



# **Novice Program 2023**

## **Information Booklet**



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# 1 Introduction

## 1.1 Canberra Bilbys Triathlon Club

Canberra Bilbys Triathlon Club was established in 1987. The Club has had hundreds (if not thousands) of members over the years and prides itself on being an inclusive and social club for adults for all ages, abilities & experience levels. Current members range from 18 to 80+ years of age and while most Bilbys Club triathletes who compete locally, there are numerous Bilbys (both current and former) who have represented Australia and who compete professionally and internationally.

## 1.2 About Triathlon

Triathlon is a multi-discipline sport combining swimming, cycling & running in a single event. Traditionally, the swim takes place in open water (ocean, lake etc), followed by a road ride and finally a road run. Triathlons can also be completed as part of a team.

There are also a plethora of triathlon variants and related events including:

- Cross Tri – getting off-road. In a Cross Tri the road ride is replaced by a mountain bike ride and the road run by a trail run. Sometimes the swim is in the surf.
- Aquathon – ditch the bike! This is a swim – run event.
- Duathlon – ditch the swim! A duathlon is a run - ride – run event.
- Swim-bike- ditch the run! Do the first two bits.

There are also various distances of Triathlons including:

Name	Distances
Enticer / Novice	Swim less than 750m (Usually ~200-300m) Ride less than 20km (Usually ~10-12km) Run less than 5km (Usually ~2-3km)
Sprint	Swim 750m Ride 20km Run 5km
Olympic / Standard	Swim 1500m Ride 40km Run 10km
Half Ironman / Long Course / 70.3	Swim 2500-3800m (Usually 1900m) Ride 80-120km (Usually 90km) Run 20-30km (Usually 21.1km)
Ironman / Full Distance	Swim 3800m Ride 180km Run 42km

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### 1.3 Bilbys Novice Program Introduction

Joining the Bilbys is a great way to embark on a healthier lifestyle, gaining increased fitness and making great new friends in a club dedicated to offering everyone the chance to improve themselves in every aspect of this great sport, regardless of current fitness levels or ability. There really is no limit as to how far you can go with this sport and a great first step is the Bilbys Novice Program!

The Bilbys has been running an Annual Novice Program since 2000 and each year we transform around 50 novices into triathletes. The Novice Program for Spring / Summer 2023 will consist of 10 weeks of friendly, coached training sessions starting on 10 October 2023. The novice program caters for all levels of abilities and goals, from people who have no idea about triathlons and may not have ridden a bike for 30 years, all the way through to people who are competitive runners, swimmers or cyclists looking for a new challenge. The program is open to all people over the age of 18.

The novice program includes running, swimming and cycling training sessions designed to increase your fitness and improve your performance. The program also provides various information sessions related to the sport of triathlon. The program finishes with your first novice distance triathlon at the start of December 2023.

The total cost for the program is \$450.

The program is exceptional value and includes many benefits including:

- 10 weeks of structured triathlon training sessions, coached by experienced coaches designed specifically to prepare you for your novice races. This includes swimming, cycling, running, open water and transition sessions.
- Membership to Canberra Bilbys Triathlon Club for the 2023-24 season
- Membership (Standard) to Triathlon Australia at the Club Member rate for the 2023-24 season
- Public liability and personal accident insurance coverage while you are racing in Triathlon Australia sanctioned events and whilst training for triathlon
- Generous discounts from our sponsors' including the Walking Clinic, The Runner's Shop, and Kingston Physio
- All the Triathlon ACT and Triathlon Australia members' benefits
- Canberra Bilby's Triathlon Club t-shirt
- Specialised triathlon related information sessions
- Organised social events
- A novice distance race based here in Canberra

To find out more about this year's novice program or to subscribe to our weekly club newsletter contact the Novice Program Coordinators Katie, Claire and Joe on [novicebilbys@gmail.com](mailto:novicebilbys@gmail.com).

A Bilbys Novices 2023/24 Facebook group will be set up and we encourage you to join. This is a private group you can use to ask the coaches and fellow novices questions, organise transport, social events and training sessions after the novice program. We will also use it (and email) to communicate any last-minute training changes.

We recommend you like the Bilbys Triathlon Club page and join the Bilbys Marketplace and Bilbys Buddies groups in Facebook to keep up to date with club news and events. If you do not use Facebook, Club announcements will also appear in our weekly newsletter.

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## 2 Novice Program Coordinators

Claire, Katie and Joe are your Novice Program 2023/24 coordinators. You can contact us on [novicebilbys@gmail.com](mailto:novicebilbys@gmail.com), email us individually, or catch us at your training sessions.

Claire and Katie have both done the Triathlon Australia Development Coaching Course (Level 1) so you can ask us any questions ranging from 'What can I do after the program?' to 'What do I wear under a tri suit?' And if we don't know the answer we will find someone who does.

Claire, Katie and Joe will both also be coaching and assisting at swimming, cycling, open water and transition training sessions throughout the Novice Program.

During the program we will send a weekly email on Sunday / Monday outlining the sessions for the week, meeting points and what to bring. Most of the information is also included in this booklet.

**Katie Binstock**

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## 3 The Training Sessions

### 3.1 Swimming

Many a Novice's nightmare, but we haven't lost one yet!

There will be one coached pool swimming session per week included in the program on a Thursday evening. This is a dedicated novice swim session covering all aspects of swim training including stroke correction and drills aimed at ensuring your first race (usually 200m or 300m) will be completed with confidence and ease. There will be 2-3 coaches / helpers at each session to provide maximum guidance and feedback.

Thursday evening                      6.30 – 7.30              Canberra Olympic Pool in Civic

During these hour-long sessions, you will be surprised by just how many laps you will be able to complete! Attendees are allocated to lanes based on ability ensuring that people of the same skill level swim together so that you don't feel 'out of your depth'. The coach will be happy to recommend the best lane for you to ensure that you get the most out of the session.

