Shirt

## BAGGAGE

At bag drop you will need to fix a baggage tag with your race number to your bag, on each day. You will need to show your wrist band/race bib to collect your baggage at the end of each event.

**PLEASE MAKE SURE YOU COMPLETE THE MEDICAL INFORMATION ON THE BACK OF YOUR BIBS.**



THE **NSW**  
**TRIATHLON**  
**SHOW**  
LCW JERVIS BAY

**FRIDAY 15TH**  
3:00PM - 6:00PM

**SATURDAY 16TH**  
6:00AM - 2:30PM

**SUNDAY 17TH**  
6:00AM - 3:30PM



For more information, just visit the website below!

**LCWJERVISBAY.COM**

# GENERAL INFORMATION

## COMPETITOR RACE NUMBER

*These must be visible at all times during the event. Numbers must not be altered in any way and **MUST** be displayed on **UPPER CLOTHING ABOVE THE WAIST**. If competing in a tri-suit your run number must be displayed on the front. If using a race belt, then numbers must be secure and displayed at the front and not to the side of the body*

## BAG DROP

*Your race gear bags must have a sticker with your race number on them (obtained at registration) and be placed into the secure baggage area in the event village.*

## AID STATIONS - RUN DAY

*There will be aid stations located every few kilometres on all run course distances located at White Sands Tourist Park, Ilfracombe Avenue - a double-sided aid station, and Vincentia Boat Ramp - also double-sided. These will all have water and Powerade hydration, cola plus a selection of food (fruit and savoury items) for the longer distance events (21.1km and 42.2km). Please call for what you require as you pass. These will be manned by volunteers who will do their best to assist you, please be patient!*

## BIKE DAY

*Please ensure that you start your race with two full bidons/bottles of your own. There will be three (3) pit stop locations on offer for the 90km riders. The first aid station will be at the University at the 35km mark which is at the competition of the first lap. There will be a second aid station at the 47km mark on the corner of Wugan St and Braidwood Rd, this aid station will be double-sided and act as the third opportunity to re-fuel at the 71km point.*

## TOILETS

*Port-a-loo toilets will be located at registration, expo area, at most run aid stations, at the bike aid stations and the finish line, with public toilets located on the run course at all aid stations, at Moona Moona Creek and near Huskisson Beach Caravan Park. Please ensure you use these facilities as required as anywhere else may lead to disqualification or police action if caught, particularly in residential areas.*

## RUBBISH ON COURSE/ LITTERING

*Please show respect for the local community and surrounding wildlife - DO NOT LITTER! Any item that needs to be discarded, including but not limited to water bottles, gel wrappers, energy bar wrappers, broken bike parts, or clothing items, may only be discarded at either the rubbish bins provided at race central or the pit stops on the bike and aid stations on the run.*

# SWIM

# BIKE

# RUN



**VISIT THE PAINPOD TENT FOR A FREE DEMONSTRATION  
GREAT SPECIALS ON OFFER!**



**CONTACT LEE MURPHY**  
(AUTHORISED PAINPOD RE-SELLER)

**0411 514 828**

*lmurphy@painpodsales.com*

Use the code LeeM for 20% off online  
(minimum spend of \$298 applies)

**WWW.THEPAINPOD.COM**

HIGHLY EFFECTIVE IN  
**PAIN RELIEF**  
**WELLNESS**  
**RECOVERY**  
NATURALLY

1 KM 2 KM 4 KM

# THE JERVIS BAY SWIM

SAT | 16 NOV 2019



Come and join us for arguably one of the most scenic swims in the World taking place on November 16th. With a variety of Swim distances (1, 2, 4KM), this event is perfect for a first-timer or experienced athlete. The Swim takes place in a brand new location at the beautiful Callala Beach. It's the longest beach in Jervis Bay with a stunning view and a great place to swim.

1KM ROUTE → 2KM ROUTE → 4KM ROUTE →

## REGISTRATION

! DON'T FORGET YOUR PHOTO ID

FRI

Nov 15

3pm - 6pm

Registration (Callala Community Hall)

SAT

Nov 16

6am - 2:30pm

Registration (Callala Community Hall)



FULL LONG COURSE WEEKEND & SWIM ATHLETES MUST BE REGISTERED BY 7:00AM ON SATURDAY.

## ITINERARY

SAT

Nov 16

6:45am

Start Pen Closes & Swim Briefing (Callala beach)

7am

🚩 The Jervis Bay Swim Start (1KM) (Callala beach)

7:20am

🚩 The Jervis Bay Swim Start (4KM, 2KM) (Callala beach)

8.20am (approx)

✂️ First Lap Cut-off Time 1 hour after last athlete enters water

9.20am

✂️ Event Cut-off Time 2 hours based on chip time

Individual event presentations will take place 15 minutes after 1st, 2nd and 3rd Male and Female athletes have crossed the finish line.

PLEASE KEEP A LISTEN OUT FOR ANNOUNCEMENTS!

All podium athletes are required to attend.

# RACE INSTRUCTIONS

## PRE-RACE

The swim start is self ranking with a single wave start. This means that faster swimmers should position themselves at the front and slower swimmers should position themselves towards the back.

## 1 KM SWIM

Athletes are to do **one lap** of the course, keeping **the first three buoys on the left and the last buoy on their right** and then **turn right and follow the chute** to the finish line.

## 2 KM SWIM

Athletes are to do **one lap** of the course, keeping the **first buoy on the right and the next four buoys on their left**. Athletes will then **turn right at the last buoy and follow the chute** to the finish line.

## 4 KM SWIM

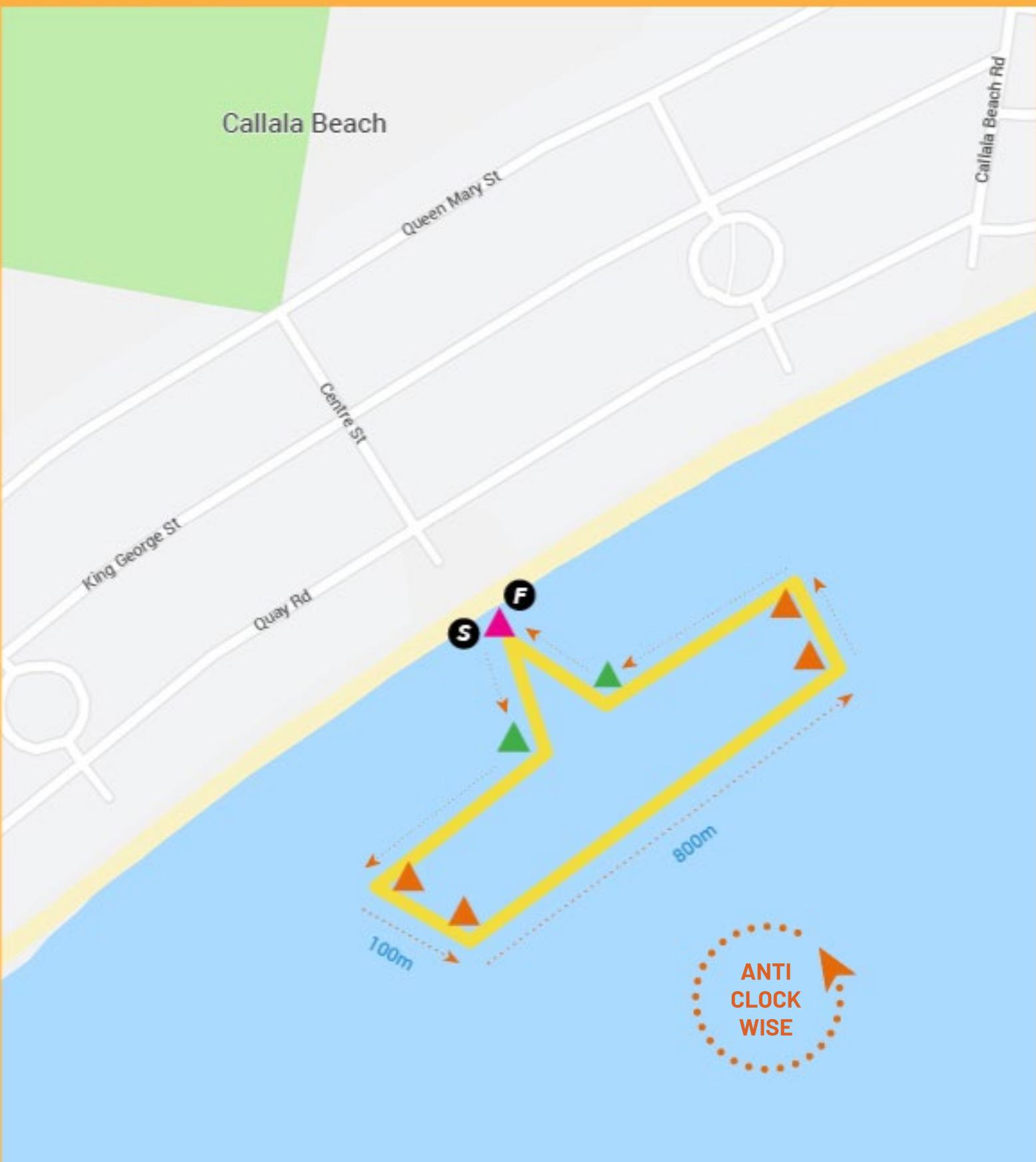
Athletes are to **follow the same route as the 2KM but are to do two laps** instead of one. **There will be an Australian exit in operation on completion of lap one.**

**TIP:** Kick your legs for the last 100m to get the blood flow back into your legs to help prevent you from getting dizzy when exiting the water.





