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COMPETITOR BOOKLET
 Sunday 3 June 2012



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TIMETABLE

Sunday 27th May	Event	Venue
5:30am - 6:30am	70KM Registration - RRR Mountain Bike Challenge	Wetherby Station, Mt Molloy
5:30am - 8:30am	35KM Registration - RRR Mountain Bike Challenge	Wetherby Station
6:00am - 7:00am	Check In & Bike Racking - Coral Coast Triathlon	Port Douglas
7:00am	70KM Race Start - RRR Mountain Bike Challenge	Wetherby Station
7:30am	Race Start - Coral Coast Triathlon	
8:30am	Race Start - Hekili Great Barrier Reef Ocean Challenge	Palm Cove
9:00am	35KM Race Start - RRR Mountain Bike Challenge	Wetherby Station
11:30am	Presentations & Entertainment	Port Douglas Lifesaving Club
Thursday 31st May	Event	Venue
5:30am - 6:15am	Check In - Quicksilver Reef Swim : Green Island	Cairns Reef Fleet Terminal
6:30am	Board Quicksilver Charter Boat	Cairns Reef Fleet Terminal
8:00am	Race Start - Quicksilver Reef Swim : Green Island	Green Island
Friday 1st June	Event	Venue
6:15am - 7:15am	Check In - The Cairns Post Run for Cairns	Fogarty Park, Cairns
7:30am	Race Start - The Cairns Post Run for Cairns	Fogarty Park, Cairns
8:00am - 5:00pm	Southern Cross 10 Cairns Sport & Lifestyle Expo	Cairns Esplanade
10:00am - 5:00pm	Check In - Cairns Airport Ironman Cairns & URBAN Hotel Group Ironman 70.3 Cairns	Fogarty Park, Cairns
5:00pm	Elite Athlete Briefing	Cairns Convention Centre
5:30pm	Hot FM Concert in the Park, presented by Bright Black AV	Fogarty Park, Cairns
6:00pm	Welcome Party - Cairns Airport Ironman Cairns	Cairns Convention Centre
7:00pm	Compulsory Race Brief - Cairns Airport Ironman Cairns	Cairns Convention Centre
Saturday 2nd June	Event	Venue
7:30am - 10:00am	Practice Swim - Cairns Airport Ironman Cairns & URBAN Hotel Group Ironman 70.3 Cairns	Sailfish Quay, Cairns
9:00am - 3:00pm	Bike Racking Transition 1 - Cairns Airport Ironman Cairns & URBAN Hotel Group Ironman 70.3 Cairns	Lagoon Car Park, Cairns
9:00am - 5:00pm	Southern Cross Ten Cairns Sport & Lifestyle Expo	Cairns Esplanade
9:30am	1st Transition 1 Tour	Lagoon Car Park, Cairns
10:00am - 2:00pm	Check In - Cairns Airport Ironman Cairns & URBAN Hotel Group Ironman 70.3 Cairns	Fogarty Park, Cairns
10:30am - 4:00pm	Transition 2 Open - Cairns Airport Ironman Cairns & URBAN Hotel Group Ironman 70.3 Cairns	Marlin Coast Recreational Centre
10:30am	1st Race Briefing - URBAN Hotel Group Ironman 70.3 Cairns	Expo Stage, Cairns Esplanade
11:00am	1st Transition 2 Tour	Marlin Coast Recreational Centre
11:30am	2nd Transition 1 Tour	Lagoon Car Park, Cairns
12:00noon	2nd Transition 2 Tour	Marlin Coast Recreational Centre
12:45pm - 1:30pm	Check In & Bike Racking - McDonalds Ironkids Cairns Triathlon	Esplanade Lagoon
1:30pm	3rd Transition 1 Tour	Lagoon Car Park, Cairns
1:30pm	2nd Race Briefing - URBAN Hotel Group Ironman 70.3 Cairns	Expo Stage, Cairns Esplanade
2:00pm	Race Start - McDonalds Ironkids Cairns Triathlon	Western Event Lawn, Cairns
2:00pm	3rd Transition 2 Tour	Marlin Coast Recreational Centre
3:30pm	Scotchmans Hill Wine Lovers Challenge	Southern Cross 10 Cairns Sport & Lifestyle Expo, Cairns Esplanade
Sunday 3rd June	Event	Venue
5:15am - 6:45am	Transition 1 Open	Lagoon Car Park, Cairns
6:45am	Race Start - URBAN Hotel Group Ironman 70.3 Cairns	Sailfish Quay, Cairns
7:05am	Race Start - Cairns Airport Ironman Cairns	Sailfish Quay, Cairns
10:43am (approx)	First Finisher - URBAN Hotel Group Ironman 70.3 Cairns	Lagoon Car Park, Cairns
12:00pm - 8:00pm	Southern Cross Ten Cairns Sport & Lifestyle Expo	Cairns Esplanade
2:00pm	Presentations - URBAN Hotel Group Ironman 70.3 Cairns	Expo Stage, Cairns Esplanade
3:28pm (approx)	First Finisher - Cairns Airport Ironman Cairns	Lagoon Car Park, Cairns
Monday 4th June	Event	Venue
00:00am (approx)	Last Finisher - Cairns Airport Ironman Cairns	Lagoon Car Park, Cairns
9:00am - 12:00pm	Ironman Store Open (Merchandise)	Southern Cross 10 Cairns Sport & Lifestyle Expo, Cairns Esplanade
10:00am	Roll Down Ceremony - URBAN Hotel Group Ironman 70.3 Cairns	Southern Cross 10 Cairns Sport & Lifestyle Expo, Cairns Esplanade
11:00am	Roll Down Ceremony - Cairns Airport Ironman Cairns	Southern Cross 10 Cairns Sport & Lifestyle Expo, Cairns Esplanade
5:00pm	Awards & Presentation Celebration - Cairns Airport Ironman Cairns	Cairns Convention Centre