If you cannot attend the Novice sessions and would like to, you can attend one of our normal squad sessions instead (on Monday night, Tuesday morning, Thursday morning or Friday night) at no cost during the program. Attending one of the normal squad sessions is also a good option if you wish to do additional swim sessions but you will need to pay the usual membership rate of \$5.

Later in the program there will also be five open water swimming training sessions at Black Mountain Peninsula (water quality and weather permitting). You will also get further opportunities to swim in open water during the transition sessions.

Please note that you do have to pay for your pool entry; this is not included in the Novice Program fee.

#### What to bring:

- Water bottle
- Towel
- Money for coffee / breakfast

#### What to wear:

- Swimsuit
- Swimming cap (recommended - we have Bilbys' caps for purchase)
- Swimming goggles (recommended)
- Sunscreen (for open water sessions)

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## 3.2 Cycling

The key cycling session of the program will be on Saturday afternoon. These Saturday afternoon sessions will divide people into ability / experience groups and be skills focused sessions. There will be groups for all abilities. The sessions will concentrate on cycling skill development. They are conducted off the road in a large car park practicing bike manoeuvres including bunch riding skills, bike control, signalling and braking. The meeting point for these rides for the first three weeks will be the cycling crit track at Stromlo Forest Park. The meeting point for the final two skills sessions will be advised nearer the time.

Building on the skills sessions, from week 6 in the program, we will commence 'bunch' rides on Wednesday mornings. These rides depart promptly at 6:00am from the Dickson pool car park. For this session the novices will join other Bilbys and cyclists. Novices who are experienced cyclists with bunch riding experience are welcome to join the main Bilbys bunches (please speak to one of the coordinators first if you wish to do this). For less experienced riders, there will be several novice bunches accompanied by coaches and helpers, riding 20-30km and at various paces, depending on the group. The aim of this session is to develop your fitness and bunch riding skills.

We go for coffee after at Good Brother in Dickson. It's a great chance to meet your fellow club members.

We will also commence a second bunch ride on Saturday mornings. These will depart from ANU at 7:00am. This is a longer but slower pace ride. Again, there will be a coffee options afterwards (usually Good Brother in Dickson or Coffee Lab in ANU).

### What to bring:

- Bicycle (of any kind) in good working condition
- Helmet
- Water bottle
- Bike pump (optional)
- Puncture repair kit, including spare tubes etc (recommended)
- Lights (Wednesday morning – if dark these are ESSENTIAL)

### What to wear:

- Cycling knicks (recommended)
- Short / tight pants (to avoid getting caught in your bike chain)
- T-shirt
- Sunscreen
- Gloves (recommended)

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### 3.3 Running

The key running session is interval style training on Tuesday nights from 6:00-7:30pm. This session is at Dickson Oval throughout the summer. The Tuesday night session is a regular Bilby's session so you will be training alongside regular club members but with a dedicated novice coach. A typical session would consist of:

- A short warm up jog or walk/jog
- Stretching
- Static and active drills to improve running technique
- An interval session (varying in distance and intensity depending on your current fitness)
- A warm down jog or walk and stretching.

There will also be coached Sunday morning endurance run sessions throughout the program. Coaches will run or walk/jog with you for various distances (2, 4, 6, 8 or more kms) depending on your fitness levels and abilities. All abilities and distances are catered for and no-one gets left behind!

Sunday runs will have rotating venues each week: Mount Ainslie and the Arboretum.

Again, what would a run be without a social post run coffee/breakfast and chat session!! After your run, participants are encouraged to wander over to the local café to grab a brew with your coaches and chat with your fellow novices.

What to bring:

- Water bottle

What to wear:

- Comfortable pants and top
- Supportive running shoes
- Sunscreen
- Visor / cap (optional)

### 3.4 Transition sessions

Before the race on 3 December 2023 we will run two transition sessions (water quality and weather permitting) to get you used to transitioning from swimming, to riding, to running. You can also bring a bike and runners to the open water sessions if you want to do extra practice transitioning.

What to bring:

- Water bottle
- Transition towel
- Towel to dry off / keep warm
- Bicycle
- Helmet
- Runners
- Cycling shoes (if different from your runners)
- Shorts / top to cycle / run in
- Swimming goggles (recommended)
- Swimming hat (recommended in open water)
- Set of clothes to go home in
- Talcum powder (optional)
- Race Belt (if you have one)

What to wear:

- Tri suit / swimmers (whatever you want to swim in)
- Sunscreen

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### 3.5 Information Evenings

The Novice program offers three important information sessions that are designed to fill you in on all the nuts and bolts of triathlon. These sessions will be held on three Tuesday / Wednesday evenings. Those on Tuesday are after the running session and we will provide food.

We have organised for presentations from some very experience people to come talk to you about many aspects of the sport including stretching, body mechanics, equipment, nutrition and general information on the sport (including tips for improving your times), just to name a few.

We will hold a final 'where to from here?' information session after the program to discuss programming and information for training during winter.

The Information Sessions will be held at different venues as follows:

When	Who	Where	What
TBA	Kingston Physiotherapy, The Walking Clinic & The Runners Shop	Kingston Physio	To talk about how to prevent injury and running equipment.
TBA	Bike shop TBC	99 Bikes Fyswick	To talk about all things bicycle, including, importantly, how to change a flat tyre
TBA	Technical Official "TO" and Bilbys' coaches	Lyneham (TBC)	Putting it all together- the rules, race day, nutrition and Q&As

Even if you only pick up one new piece of information each night, then it will have been well worth it.

### 3.6 The Forth Leg – Social!

After the race on 3 December we will all come together to celebrate what you've learnt during the last few weeks over dinner. This will be a good chance to discuss the where to from here and ask any questions you may have about the sport. The venue and time are TBC so watch this space!