- S** START
- F** FINISH
-  LAP TURN
-  FINISH BUOYS
-  TURN BUOYS
-  1/2 LAP BUOY





# FOR YOUR SAFETY

Athletes must take care when entering and exiting the water. Water safety is on hand to help should you need them and you can still complete the course. It will **NOT** result in a DQ.

**Should you need assistance during the Swim, lie on your back and put your arm in the air (for this reason forward-facing strokes ONLY are permitted during the swim).**

If you fail to start after registering you **MUST** report to the race office prior to the start of the race, this is for safety reasons.

We reserve the right to withdraw anyone from the race who appears to be suffering from the cold or fatigue during the dry land run between laps (4km Australian exit). Please bring warm clothing to change into immediately after your race. Wetsuits are optional but advised for all three distances. Athletes are **NOT** permitted to wear boots or gloves.

# BAG DROP

**Callala beach**

Your race gear bags must have a sticker with your race number on them (obtained at registration) and be placed into the secure baggage area in the event village.

# TIMING CHIPS

During registration, you will receive a **swim hat** that you **MUST** wear on the top of any other hat.

Your timing chip **MUST be on the top** of your wetsuit and **facing out**. Failure to do so will result in **no time**. If you lose your chip in the swim you must report to a timing official at the finish line.

# FACILITIES

Bottled water will be available at the finish. There are Public toilets on the beach.





**LOLL Poncho Towels for Adults**  
**[www.LOLL.com.au](http://www.LOLL.com.au)**



30KM



60KM



90KM

# THE JERVIS BAY GRAN FONDO



## SAT | 16 NOV 2019

With the majority of the event now on closed roads, the Jervis Bay Gran Fondo is the only event of its kind in Jervis Bay. Hills? Yes, you will have a few – but breath-taking views, unsurpassed crowds, bouncing feed stations and a finish line that carries you home, making this medal all the more easier to achieve!

**30K ROUTE** → **60K ROUTE** → **90K ROUTE** →

## REGISTRATION

**! DON'T FORGET YOUR PHOTO ID**

**FRI**

Nov  
**15**

3pm - 6pm

**Registration** (Callala Community Hall)

**SAT**

Nov  
**16**

6am - 2:30pm

**Registration** (Callala Community Hall)



**FULL LONG COURSE WEEKEND & SWIM ATHLETES MUST BE REGISTERED BY 7:00AM ON SATURDAY.**

## ITINERARY

**SAT**

Nov  
**16**

6am - 2:30pm

**Registration Opens** (Callala Community Hall)

6:00am - 10am

**Bike Rack Area Open** (Callala Community Hall)

6:30am - 2:30pm

**Event Expo Opens** (Callala Community Hall)

10:15am

**Race Briefing 90KM** (Race Start, Callala Beach)

10:30am

**Race Start 90KM Ride** (Race Start, Callala Beach)

10:50am

**Race Briefing 60KM & 30KM** (Race Start, Callala Beach)

11am

**Race Start 60KM Ride** (Race Start, Callala Beach)

11:30am

**Race Start 30KM Ride** (Race Start, Callala Beach)

2:30pm

**✂ Event Cut Off for all Athletes** (Race Finish, Callala Beach)

# BIKE INSPECTION

Officials may only carry out cursory inspection of your bike. You should ensure your bike, as well as your helmet, is in safe working order before starting the event. Bike inspectors may check for such things as:

- Front and rear brakes operable
- Tyres in reasonable condition
- End plugs on handlebars
- Loose headset
- At least one water bidon cage
- Stripped cables
- True wheels
- Singles glued securely to rims

Disc wheels may be used on rear only. There will only be sufficient facilities for minor repairs and/or purchasing of required minor parts, at the check-in. Trained personnel will only effect on-the-spot minor adjustments if required. A mechanic fee may be charged for repairs.

## HELMETS AND TIMING CHIP

Your helmet must be correctly fastened on your head, and the sticker issued to you at registration **MUST** be stuck securely to your bike **SEAT STEM**.



## RULES & REGULATIONS

### FAILURE TO FOLLOW EVENT RULES AND REGULATIONS WILL RESULT IN DISQUALIFICATION

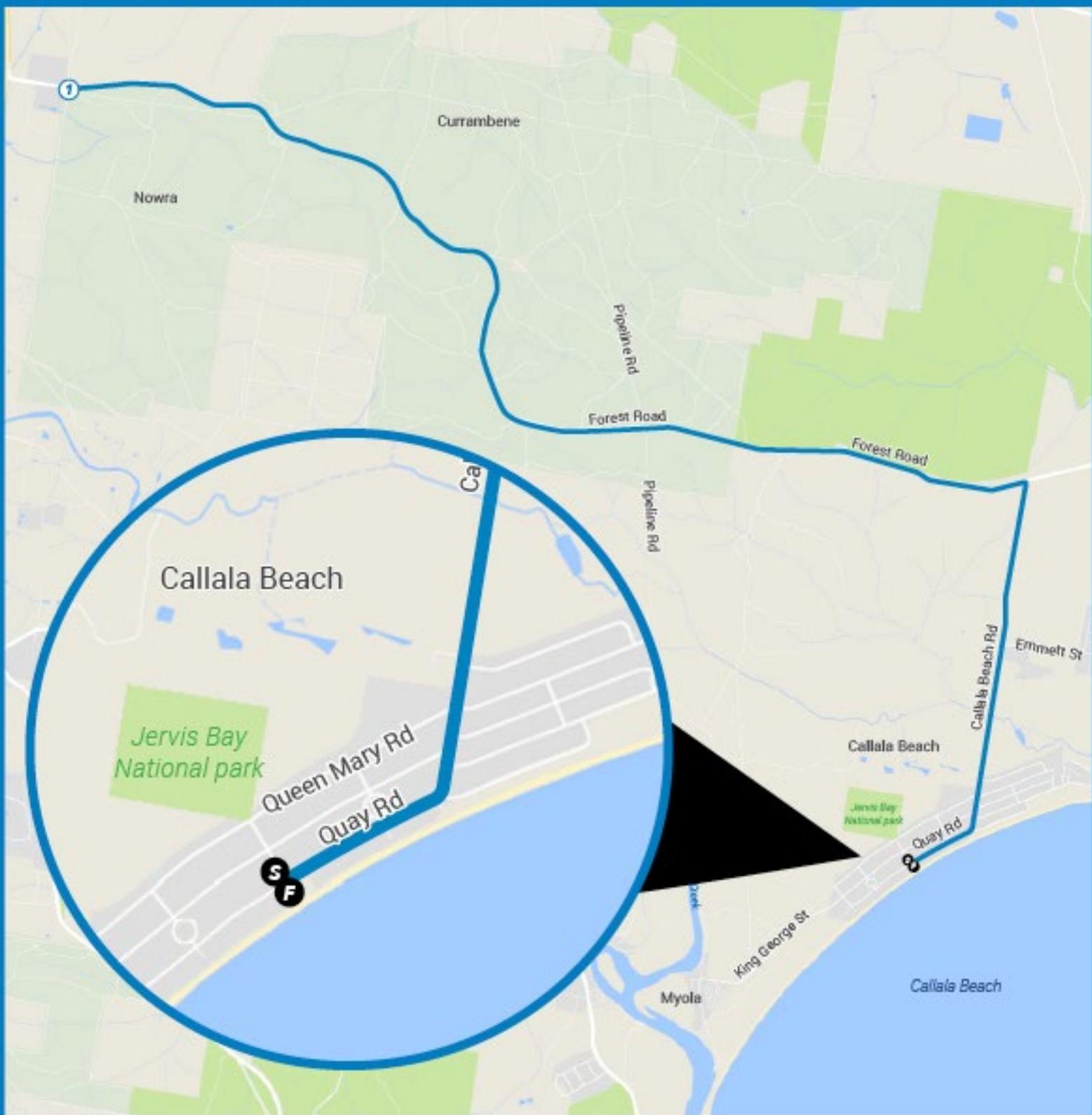
- 1) Athletes must abide by road rules at ALL times during the event
- 2) The Jervis Bay Gran Fondo is a timed event however it is a sportive NOT a race
- 3) Those found to have crossed the white line in the centre of the road will be disqualified
- 4) You must not cycle more than two abreast
- 5) You must put one foot down at roundabouts, a marshal will instruct you. This is for your own and other road users' safety
- 6) Those who show aggressive behaviour to other road users and marshals will be disqualified
- 7) Helmets must be worn and fastened before you get to the start and must be worn until you have crossed the finish line and moved to a safe location
- 8) All athletes must have two full bottles of water
- 9) It is essential that you have a fully charged mobile phone with you at all times on the course
- 10) Marshals are there for reference points, and not safety, and they are not responsible for signalling when the road is clear. Please stop at all junctions and check for yourself before proceeding
- 11) No listening devices, i.e. phone, radio, iPod, maybe used whilst on course, athletes found using such devices will be disqualified.