PRE RACE INFORMATION

Athlete Check-In

Check-In for all competitors in the 70.3 Cairns will take place on Friday 1st June and Saturday 2nd June. Check-In on Friday will take place between 10am and 5pm and on Saturday between 10am and 2pm at the Check-In tent at Fogarty Park, Cairns. It is compulsory for all athletes to Check-In during these times.

No competitor will be accepted after 2pm on Saturday 2nd June. We cannot be responsible for late arrivals so allow for mishaps when making travel arrangements. **You must show your receipt of payment OR identification to register – i.e. Driver's Licence, Passport etc.**

When checking-in, please **DO NOT** take your bike into the queue as this congests the area and makes it dangerous for other competitors.

Team Check-In

It is only necessary for **one team member** to Check-In for their team; however, they must be able to pass on the team kit to the other team members **BEFORE** race start. A team member must rack the team bike during racking times.

Please note it is **illegal** for someone to race under your name or for you to race under someone else's name: this will result in suspension from your State Triathlon Association and ineligibility to race in other USM events.

During check-in athletes will receive the following:

- Race number (to be worn on the Cycle **AND** the Run)
- ID wrist band (**LIGHT GREEN** for Individuals and **DARK GREEN** for Teams)
- Branded swim cap
- Helmet sticker
- Bike sticker
- 3 gear bags & labels:
 - Orange cycle bag
 - Green run bag
 - Yellow street gear bag

You will also be given your event pack containing sponsor goodies.

Athlete ID Wristband

Your ID wrist band must be worn at all times as this will be essential to gain entry to competitor restricted areas. There will be volunteers on hand to secure your wristband before you leave the check-in area. This is your means of gaining entry to transition to rack your bike pre-race and to collect your gear and bike after the race. All three-team members must wear the ID band.

NO WRISTBAND = NO ACCESS

Do NOT remove it until after the race.