All Novices are welcome (encouraged) to attend the regular Bilbys Social events which include;

- Post Running Dinner or BBQs– held the first Tuesday of every month. Refer to the Newsletter for details.
- Post Ride coffees – Saturday and Wednesday mornings
- Post Run coffee – Sunday morning local café.

## Training Calendar

	Week commencing	MON	TUE	WED	THU	FRI	SAT	SUN
1	9-Oct		Run Intervals <i>Dickson</i> 6:00-7:30pm		Pool swim <i>Civic</i> 6:30-7:30pm		Cycling Skills <i>Stromlo</i> 1.30-3.00pm	Endurance Run <i>Arboretum</i> 8:00-9:15am
2	16-Oct		Run Intervals <i>Dickson</i> 6:00-7:30pm		Pool swim <i>Civic</i> 6:30-7:30pm		Cycling Skills <i>Stromlo</i> 1.30-3.00pm	Endurance Run <i>Ainslie</i> 8:00-9:15am
3	23-Oct		Run Intervals <i>Dickson</i> 6:00-7:30pm	Info night - bike maintenance (TBC)	Pool swim <i>Civic</i> 6:30-7:30pm		Cycling Skills Campbell - TBC 1.30-3.00pm	Endurance Run <i>Arboretum</i> 8:00-9:15am
4	30-Oct		Run Intervals <i>Dickson</i> 6:00-7:30pm Info night - injury prevention and nutrition (TBC)		Pool swim <i>Civic</i> 6:30-7:30pm		Cycling Skills <i>Stromlo</i> 1.30-3.00pm	Endurance Run <i>Ainslie</i> 8:00-9:15am
5	6 Nov		Run Intervals <i>Dickson</i> 6:00-7:30pm		Pool swim <i>Civic</i> 6:30-7:30pm		Cycling Skills <i>Stromlo</i> 1.30-3.00pm	Endurance Run <i>Arboretum</i> 8:00-9:15am

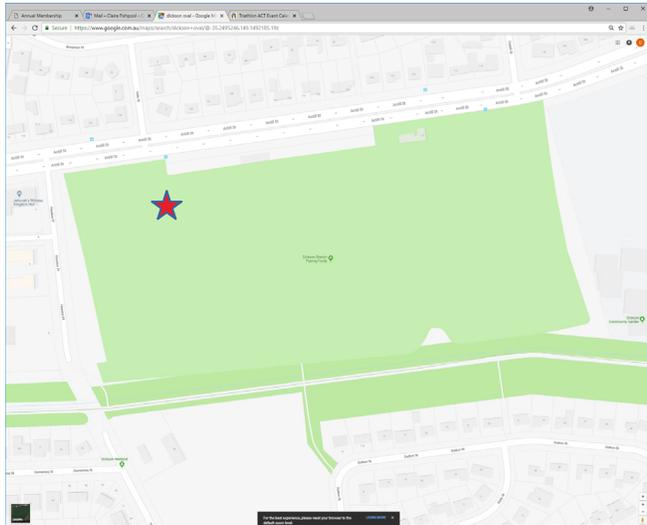
			Bilbys' post running dinner					
6	13-Nov	Open Water <i>BMP</i> 6:00-7:30pm	Run Intervals <i>Dickson</i> 6:00-7:30pm	Bunch Ride <i>Dickson</i> 6:00-7:15am	Pool swim <i>Civic</i> 6:30-7:30pm		Long Ride <i>ANU</i> 7:00-9:00am	Endurance Run <i>Ainslie</i> 8:00-9:15am
7	20-Nov	Open Water <i>BMP</i> 6:00-7:30pm	Run Intervals <i>Dickson</i> 6:00-7:30pm	Bunch Ride <i>Dickson</i> 6:00-7:15am	Pool swim <i>Civic</i> 6:30-7:30pm		Transition <i>BMP</i> 2:00-3:30pm	Endurance Run <i>Arboretum</i> 8:00-9:15am
8	27-Nov	Open Water <i>BMP</i> 6:00-7:30pm	Run Intervals <i>Dickson</i> 6:00-7:30pm Info night - race rules and what next	Bunch Ride <i>Dickson</i> 6:00-7:15am	Pool swim <i>Civic</i> 6:30-7:30pm		Transition <i>BMP</i> 2:00-3:30pm	<b>RACE DAY</b>
9	4 Dec	Open Water <i>BMP</i> 6:00-7:30pm	Run Intervals <i>Dickson</i> 6:00-7:30pm Bilbys' post running dinner	Bunch Ride <i>Dickson</i> 6:00-7:15am	Pool swim <i>Civic</i> 6:30-7:30pm		Long Ride <i>ANU</i> 7:00-9:00am	<b>(optional) RACE DAY</b>
10	11-Dec	Open Water <i>BMP</i> 6:00-7:30pm	Run Intervals <i>Dickson</i> 6:00-7:30pm	Bunch Ride <i>Dickson</i> 6:00-7:15am Post program dinner - Briscola	Pool swim <i>Civic</i> 6:30-7:30pm		Long Ride <i>ANU</i> 7:00-9:00am	Endurance Run <i>Ainslie</i> 8:00-9:15am

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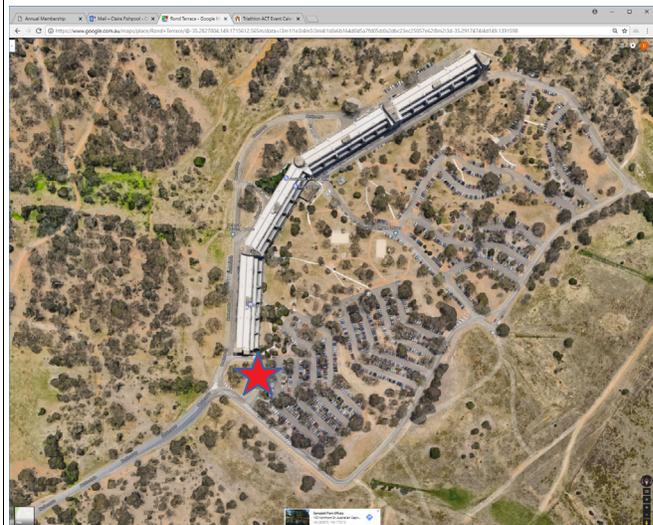
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## 5 Maps of Meeting Points