## TRIATHLON AUSTRALIA RULES

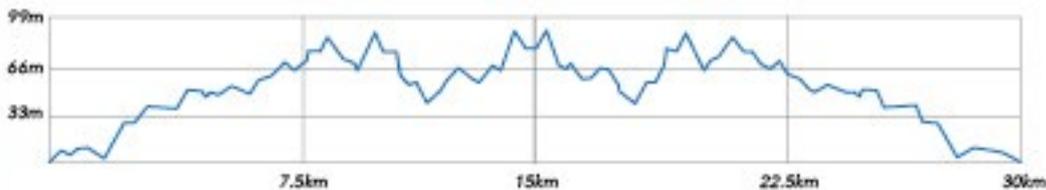
- 1) Competitors in the aerobar waves will be dispatched at regular intervals in a time-trial manner, and will be subject to a 10m non-drafting zone. Drafting infringements will result in a 10 minute blue card time penalty for 90km competitors and a 5 minute blue card time penalty for 60km and 30km competitors.
- 2) Two drafting infringements will result in disqualification of the competitor.
- 3) Competitors in the non-aerobar waves may participate in a draft-legal manner without penalty.
- 4). All unsafe riding will incur a red card penalty which may result in disqualification.

## JUNIOR RIDERS

RIDERS UNDER 16 MUST BE ACCOMPANIED BY AN ADULT ENTERED INTO THE EVENT OR IT WILL BE ASSUMED THEY ARE FIT AND CAPABLE OF COMPLETING THE DISTANCE

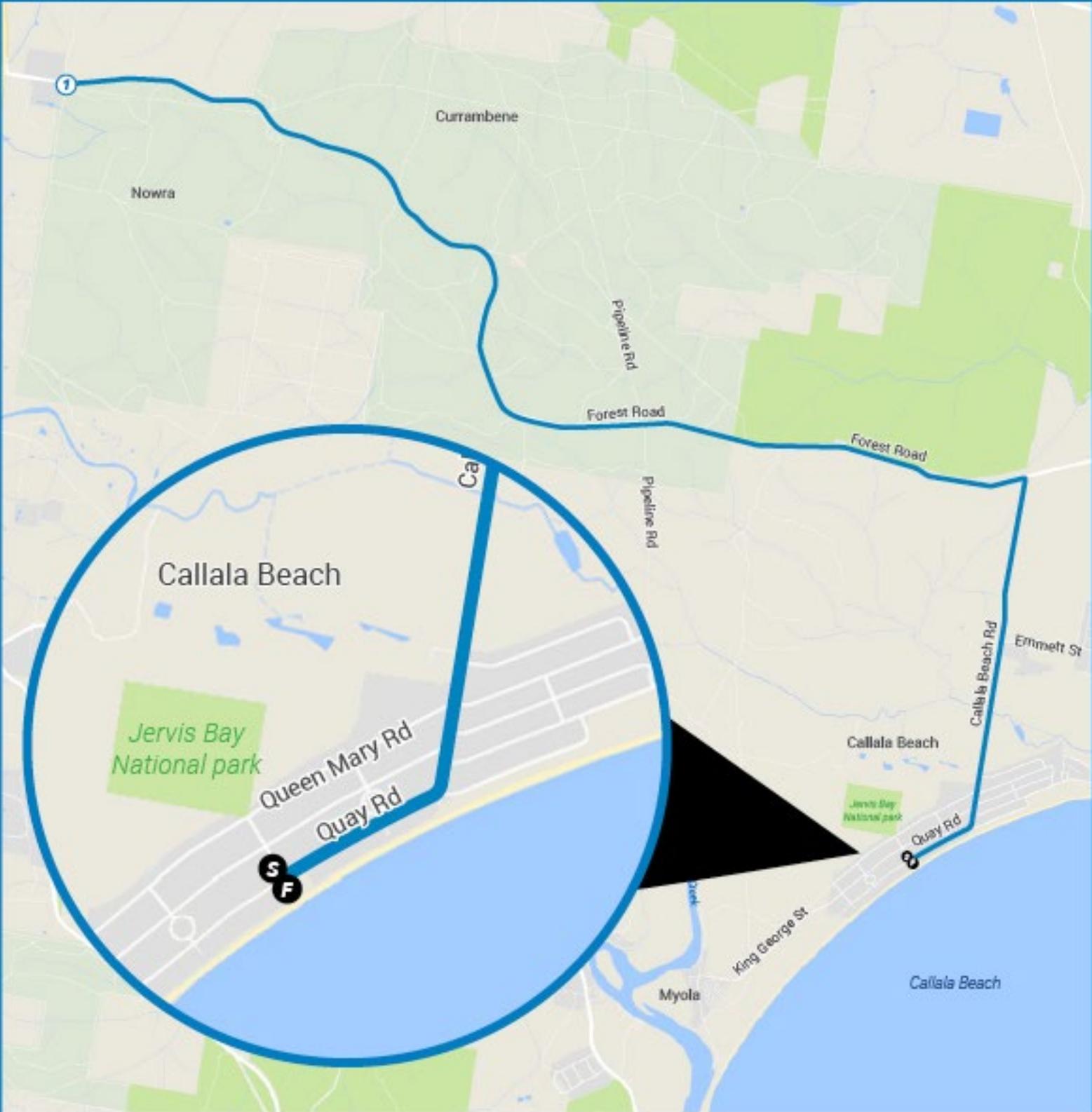


ELEVATION GAIN: 221M (PER LAP)