Timing

You will need to collect your timing chip and confirm your identity with the timing company during Bike Check-In on Saturday. At this stage you will check that the number on your chip corresponds with your race number and personal information. Make sure you put it in a safe place and also remember to have it with you on Sunday morning.

- Timing Chips must be worn on the **LEFT** ankle (if it's on your wrist you won't get a time)
- On race morning you must wear your timing chip to enter transition. Volunteers will be checking this.
- If you do not start the race or pull out of the race for any reason you must return the timing chip to the Athlete Help Desk or Information Booth, or return it to a race official. If your timing chip is not returned or is lost you will be charged \$50 for a replacement.
- Timing results will include swim split, cycle split, run split and finish time – overall and category results.

Important timing info for teams – the swimmer, cyclist and runner must wear the timing chip. The swimmer must transfer the chip to the cyclist and the cyclist must transfer the chip to the runner within transition. The runner then wears it from the time they leave transition until they cross the finish line.

NO TIMING CHIP = NO TIME

Bike Transition Access & Gear Bag Check-In

Your bike MUST be checked in to the transition area between 9am and 3pm ONLY on Saturday 2nd June. **You will not be able to enter transition until after you have checked-in.** Your bike must display your seat post sticker, and you must be wearing your corresponding numbered Competitor ID band. If you do not have either of these you will not be allowed in or out of transition.

Your bike will also be visually inspected by a Triathlon Australia official and no bike will be accepted unless it passes the inspection. This is an extra service for competitors and is **NOT** a guarantee of safety. Competitors are responsible for their bikes being in safe working order. You should ensure your bike, as well as your helmet, is in safe working order before presenting it at check-in to avoid rejection. Inspectors will be checking for such things as:

- end plugs on handle bars
- tyres in reasonable condition
- stripped cable
- at least one water bottle cage
- brakes in working order
- compliance with Triathlon Australia Race Competition Rules

Security will be on patrol on Saturday night and Sunday morning and night.

Please note, upon entry into transition you will be required to collect your timing chip, be photographed with your bike and **DROP OFF YOUR CYCLE BAG**. The orange cycle bag will be used in your transition from Swim to Cycle. After racking your bike, you will weigh in before you exit. Your green run bag, used in the transition from cycle to run, will need to be **DROPPED AT T2 – MARLIN COAST RECREATIONAL CENTRE**. There will be a shuttle bus service running between T1 and T2, more information will be available at the Information Booth.

When you rack your bike on Saturday between 9am-3pm, **please allow plenty of time to walk through the routes that you will take in the transition area.** Check the entrance from the swim in relation to your allotted bike location and also be aware of the cycle and run exits. There will be officials in transition when you rack to answer any questions.

All other bags (Street Bag, any special needs bags) will be checked in on Sunday morning. Competitors are responsible for labelling and handing in their bags to the locations identified in the gear bag [schedule](#). Your Yellow Street Gear

Bag will contain all the items you need upon completion of your race.

Please be aware gear bag drop off closes at 6.50AM **RACE MORNING**.

The following equipment lists are provided for your reference:

Orange Cycle Bag (swim to cycle):

- bike shoes (essential)
- helmet (essential)
- glasses
- socks
- change of clothes

Green Run Bag (cycle to run):

- running shoes (essential)
- glasses
- hat
- shoes and socks
- change of clothes

Note: Teams will also receive all three gear bags, however the Cycle Bag and Run Bag will not need to be checked in unless one of your team members is doing two legs of the course.

Transition

The transition area will be located at the Lagoon Car Park, Cairns. Bike racks for Ironman Cairns competitors will be set out in number order. When you check in your bike, please take the time to go through the layout of transition. More information on the transition procedures is provided under the 'Cycle Course' and 'Run Course' sections of this booklet.