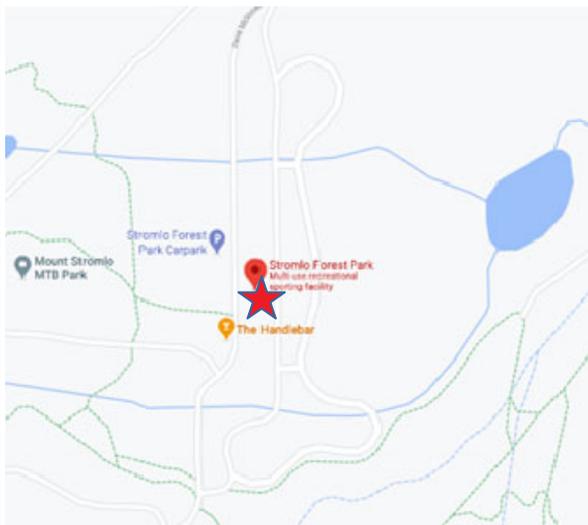
**Tuesday running – Dickson Antill Street** – there is parking off Antill street (near intersection with Hawdon Place).  
 Bilbys meet in the North West corner of the playing fields



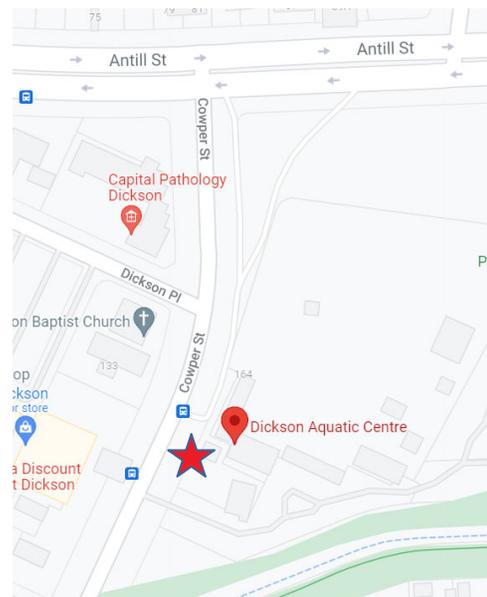
**Saturday skills week 3 only – Campbell Northcott Drive** - behind the War Memorial off of Fairbairn Avenue



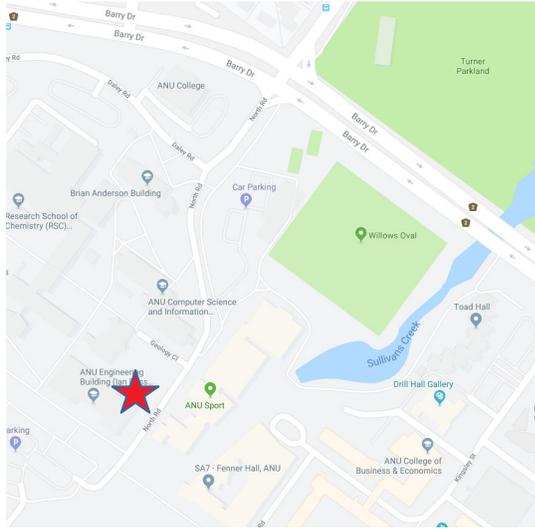
**Saturday skills weeks 1, 2, 4 and 5 – Stromlo Cycling Crit Track** – Stromlo Forest Park, Dave McInnes Road



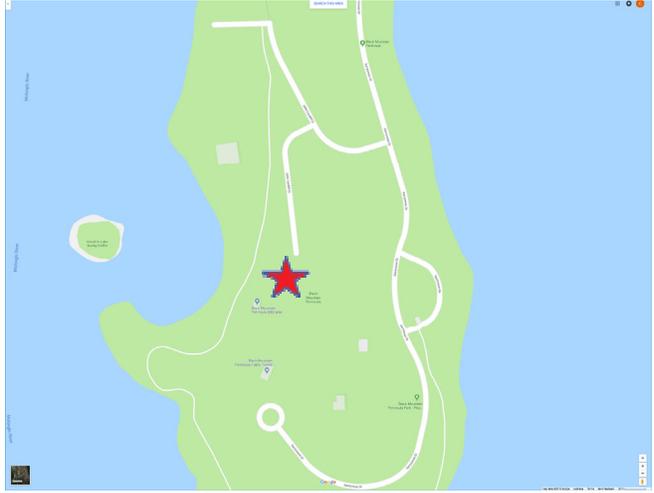
**Wednesday riding – Dickson Aquatic Centre**  
**Cowper Street** – park in the pool car park



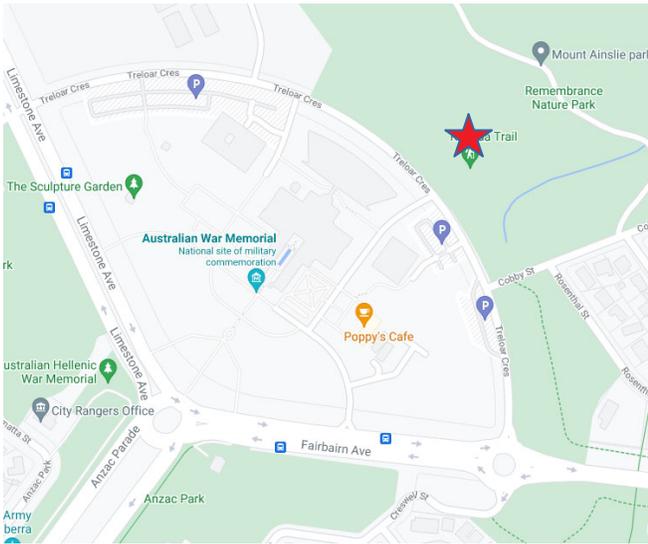
**Saturday riding – ANU Campus**  
North Rd