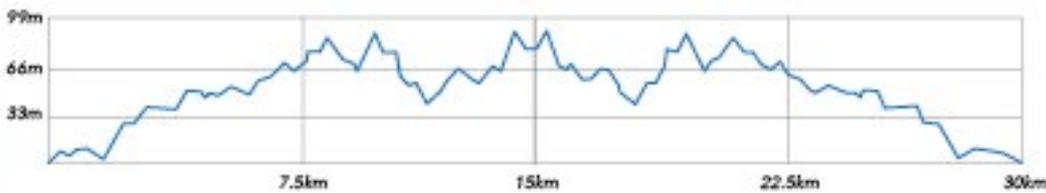


**S** START  
**F** FINISH

**1** BIKE TURN

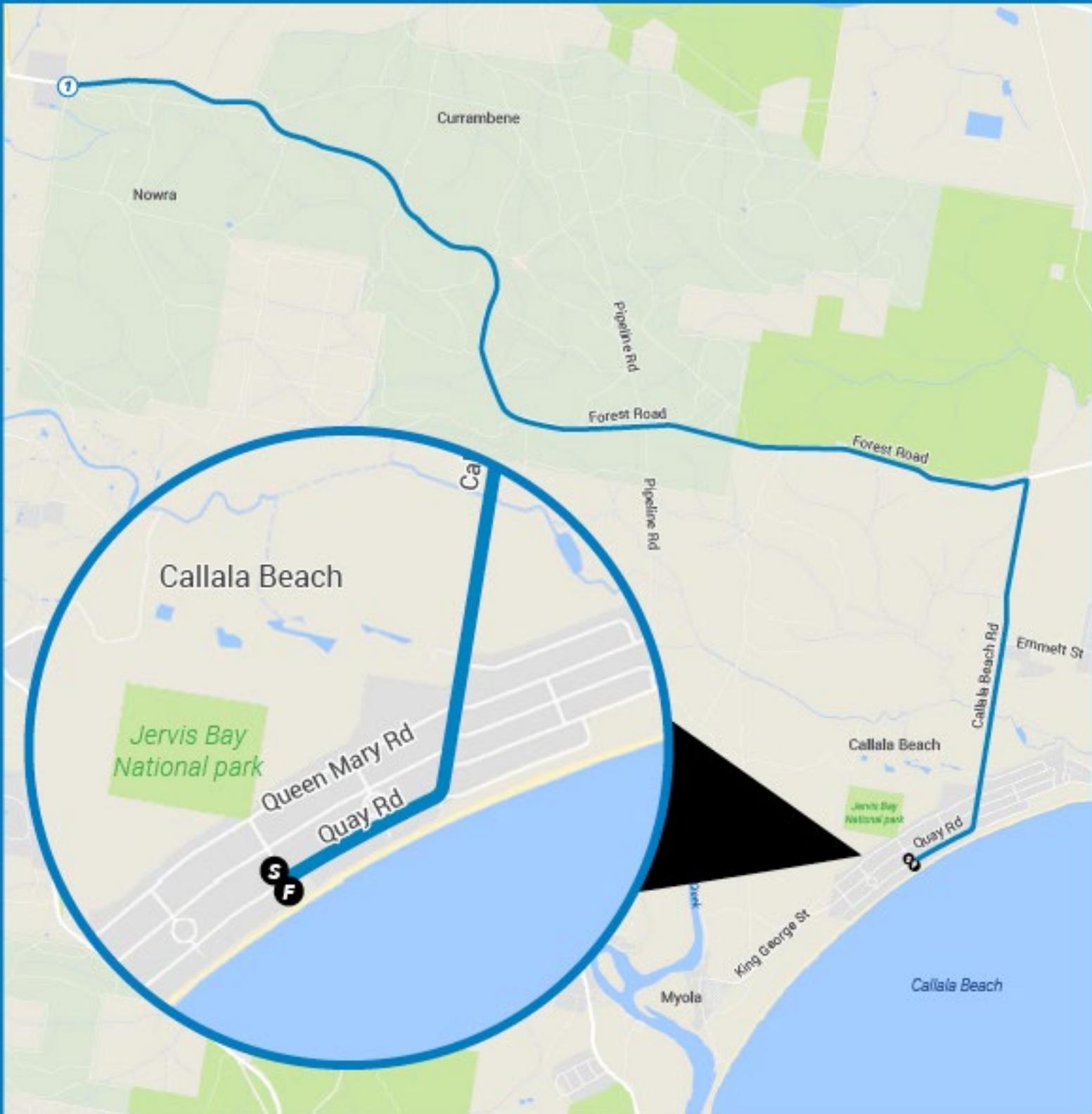


ELEVATION GAIN: 221M (PER LAP)

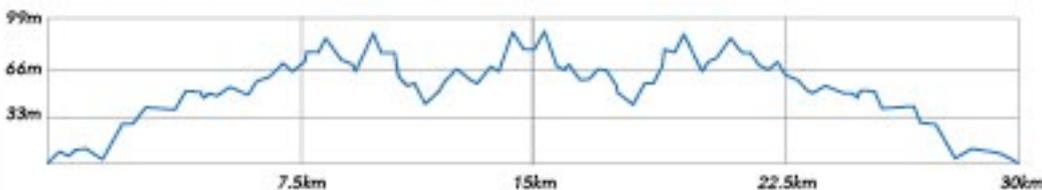


**S** START  
**F** FINISH

**1** BIKE TURN



ELEVATION GAIN: 221M (PER LAP)



**S** START  
**F** FINISH

**1** BIKE TURN

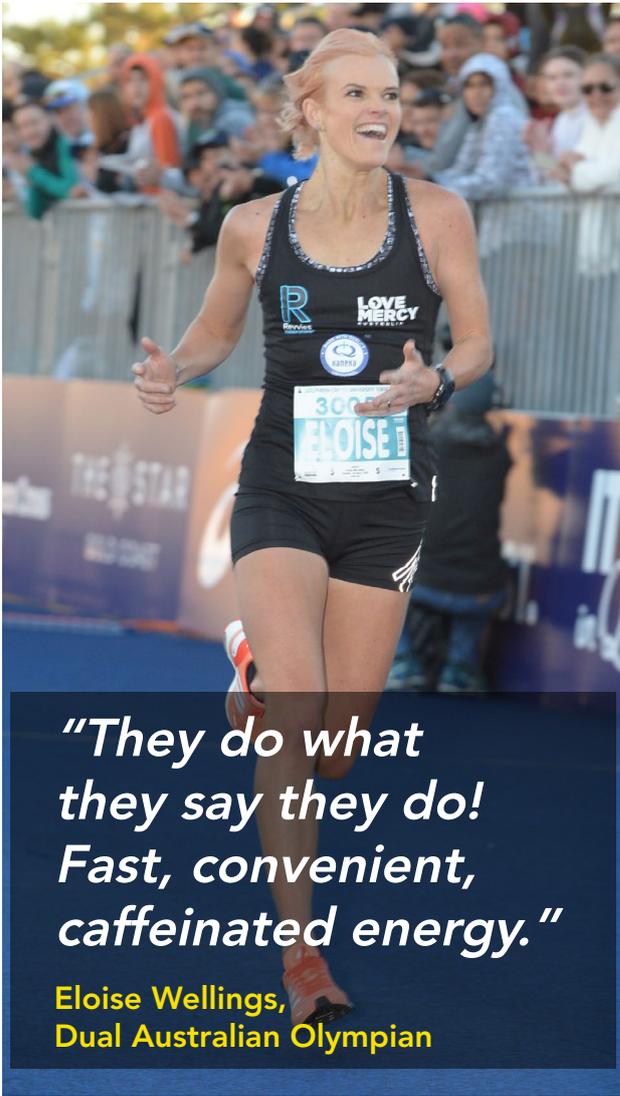
# R Revvies ENERGY STRIPS™

Fast. Convenient. Sugar-Free.

Need a boost?



Have a Revvies.



*"They do what they say they do! Fast, convenient, caffeinated energy."*

**Eloise Wellings,  
Dual Australian Olympian**

## Why Use Revvies?

The caffeine in Revvies can act directly to increase alertness, concentration and enhance mood. Perception of effort and feelings of fatigue are reduced meaning you can push harder for longer.

Revvies are absorbed in the mouth and straight into the blood stream, with users feeling the benefits in less than 5 mins.

Revvies can also help post workout by improving blood flow. Better uptake of oxygen and nutrients means faster recovery times, a strengthened immune system, and more consistent performance.

Plan and manage your nutrition strategy with precision. Revvies mean you can separate your caffeine boost from your fuel and hydration.

Activation of muscles via nerve signaling is strengthened with caffeine consumption, leading to greater power, speed and endurance.

Because Revvies are absorbed through the mouth, they are light and easy on stomach, reducing the risk of upsets.

The caffeine in Revvies acts on the central nervous system reducing pain sensations – making tough workouts seem possible.

Used by pro teams and international athletes, Revvies Energy Strips are an Aussie innovation that helps you maintain focus and perform at your peak in training and on race day.

To feel the Revvies difference for yourself go to [www.revviesenergy.com](http://www.revviesenergy.com) and enter ELITE\$10 at checkout and get our starter pack for just \$10 including free shipping.

- ✓ Vegan ✓ Gluten Free ✓ Low FODMAP
- ✓ No Chewing ✓ No Sticky Waste

Also available from good running stores and Chemist Warehouse.

## R REVVIES TRIATHLON RACE STRATEGY

1



5-10 MIN

STRIPS TAKEN 5-10 MIN BEFORE THE START  
RECOMMENDED FOR RACES < 2HRS

START



2



5-10 MIN

1-2 STRIPS PRE-RACE

RECOMMENDED FOR MEDIUM-LONGER RACES

START



+



1-2 STRIPS

1 STRIP

3



NO STRIPS PRE-RACE

RECOMMENDED FOR LONGER RACES

START



+



STRIPS TAKEN AT REGULAR INTERVALS THROUGHOUT BIKE + RUN

EXPERIMENT IN TRAINING TO SEE WHICH WORKS BEST FOR YOU.