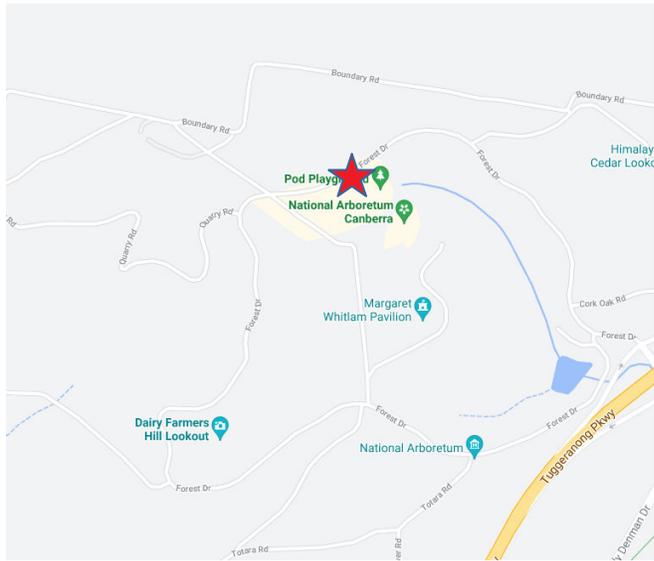
**Open Water Swimming and Transition sessions –**  
Black Mountain Peninsula  
John Cardiff CI



**Sunday running – Mt Ainslie**  
Park in the War Memorial Car parks and walk to the picnic tables across Treloar Crescent



**Sunday Running – National Arboretum**  
Park in the main car park and meet near the Pod Playground



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## 6 Races

### 6.1 ACT Races

When	What	Novice distance	Other distances at this event	Link
3 December 2023	Super Sprint	Yes!	This is a dedicated novice race included in your program!	

Please see the Triathlon ACT website for a full listing of all events in Canberra:  
[http://www.triathlon.org.au/State\\_Associations/ACT/Events/Triathlon\\_ACT\\_Event\\_Calendar.htm](http://www.triathlon.org.au/State_Associations/ACT/Events/Triathlon_ACT_Event_Calendar.htm)

### 6.2 Other races

Bilbys often travel to some well-known events for a change of scenery. Some of the key events include the Elite Energy Series, Sydney Triathlon Series, and Ironman 70.3 and Ironman events.

A large contingent of Bilbys head to Huskisson for the Elite Energy Husky Triathlon Festival – 22-25 February 2024.

Wollongong is another option to race another Super Sprint (novice distance) or try your hand at a Sprint on usually April 2024.

Another option is to form a team and compete in any of the longer distance races by racing one (or two) legs each until your fitness levels build enabling you to compete on your own.

The Novice Facebook Group and Bilbys' mailing lists are great ways to put teams together.

Take a look at the races organised by:

- Triathlon NSW
- Sri Chinmoy
- Elite Energy
- Xterra Off Road Triathlons
- Challenge Family
- Iron man
- 100% events
- TreX Cross Triathlon

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## 7 Regular Bilbys Training Sessions

The Novice program is not only designed to get you through your first race. It will also build you up to a skills and fitness level to commence training in the Bilby's regular squad sessions once the program ends.

The cost of the novice program includes club membership for the rest of the year.

You will receive details of the regular sessions in the weekly club newsletter. Our regular training sessions are as follows:

	<b>SWIM</b>	<b>RIDE</b>	<b>RUN</b>
<b>Monday</b>	Civic 18:00		
<b>Tuesday</b>	Civic 6:00		Dickson 18:00
<b>Wednesday</b>		Dickson 6:00	
<b>Thursday</b>	Civic 6:00		
<b>Friday</b>	Civic 18:00		
<b>Saturday</b>		ANU 8:00 (winter) 7:00 (summer)	
<b>Sunday</b>			Ainslie / Arboretum 8:00

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## 8 Summer Camp

There is only one known cure for a New Year's hangover and post novice program fitness cravings...and that's the famous Bilbys Summer Camp (usually in Jindabyne...affectionately known as *'going to Jindy'*).

## 9 FAQs

### a) When does the program start?

The program starts with an information night on Tuesday, 26 September 2023 at 6.00pm at Yowani Golf Club in Lyneham.

At the information night we will introduce you to the coordinators and some of the coaches and tell you what to expect during the program. It is ok if you cannot make it to the information night. We will send everyone a program outline containing everything you need to know about the program.

The first session will be running intervals on Tuesday, 10 October 2023, at the Dickson Playing fields at 6pm.

### b) Do I have to be fit to enter the program?

No, but you do need to be able to swim 50m.

We will build up your fitness during the 10 week program to race, at least, a 200m swim, 10km ride and 2km run.

### c) I have a background in one of the disciplines, is this ok?

Lots of people come to triathlon from another sport. This is completely ok.

If you have a background in running, that is fine. Our novice interval run sessions are run at the same time as our normal club sessions so you can join in with the rest of the club. At our weekend run sessions you can choose which distance you want to run.

If you have a background in cycling (and are comfortable in a bunch), you can start joining our club bunch rides on Wednesday and Saturday mornings from the start of the program.

If you have a background in swimming, you can join our regular swim sessions on Mondays, Tuesdays, Thursdays and Fridays.

### d) How much does the program cost?

The program cost is \$450.

The cost covers:

- 10 weeks of coaching and technique training;
- Annual Bilbys' membership;
- Bilbys' t-shirt
- A super sprint triathlon race entry; and
- Annual Triathlon Australia racing membership (including insurance while you are training).