[@revviesenergyoz](https://www.facebook.com/revviesenergyoz) | [www.revviesenergy.com](http://www.revviesenergy.com) | [@revviesenergy](https://www.instagram.com/revviesenergy)

# THE JERVIS BAY MARATHON

SUN | 17 NOV 2019

The fastest-growing marathon in NSW. The course allows for a lot of athlete interaction, large crowds and moments of Dolphins and Whales basking in the Ocean. Explore the beautiful countryside of Jervis Bay. All run distances will commence on the road on Bowen Street, by the 'start' arch. Runners will run through Whitesands Park along the footpath/cycleway that snakes along the foreshore of Jervis Bay towards Vincentia. The gentle ocean breeze that wisps across the bay will be a delight to the many athletes as they set out to chase their dreams, beat their mates, or just finish this memorable and beautiful race



[VIEW ROUTE →](#)

## REGISTRATION



**DON'T FORGET YOUR PHOTO ID**

**FRI**

Nov  
15

3pm - 6pm

**Registration** (Callala Community Hall)

**SAT**

Nov  
16

6am - 2:30pm

**Registration** (Callala Community Hall)

**SUN**

Nov  
17

6am - 9am

**Registration** (White Sands Park, Huskisson)

## ITINERARY

**SUN**

Nov  
17

6am - 9am

**Registration Open** (White Sands Park, Huskisson)

6:45am

**The Jervis Bay Marathon Briefing** (White Sands Park, Huskisson)

**7am**

 **The Jervis Bay Marathon Starts** (White Sands Park, Huskisson))

10am approx

**First Athlete Back** (White Sands Park, Huskisson)

**1:30pm**

 **Event Cut-off Time for Full Marathon Athletes** (White Sands Park, Huskisson)

2:30pm

**LCW Trophy Presentation** (Red Carpet, Finish Line, Huskisson)

Individual event presentations will take place 15 minutes after 1st, 2nd and 3rd Male and Female athletes have crossed the finish line.

**PLEASE KEEP A LISTEN OUT FOR ANNOUNCEMENTS!**

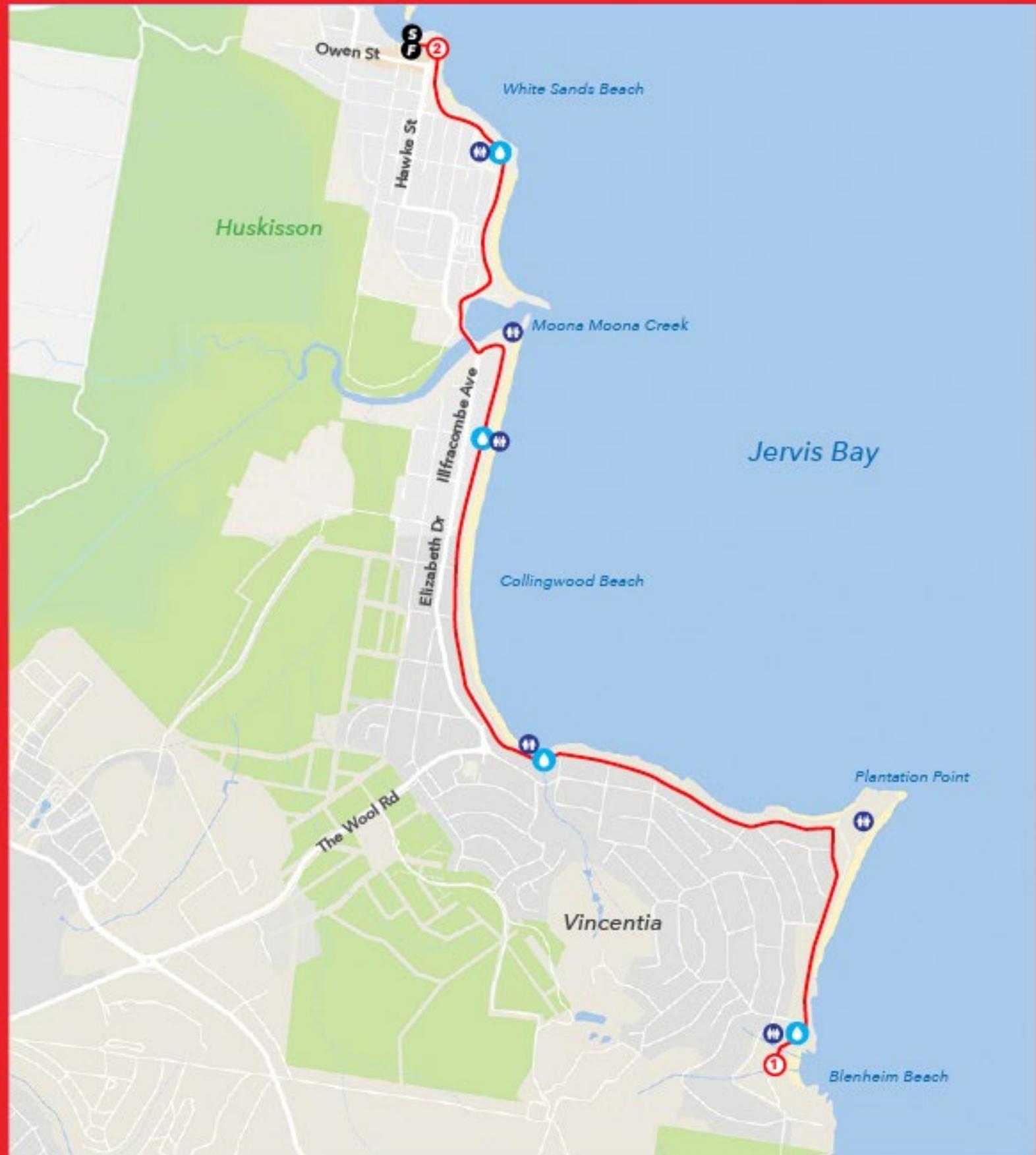
All podium athletes are required to attend.



LONG COURSE WEEKEND

# RUN

## MARATHON (3 LAPS)



**S** START
**F** FINISH
**1** RUN TURN
 AID STATION
 TOILETS

# THE JERVIS BAY HALF MARATHON

## SUNDAY | 17 NOV 2019



[VIEW ROUTE →](#)

As half marathons go it doesn't get better than this! Covering 1.5 loops of the 3 lap marathon course, this gentle yet scenic race takes in White Sands Beach, Collingwood Beach and Blenheim Beach in the first loop alone. Couple that with breathtaking views of Tapalla Point and Plantation Point and you're looking at one of the top 5 half marathon courses in Australia, if not the world! A real favourite over Long Course Weekend, the half marathon attracts both seasoned athletes and those looking to move up from the 5km and 10km options. We can't wait to see you on the start line this November.

## REGISTRATION



**DON'T FORGET YOUR PHOTO ID**

**FRI**

Nov  
**15**

3pm - 6pm

**Registration** (Callala Community Hall)

**SAT**

Nov  
**16**

6am - 2:30pm

**Registration** (Callala Community Hall)

**SUN**

Nov  
**17**

6am - 9am

**Registration** (White Sands Park, Huskisson)

## ITINERARY

**SUN**

Nov  
**17**

6am - 9am

**Registration for The Jervis Bay Half Marathon** (White Sands Park, Huskisson)

7:15am

**The Jervis Bay Half Marathon Briefing** (Start Line, White Sands Park)

7:30am

 **The Jervis Bay Half Marathon Starts** (Start Line, White Sands Park)

**1:30pm**

 **Event Cut-off Time for Half Marathon Athletes** (Start Line, White Sands Park)

2:30pm

**LCW Trophy Presentation** (Red Carpet, Finish Line, Huskisson)

Individual event presentations will take place 15 minutes after 1st, 2nd and 3rd Male and Female athletes have crossed the finish line.

**PLEASE KEEP A LISTEN OUT FOR ANNOUNCEMENTS!**

All podium athletes are required to attend.

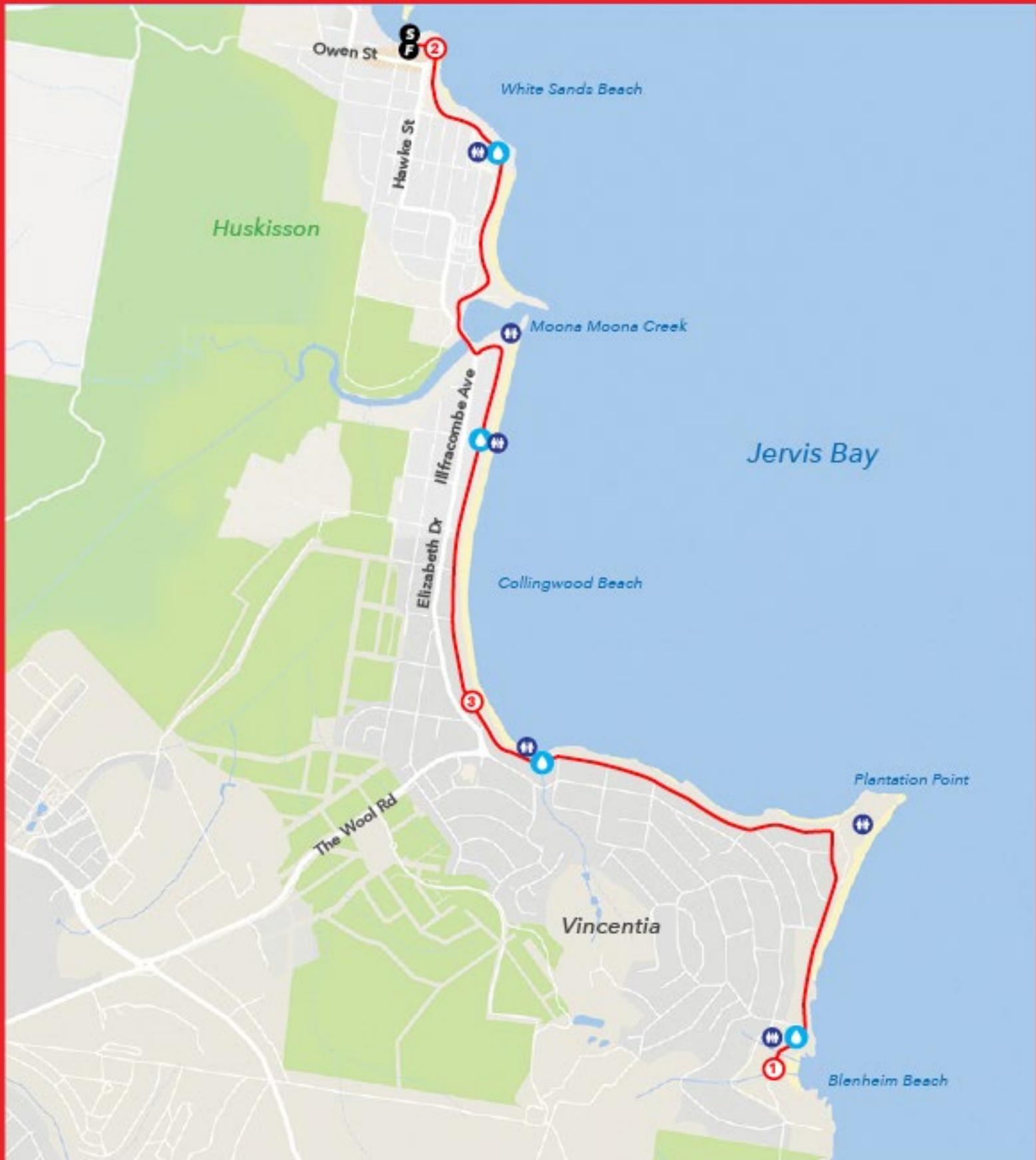


# LCW

LONG COURSE WEEKEND

# RUN

## HALF MARATHON (1.5 LAPS)



**S** START   **F** FINISH   **1** RUN TURN   **A** AID STATION   **T** TOILETS

# THE JERVIS BAY 10K



SUNDAY | **17 Nov 2019**

This memorable 10km route is a 2 lap affair starting and finishing at White Sands Park, Huskisson. The course is flat and fast taking in the breathtaking Jervis Bay coastline and crossing the stunning Moona Moona Creek no less than 4 times.

[VIEW ROUTE](#) →

Be sure to keep an eye out for the Whales as you get as close to the ocean as any 10km race in the world will take you.

## REGISTRATION



**DON'T FORGET YOUR PHOTO ID**

**FRI**

Nov  
**15**

3pm - 6pm

**Registration** (Callala Community Hall)

**SAT**

Nov  
**16**

6am - 2:30pm

**Registration** (Callala Community Hall)

**SUN**

Nov  
**17**

6am - 9am

**Registration** (White Sands Park, Huskisson)

## ITINERARY

**SUN**

Nov  
**17**

6am - 9am

**Registration Open** (White Sands Park, Huskisson)

8:45am

**The Jervis Bay 10K Briefing** (White Sands Park, Huskisson)

**9:00am**

 **The Jervis Bay 10K Starts** (Start Line, White Sands Park)

**1:30pm**

 **Event Cut-off Time for All Athletes** (Start Line, White Sands Park)

2:30pm

**LCW Trophy Presentation** (Red Carpet, Finish Line, Huskisson)

Individual event presentations will take place 15 minutes after 1st, 2nd and 3rd Male and Female athletes have crossed the finish line.

**PLEASE KEEP A LISTEN OUT FOR ANNOUNCEMENTS!**

All podium athletes are required to attend.



# LCW

LONG COURSE WEEKEND

# RUN

10KM (2 LAPS)



- S** START
- F** FINISH
- 1** RUN TURN
- AID STATION
- TOILETS

# THE JERVIS BAY 5K



SUNDAY | **17 Nov 2019**

The inclusive 5km route takes in 1 loop of the 10km track and offers unparalleled views supported by a memorable atmosphere and incredible crowd engagement. Soak up Tapalla Point as you strive to set a new PB around this gentle yet electric course.

[VIEW ROUTE](#) →

## REGISTRATION



**DON'T FORGET YOUR PHOTO ID**

**FRI**

Nov  
**15**

3pm - 6pm

**Registration** (Callala Community Hall)

**SAT**

Nov  
**16**

6am - 2:30pm

**Registration** (Callala Community Hall)

**SUN**

Nov  
**17**

6am - 9am

**Registration** (White Sands Park, Huskisson)

## ITINERARY

**SUN**

Nov  
**17**

6am - 9am

**Registration Open** (White Sands Park, Huskisson)

9:05am

**The Jervis Bay 5K Briefing** (White Sands Park, Huskisson)

**9:15am**

**The Jervis Bay 5K Starts** (Start Line, White Sands Park)

**1:30pm**

**✂ Event Cut-off Time for All 5k Athletes** (Start Line, White Sands Park)

2:30pm

**LCW Trophy Presentation** (Red Carpet, Finish Line, Huskisson)

Individual event presentations will take place 15 minutes after 1st, 2nd and 3rd Male and Female athletes have crossed the finish line.

**PLEASE KEEP A LISTEN OUT FOR ANNOUNCEMENTS!**

All podium athletes are required to attend.