This means that after the program you can join our normal club sessions. You can also receive discounts from our club sponsors and the benefits of Triathlon Australia membership.

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If you are already a Triathlon Australia (TA) and Bilby member, the program will be \$235 as you have already paid for your \$215 memberships (TA and Bilbys).

**e) Do I have to race triathlon?**

No, but we recommend you do the first novice race on 3 December 2023 which is included in the novice program.

The program is designed to prepare you for the novice distance races. If you wish, you can also sign up for longer distance races.

See Section 6 for Race details.

**f) How do I sign up for the program?**

If you are already a member of Triathlon ACT and Bilbys, just complete steps 2 & 3. If you are a member of Triathlon Australia but not Bilbys, complete steps 2 & 3 but also contact us on **novicebilbys@gmail.com** to sign up for the Bilbys.

To sign up to the Bilbys novice program, do the following:

1. Join the Bilbys through Triathlon Australia (this will be \$215 if Standard membership is selected)
  - a. Go to <https://triathlonaustralia.justgo.com/> and follow the steps
  - b. Select Canberra Bilbys Triathlon Club as your club and choose either standard (recommended) or premium membership.
  - c. Record your Triathlon Australia membership number (TA XXXXX)
2. Fill out the survey here <https://www.surveymonkey.com/r/YB5QDCZ> to give us some more information
3. Transfer the remainder of the program fee (\$235) to the Bilbys club account:  
Account number: 10100679  
BSB: 062-900  
Reference – your first initial, last name, and 'Novice', e.g. JWalshe Novice

You will need to sign up and pay for the program before you attend any training sessions.

**g) I will be away for part of the program.**

People are often away for part of the program. Just join back in when you get back. If you can do a little run or swim while you are away that's even better.

You are not required to attend every session. We understand that life and work get in the way sometimes.

**h) What if I don't have a road bike?**

Any bike is fine. If it has spent years in the garage it's a good idea to get it serviced or safety checked before the first cycling session.

Triathlon ACT has four bikes available to lend for a short period of time if you don't have a bike. (Please contact them at [admin@act.triathlon.org.au](mailto:admin@act.triathlon.org.au) if you are interested.)

We would also recommend you look at the Bilbys Marketplace on Facebook or the Vikings Marketplace on Facebook. Gumtree, Bicycle Marketplace and Triathlon Marketplace are also good places to look. You can always place a 'wanted to buy' on the sites.

If you can't find a bike you can contact the program coordinators and we'll see what we can do. A lot of club members have a spare one in their garage.

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### **i) Should I be doing any additional training during the Novice Program?**

This varies person by person and can depend on a whole host of factors including, but not limited to:

- How active you were prior to commencing the program
- Injuries you may have (current and previous)
- Medical / health conditions (asthma, diabetes)
- Fatigue levels
- Other sport / activities you are involved in

The Novice Program has been designed by our coaches and used in previous year's programs to great effect. It is very achievable for those with a limited fitness background, but some novices will feel they need more. Talk to the coaches about whether you should do extra sessions and how many – remember more doesn't always mean better. These extra sessions can be done by utilising the regular Bilbys sessions or done on your own, it's up to the individual. Riding to work is a way of getting another ride session in, as are lunchtime jogs or swims. However, they are certainly not necessary and should only be considered by the fitter members of the group until a base level of fitness has been obtained.

### **j) What happens if I miss a session?**

If you need to miss sessions this is not a problem. Tell the coach that you missed the previous session so they can bring you up to speed on any essentials that you missed out on. If you will regularly miss out on a session due to other commitments, talk to Katie or Claire the coordinators and we will arrange / suggest an alternative, where possible.

There are no refunds for missed sessions.

### **k) What do I wear in a race?**

What people wear in a race is as varied as the participants. The standard wear however is either a triathlon race suit or a pair of one or two-piece swimmers for the ladies and Speedos and a singlet for the guys. It is illegal to race the cycle and run legs of a triathlon bare chested throughout Australia.

Most seasoned competitors buy triathlon race suits that are made purely for the sport, i.e. waterproof and skin tight to prevent drag.

Some people choose to wear shorts and or T-shirts on the bike and the run, it comes down to personal choice, but transition from the swim to the bike and the bike to the run is an easy place to find a few extra seconds if you want them. Wearing runners on the bike is common instead of cleats. There is no problem with that. As you become more of a seasoned campaigner you will soon see the benefits of using cleats once you become a stronger cyclist but there is no need to rush it. Socks on the run and the ride are optional.

It is compulsory to wear a helmet during the cycle.

Please see section 13 Race Day Checklist for a handy comprehensive checklist.

### **l) Are there Triathlon Race Competition rules?**

Yes, as in all sports there are rules in Triathlon to ensure safety and fairness. You can access the rules here: [http://www.triathlon.org.au/technical/race\\_competition\\_rules.htm](http://www.triathlon.org.au/technical/race_competition_rules.htm)

We will discuss the rules during the final information session which we highly recommend that you attend.

The most important rules are:

#### **Swim**

- Wear the race provided swimming cap
  - Do not start until the starter horn has sounded
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- Complete the swim course – you must go around all of the designated buoys

### Cycle

- Securely fasten your Australian Approved helmet on your head before you touch your bike
- You must have appropriate footwear
- You must have your torso covered
- Do not get on your bike until **after** you have fully crossed the **mount line**
- Complete the bike course – go around all turning points
- **No Drafting** (except in draft legal races). This means you must be 10m from the bike in front. You have 20 seconds to overtake the bike ahead.
- Get off of your bike **before** you cross the **dismount line**
- Roadie bars must be plugged
- You must put your bicycle back on the rack prior to removing your helmet

### Run

- You must wear appropriate footwear at all times
- You must have your torso covered
- You must complete the course
- You must display your race number

### m) I do not have a road bike. Will my bike be ok / allowed?

For completing the novice program, almost any bike, except a recumbent bike, will be fine. This includes commuter bikes, mountain bikes, road bikes etc. Fixed gear bicycles are not recommended and you cannot ride in a bunch with tri bars.

There are detailed race rules surrounding bike requirements but in essence, the only bikes which are not allowed in races are:

- Recumbent bicycles; and
- Fixed gear bicycles.

Bikes must have operational brakes and drop bars must be plugged for safety reasons.

### n) What are the expectations from the Bilbys?

We have none. You are here because you have chosen to take up the sport for your own personal reasons. Whether you attend 1 session a week or every single one of them is entirely up to you. However if there is some reason why you are not attending sessions, please feel free to discuss any issues with the coaches or Novice Coordinators to provide feedback and work through solutions.

The only advice we can give you is you have paid your money so feel free to make the most of it. The coaches will be happy to answer any of your questions and guide you in terms of what you should and shouldn't be doing to get the most out of the experience.

### o) What happens after the program?

The Novice Program ends after 10 weeks in mid to late December following your first triathlon race on 3 December 2023.

However hopefully, that's not where your triathlon career ends. You are welcome to attend any of the regular Bilby's training sessions both throughout the program and upon its completion. Please see Section 7 for more details. We look forward to seeing you there!

There are also lots of other races that you can compete in to really hone your skills. Please see Section 6 for more details on key races in the 2023/24 season both in Canberra and beyond.

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**p) Where can I find equipment in Canberra?**

It is inevitable that once you have completed your first race, some of you will be hooked and you are going to start thinking about upgrading your equipment like bike computers, cycle shoes, one piece race suits etc.

So where do you get this sort of stuff.....

For new equipment, our sponsors are a great place to start as they offer some good discounts on kit and accessories. Bilbys also have a shop. Please speak to the coordinators about purchasing Bilbys kit.

There are also various Facebook Groups and websites, plus during the program we will arrange a garage sale for one evening after Tuesday running where you can often pick up a bargain.

**q) Do Bilbys do any mountain biking?**

There exists within the club a very strong mountain biking contingent, some of whom do not do triathlons on a regular basis (if at all), but have a passion for bruised knees, muddy bikes and going downhill really fast. If this tickles your ivories, then sign on to the mountain bike e-mail list (found on the Bilby's website) to be included in any updates on organised rides, races, sales etc.. It also gives you a chance to form a strong training base for off road duathlons and triathlons that are run throughout the year as well.

Some of the really keen mountain bikers like to participate in Adventure races, which can include kayaking, abseiling and cross-country running.

Canberra is a fantastic location for mountain biking with great trails at Stromlo, Bruce Ridge, Majura, Kowen Forest and many more.

**r) How can I give back to the Bilbys? I'd like to volunteer.**

The club is only as successful as its personnel. Each year we are called upon to supply volunteers for specific events and duties both within the club and in the ACT region. Feel free to put your hand up as much as you want to help in any way possible, whether it is assisting in timing, drink stations for big events or race directing club races. We're always looking for fresh minds on the committee as well.

Have a question we haven't answered here?....you can email questions to the coordinators at [novicebilbys@gmail.com](mailto:novicebilbys@gmail.com).

You can also ask any questions on the novice Facebook page and one of the coaches can answer.

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## 10 Sponsors

The Bilbys has sponsorship arrangements with retailers and services which offer generous discounts to our members and might be useful during the program. These include:

	<p><b>The Runners Shop</b></p> <p>The Runners Shop Canberra caters to all your running needs with one of Australia's largest ranges of running shoes; plus clothing, compression garments, heart monitors and some pieces of triathlon gear. The Runners Shop have been associated with the Bilbys for many years and gives the club back 3% of all sales to Bilbys. As part of your Bilbys membership you are also entitled to a generous 10% discount. The Runners Shop also donate their time to do information sessions for the novice program and for club members plus barrel prizes for club events.</p>
	<p><b>Kingston Physiotherapy</b></p> <p>Kingston Physiotherapy have been sponsors of the Bilbys for many years and their staff are keen club members! Kingston Physiotherapy provide discounts for club members using their services and also give 4% of all consultation payments back to Canberra Bilbys Triathlon Club. They provide barrel prizes for club events and also information sessions for our novices and members.</p>
	<p><b>The Walking Clinic</b></p> <p>The Walking Clinic provide discounts for club members using their services and also give 4% of all consultation payments back to Canberra Bilbys Triathlon Club. They provide barrel prizes for club events and also information sessions for our novices and members.</p>

You will get to meet these sponsors during the program.

There are more details about all of our sponsors on the Bilbys website.

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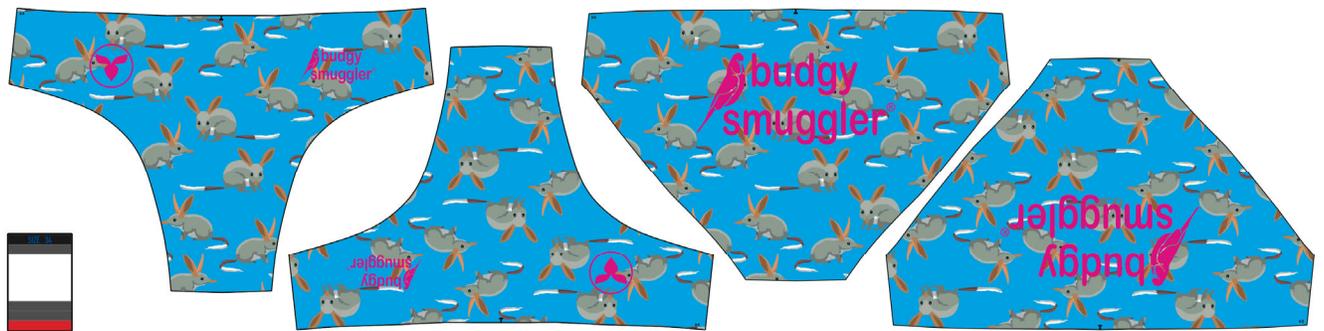
## 11 Bilbys Kit

Bilbys has partnered with Marcello Bergamo for our cycling and triathlon kit.