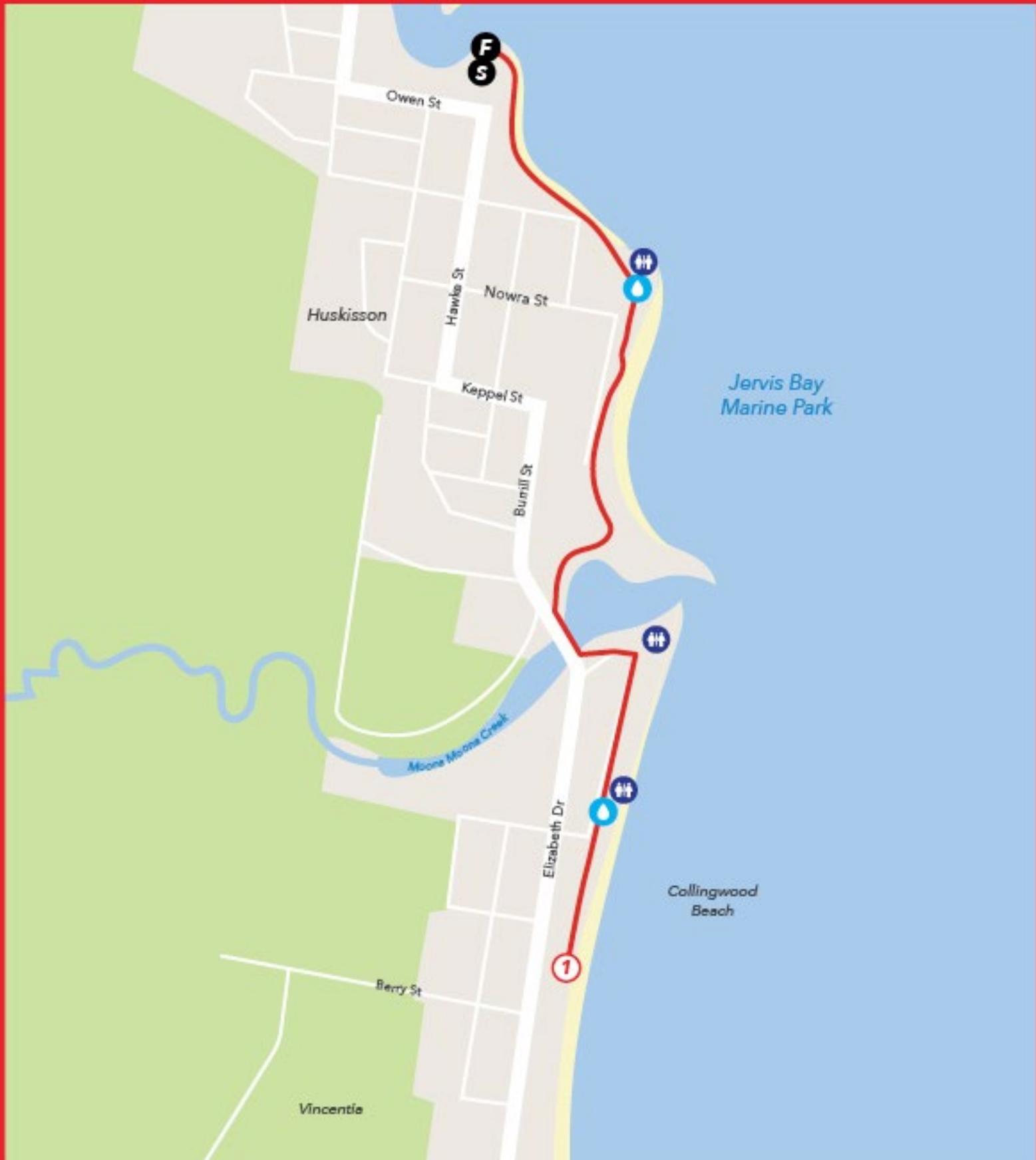


# LCW

LONG COURSE WEEKEND

# RUN

5KM (1 LAP)



- S** START
- F** FINISH
- 1** RUN TURN
- AID STATION
- TOILETS

# MEDICAL FITNESS / WAIVER

Please ask for medical help if you have the slightest hint you may need it during the race. There will be a medical team on standby at all times. Note also that if you are transported by ambulance you could be required to meet costs involved unless covered by an appropriate medical fund. Any aid given by race medical personnel on the course is permissible and will not lead to disqualification, excluding the swim section. If, however, you have any outside assistance you may be disqualified. You will be withdrawn from the race only if you require transportation, IV fluids, or if medical personnel consider your continued participation presents a danger to the health or welfare of you or others.

The medical aid station at the start will handle any injuries or medical problems that arise prior to the start and during the swim. Those competitors who advised on the entry application of specific medical conditions will be listed to facilitate treatment by our medical staff on the course e.g. the ambulance personnel will be provided with a list of these competitors and their specific condition.

As per your agreed waiver, if you have any medical conditions that you need to make our Medical Director aware of, please email [ops@eliteenergy.com.au](mailto:ops@eliteenergy.com.au)



## HUSKY FERRY SERVICE

You can take the Husky Ferry from Huskisson to Callala (you can take your bike on board too!) for \$15 return and bike travel fee.

### Booking Essential

To book now [Click Here](#)

For Facebook [Click Here](#)



4KM

90KM

42.2KM

# FULL LONG COURSE

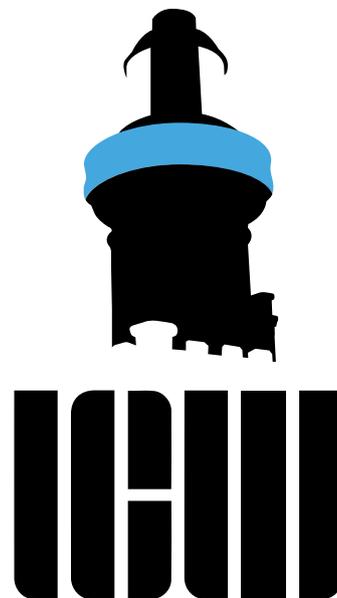
**Congratulations! The next two days will be an epic journey of endurance, fun, emotion and most importantly, making new friends.**

The event kicks off on Saturday morning with the spectacular **Jervis Bay Swim**. In a new format for LCW Jervis Bay the swim will be followed by the bike so rest up and use the time to relax and refuel!

90 kilometres of tough riding awaits on Saturday afternoon with the **Jervis Bay Gran Fondo** – the crowds, feed stations and atmosphere of this scenic event carry you forward on an exciting wave of emotion. Strong mental toughness is key during the final stages of the Grand Fondo with just one more event to go. You're nearly there.....

The **Jervis Bay Marathon** could not be a better way to finish off the weekend. The course is quick and gentle with unrivalled views but don't be fooled. Be sure to save some energy for the final 10km. Let the crowds, your running mates and the thought of that world-renowned 4th medal ceremony at 2:30 pm carry you home.

**SWIM ROUTE** → **BIKE ROUTE** → **RUN ROUTE** →



## REGISTRATION

**! DON'T FORGET YOUR PHOTO ID**

Full Long Course Athletes will have a **dedicated registration channel** at [main registration](#).

You will receive everything you need to compete at registration. Nothing will be posted or available at race starts.

**FRI**

Nov  
**15**

3pm - 6pm

**Registration** (Callala Community Hall)

**SAT**

Nov  
**16**

6am - 7am

**Registration** (Callala Community Hall)



**FULL LONG COURSE WEEKEND ATHLETES MUST BE REGISTERED BY 7:00AM ON SATURDAY.**

# MEDAL CEREMONY

Presentation of medals will be done upon crossing the finish line of your event. Every competitor receives a medal!

The weekend is brought to a close with the very special 4th medal ceremony. Where every athlete gets to walk the red carpet and share the success with fellow athletes of finishing the 4km swim, 90km bike and the full marathon on what will be a guaranteed spine-tingling atmosphere. The unique ceremony will be a moment to cherish and a great occasion for you as an athlete and for your supporters.

All athletes must then gather at the bottom of the finish area at **2:15pm**. The ceremony will start at **2:30pm**.

All athletes must have the following to get onto the carpet:

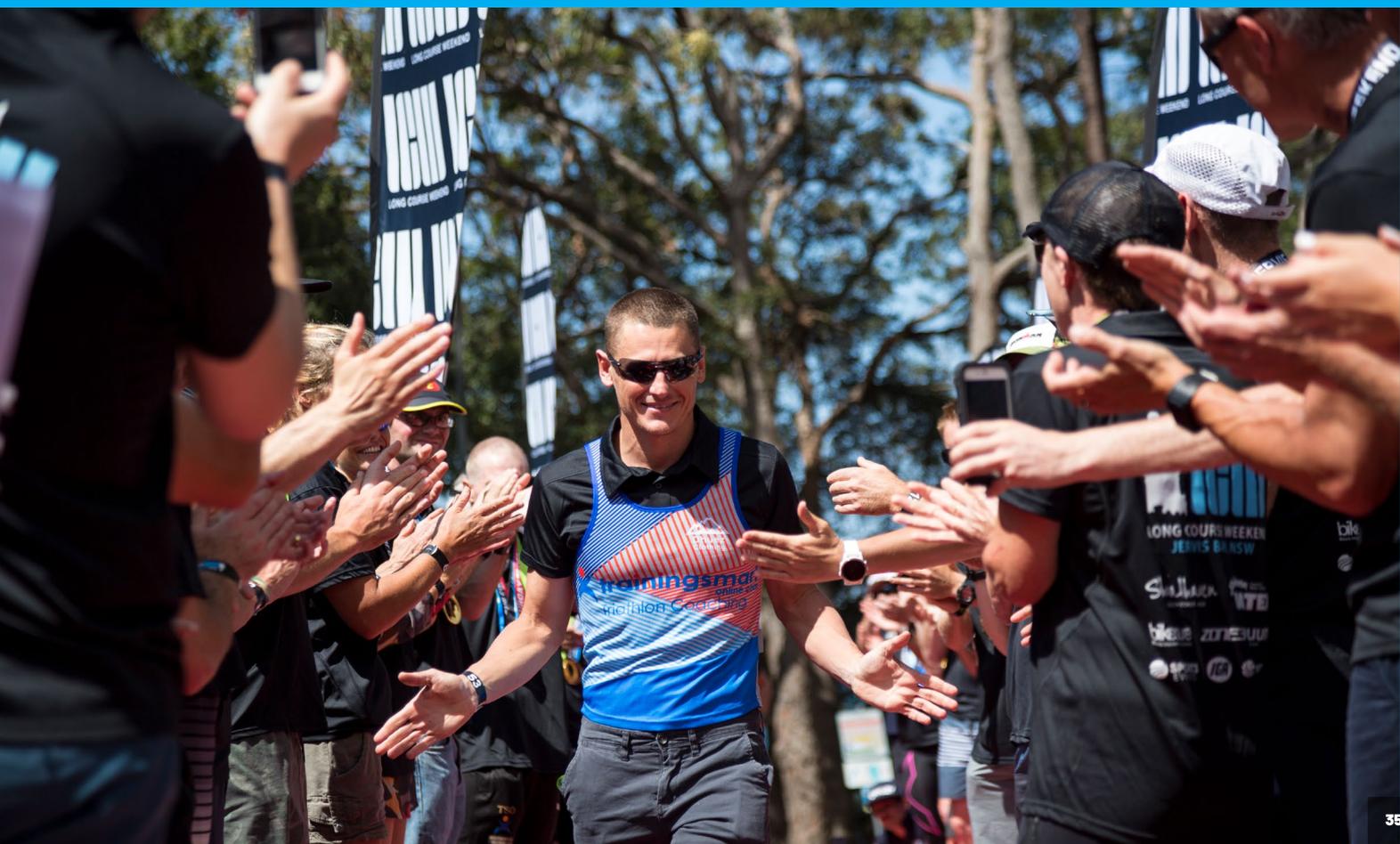
**LCW athlete shirt on.**

**All medals from the weekend.**

Its anticipated that the ceremony will last **approximately 30 minutes**. Be part of something special...be part of history.

## DON'T FORGET YOUR POLO SHIRT

To take part in the 4th medal ceremony on Sunday you must wear the athlete polo that was issued to you during registration.



# POST RACE INFORMATION

## PRIZES AND AWARD CEREMONY

Presentation of medals will be done upon crossing the finish line of your event. Every competitor receives a medal!

The top 3 athletes for each distance for each day will be presented once the 3rd competitor is across the finish line. Please stay around to celebrate in their success.

The Long Course Weekends athletes completing all 3 legs (as part of the LCW full distance event) will be awarded their 4th medal at the presentation on Sunday. Please stay around while those athletes are rewarded and commended for their awesome effort while they walk down the red carpet by the finish line on the last day!

## VOLUNTEERING

Anyone can volunteer – no matter your motivation - retiree, student, avid sports lover! This event offers many opportunities to volunteer for this world-class race.

We have volunteer slots to be filled with fun, energetic, and reliable individuals! You can even make the experience more exciting by getting your friends and family to join or as part of a fundraiser by receiving a donation for your community organisation, charity, youth group, or sporting team. No volunteer is too old, too young or unable, we'll find you a role!

If you'd like to volunteer then contact:

[info@lcwjervisbay.com](mailto:info@lcwjervisbay.com)

## LOST PROPERTY

You should place some form of identification on all your personal gear/property for ease of identification if any is misplaced and handed into officials at Race Office. Please note that the race organisers take no responsibility for lost property. Property handed into the officials will be available for collection on Sunday afternoon at the Race Office, Huskisson.

## RESULTS

Subject to all competitors having been accounted for, and all timing bands returned immediately after the race (e.g. crossing finish line, DNF's, withdrawals during the race, etc.), results will be posted near the

## RACE PHOTOS

Race photos will be provided by Finisher Pix. To make sure you are captured in your event, make sure your bib number is clearly visible – and always remember to smile!

Race photos will be available 2-3 days after the conclusion of the event. An email will be sent to all

# MineralDrink Light

by *Wolfram Eder*

## "The Pro Athletes Drink of Choice"



Follow us: [mineralkrinkau](https://www.mineralkrinkau.com)



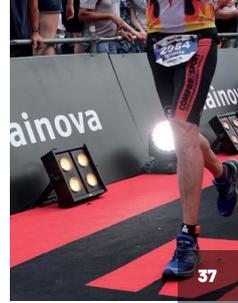
**FinisherPix**® | Powered by Smiles



# NEVER FORGET **YOUR RACE**



ORDER YOUR RACE PHOTOS HERE:  
[www.finisherpix.com](http://www.finisherpix.com)  
[www.facebook.com/finisherpix](https://www.facebook.com/finisherpix)  
#finisherpix



# THINGS TO DO

- 1)** Eco – [www.dolphinwatch.com.au](http://www.dolphinwatch.com.au) – Award winning whale and dolphin cruises incorporating cave and cliff exploration.
- 2)** Bike Hire – [www.jervisbaybikehire.com](http://www.jervisbaybikehire.com) – “See the bay in a different way!” including free delivery.
- 3)** Bay & Basin Sport Fishing – [www.facebook.com/bayandbasinsportsfishing/](http://www.facebook.com/bayandbasinsportsfishing/) – More than just a fishing charter, it’s a guided fishing experience.
- 4)** Inclusive excursions – [www.itsheaven.org/shoalhaven/](http://www.itsheaven.org/shoalhaven/) – Water parks, beach access and whale watching, Jervis Bay welcomes people of all abilities to experience inclusive activities at their best.
- 5)** Shopping – [www.shoalhaven.com/towns](http://www.shoalhaven.com/towns) – There are 49 vibrant and historic towns in the Shoalhaven area, each offering unique shopping experiences.
- 6)** Nowra Aquatic Park – [www.shoalhavenswimandfitness.com.au](http://www.shoalhavenswimandfitness.com.au) – Nowra Aquatic Park offers a variety of facilities, boasting a 9 lane FINA standard 50m outdoor pool, Splash Play Park as well as the 'Vortex' and 'Rampage' waterslides.
- 7)** Club Callala – [www.clubcallala.com.au](http://www.clubcallala.com.au) – A unique club offering golf, darts bowls and a fully licensed restaurant minutes from race HQ.
- 8)** Shoalhaven Zoo – [www.shoalhavenzoo.com.au](http://www.shoalhavenzoo.com.au) – The perfect day out for both locals and visitors alike, bringing together exotic animals and Aussie favourites for the whole family to enjoy.
- 9)** Jervis Bay SUP – [www.jervisbaystanduppaddle.com.au](http://www.jervisbaystanduppaddle.com.au) – Daily lessons and tours including Monster SUP sessions. All equipment provided.
- 10)** Trees Adventure – [www.treesadventure.com.au](http://www.treesadventure.com.au) – A memorable cliff edge experience with 7 varying and exhilarating trails reaching 35 metres high.

# WHERE TO EAT?

- 1)** The Gunyah Restaurant – [www.paperbarkcamp.com.au](http://www.paperbarkcamp.com.au) – A unique dining experience capturing the romance and ambience of the Australian bush.
- 2)** Kanpai Japanese Restaurant – [www.kanpaijapanesedining.com.au](http://www.kanpaijapanesedining.com.au) – Modern and stylish, the chefs at Kanpai serve traditional Japanese cuisine in a contemporary Western style.
- 3)** Five Little Pigs – [www.5littlepigs.com.au](http://www.5littlepigs.com.au) – Fresh and vibrant café offering exceptionally friendly service in a newly decorated atmosphere – their goal and motto is to be the happiest little cafe on the planet!
- 4)** Three Gringos Mexican – [www.3gringos.com.au](http://www.3gringos.com.au) – Contemporary Australian Mexican cuisine boasting authentic flavour and fresh, local produce.
- 5)** Wild Ginger – [www.wild-ginger.com.au](http://www.wild-ginger.com.au) – The philosophy here is predominantly based around Thai cuisine however there are subtle inclusions of all types of SE Asian flavours and dishes.
- 6)** Pilgrims – [www.pilgrims.cafe](http://www.pilgrims.cafe) – Stunning views and a varied menu put Pilgrims on the map for all vegans, vegetarians and those searching for a healthy kick!
- 7)** Stone Grill – [www.stonegrill.net.au](http://www.stonegrill.net.au) – The Stonegrill Steakhouse, offers you a selection of prime aged steaks, fresh seafood, juicy lamb cuts, fresh chicken breasts and a selection of mixed marinated mixed grill, wagyu, dinosaur T-Bone, including lamb, chicken and fresh seafood for you to cook to your own taste on a heated stone at your table.
- 8)** The Quarters – [www.thequartershuskisson.com.au](http://www.thequartershuskisson.com.au) – Set in a 100 year old coastal cottage this all day bar and eatery ticks all the boxes pulling inspiration from the Mediterranean and Asia.
- 9)** Pelican Rocks Café – Just a short drive from Nowra, this renowned café serves some of the best seafood around and there's always the local pelicans to welcome you.
- 10)** Angels Bayside – Top of our quick eats picks is this quirky little seaside eatery. Open for breakfast and lunch just moments from the beach with great staff and a chilled vibe.

**THANKS FOR  
RACING  
WITH US!  
SEE YOU IN  
2020...**