We also have custom made swimmers by BudgySmugglers.

Orders are placed a couple of times a year. Keep an eye on the Newsletter for when ordering commences to order your kit.



There are also multiple forums about where fellow competitors sell and trade their gear (not just cycle gear) once they want to upgrade, including our own Bilbys Marketplace on Facebook.

Others available include:

- Facebook groups:
- Bilbys Marketplace
- Triathlon Marketplace and Bicycle Market

Also, check out the following websites:

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- Bike exchange
  - Gumtree

There are plenty of people in the club who can offer some great advice on equipment as well based on their years of experience in the sport.

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## 12 Personal Training Diary

Week One			Goal:	
	Activity	Duration	What did you do	How did you go?
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Week Two:			Goal:	
	Activity	Duration	What did you do	How did you go?
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

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<b>Week Three:</b>			<b>Goal:</b>	
	<b>Activity</b>	<b>Duration</b>	<b>What did you do</b>	<b>How did you go?</b>
<b>Monday</b>				
<b>Tuesday</b>				
<b>Wednesday</b>				
<b>Thursday</b>				
<b>Friday</b>				
<b>Saturday</b>				
<b>Sunday</b>				

<b>Week Four:</b>			<b>Goal:</b>	
	<b>Activity</b>	<b>Duration</b>	<b>What did you do</b>	<b>How did you go?</b>
<b>Monday</b>				
<b>Tuesday</b>				
<b>Wednesday</b>				
<b>Thursday</b>				
<b>Friday</b>				
<b>Saturday</b>				
<b>Sunday</b>				

<b>Week Five:</b>			<b>Goal:</b>	
	<b>Activity</b>	<b>Duration</b>	<b>What did you do</b>	<b>How did you go?</b>
<b>Monday</b>				
<b>Tuesday</b>				
<b>Wednesday</b>				
<b>Thursday</b>				
<b>Friday</b>				
<b>Saturday</b>				
<b>Sunday</b>				

<b>Week Six:</b>			<b>Goal:</b>	
	<b>Activity</b>	<b>Duration</b>	<b>What did you do</b>	<b>How did you go?</b>
<b>Monday</b>				
<b>Tuesday</b>				
<b>Wednesday</b>				
<b>Thursday</b>				
<b>Friday</b>				
<b>Saturday</b>				
<b>Sunday</b>				

<b>Week Seven:</b>			<b>Goal:</b>	
	<b>Activity</b>	<b>Duration</b>	<b>What did you do</b>	<b>How did you go?</b>
<b>Monday</b>				
<b>Tuesday</b>				
<b>Wednesday</b>				
<b>Thursday</b>				
<b>Friday</b>				
<b>Saturday</b>				
<b>Sunday</b>				

<b>Week Eight:</b>			<b>Goal:</b>	
	<b>Activity</b>	<b>Duration</b>	<b>What did you do</b>	<b>How did you go?</b>
<b>Monday</b>				
<b>Tuesday</b>				
<b>Wednesday</b>				
<b>Thursday</b>				
<b>Friday</b>				
<b>Saturday</b>				
<b>Sunday</b>				

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<b>Week Nine:</b>			<b>Goal:</b>	
	<b>Activity</b>	<b>Duration</b>	<b>What did you do</b>	<b>How did you go?</b>
<b>Monday</b>				
<b>Tuesday</b>				
<b>Wednesday</b>				
<b>Thursday</b>				
<b>Friday</b>				
<b>Saturday</b>				
<b>Sunday</b>				

<b>Week Ten:</b>			<b>Goal:</b>	
	<b>Activity</b>	<b>Duration</b>	<b>What did you do</b>	<b>How did you go?</b>
<b>Monday</b>				
<b>Tuesday</b>				
<b>Wednesday</b>				
<b>Thursday</b>				
<b>Friday</b>				
<b>Saturday</b>				
<b>Sunday</b>				

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## 13 Race Day Checklist

### Swim

- Swimmers / Trisuit
- Swim cap – this will be provided by the race organiser and is compulsory to wear
- Wetsuit – may be compulsory for longer and/or colder races
- Sunscreen\* - trust us, you can pick a triathlete from the tan lines
- Goggles\* (highly recommended)

### Cycle

- Bike – brakes must work and roadies must have bar plugs
- Helmet (Australian Standard)
- Bike shoes (if you have cleats) or running shoes to cycle in
- Race singlet (as a minimum for men – your chest must be covered for the ride and run)
- Race number (this will be provided by the race organisers)
- Biddons\* (aka water bottles)
- Sunnies\*
- Nutrition\* (for longer races such as gels, powerbars)
- Puncture repair kit\* - spare tube(s), pump, tyre levers
- Prescription glasses\*
- Race belt\* (saves your kit and makes you look pro)
- Socks\*

### Run

- Running shoes
- Elastic laces\* (speeds up your transition)
- Visor / hat\*
- Socks\*

### Transition, Before & After

- ID (Triathlon Australia Membership card is usually sufficient)
- Chaffing Balm\* (eg Vaseline, Body Glide to prevent chaffing)
- Watch / Bike Computer / Heart rate monitor\* (if it's not on Strava...)

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- Transition towel\* (to dry your feet after the swim)
  - Talcum powder\* (for on the towel and/or in your shoes to help you get your damp feet into your shoes)
  - Money\* for food, drinks or bring food and drinks for before and after the race (bananas, muesli bars etc)
  - Flip flops and clothes to change into after racing\*
  - Bike pump\* for pre race bike prep

**\*Optional items**