Technical Support

Pump 'n' Pedals will be set up in Coates Hire Transition 1 on Saturday and Sunday, where they will be conducting **MINOR** mechanic services. Please contact (07) 4051 6852 or visit their shop at the Civic Shopping Centre, 113-117 Sheridan St for additional bike repairs. A limited 'emergency service' will be available on race morning – please report to the Pump'n'Pedals representative in Transition 1 for assistance

Mechanical Check

We recommend you complete a final mechanical check of your bike prior to the event. If you are unable to do this yourself, book your bike into Pump N Pedals a few days prior to the event. It is your responsibility to ensure that your bike is roadworthy.

IRONMAN CAIRNS LIVE SPOTTER

Find out where your friends, family, and favourite athletes are on course with the Ironman Cairns Live Spotter!

Go to...

on your smart phone and visit the mobile site for updates throughout the day for the Cairns Airport Ironman Cairns, and Urban Hotel Group Ironman 70.3 Cairns.

* Mobile site will be functional on 3rd June 2012. The Ironman Cairns Live Spotter is not used for official athlete timing. Race information does not represent official race times and splits. All information on the Live Spotter is correct at time of printing and may be subject to change.



Pre-Race Briefing

There will be 2 pre-race briefings for the 70.3 Cairns, held on Saturday 2nd June at the Expo Stage at 10.30am and 1.30pm.

Transition Tours will be held at T1 at the Lagoon Car Park on Saturday the 2nd June at 9.30am, 11:30am and 1:30pm and at T2 at the Marlin Coast Recreational Centre on Saturday 2nd June at 11am, 12noon and 2pm

70.3 Cairns competitors may also purchase tickets to the Cairns Airport Ironman Cairns Welcome Party, held on Friday 1st June from 6pm at the Cairns Convention Centre, Cnr Wharf & Sheridan Sts.

Tickets will be available for purchase on Friday from the Information Booth at the Southern Cross Ten Cairns Sport and Lifestyle Expo.

Pre-Race Training

There will be one opportunity to do a practice of the Swim Course; Saturday 2nd June between 7:30am-10am. Organisers do not recommend swimming in open water outside of these times. If you choose to swim in open water, please swim inside stinger nets, otherwise ensure you have wrist to ankle protection ie. A stinger suit, speed suit or wetsuit. Alternatively there are plenty of local swimming pools in the area to train for the swim.

When you are on the road cycling or running, remember the rules of the road. Do not ride two abreast on narrow road sections and obey all traffic rules. Being a competitor does not exempt you from the law. Be courteous to motorists. Wearing your helmet whilst cycling is compulsory in Queensland and Police can issue on the spot fines for breach of this law. Make sure you lock your bike whenever you leave it.

The event can only happen with the support of Police and Main Roads. Due to safety concerns, they have requested no riding on the Captain Cook Highway outside of road closure times.

Withdrawal

If you withdraw from the race prior to race day please inform the 'Drop Out Clerk' located at Transition Help Desk and return your timing chip – if you do not return your timing chip you will incur a \$50 charge for a replacement. This is very important to ensure all competitors are accounted for and we know you are all safe

Medical Insurance

It is strongly advised that you take out personal medical insurance for the duration of your stay, especially for international competitors.

Under the Australian Health Act, all non-Australians are not covered financially for personal injury. If you do have an accident you must pay for your own medical expenses. Therefore it is essential for you to obtain adequate personal medical insurance.

We advise Australian residents to notify USM Events of the Medicare number prior to the event.

Dr Richard Heath from the Noosa Health Centre will be taking bookings for medical reviews between 9am-4pm on Saturday 2nd June in Cairns. Bookings can be made during business hours (9am-5pm) by phoning (07) 5446 4444 or 0423 684 707.





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RACE DAY INFORMATION

Race Day Parking

Parking near Fogarty Park will be available on side streets in Cairns city – please be aware of Parking signs.

Parking will be available on race day around the T2 area for spectators at the Marlin Coast Recreational Centre.

Transition – Race Morning

Transition is divided into two sections as per the Transition Area map – Individuals and Teams. Your colour coded ID wristband will allow you access into your respective area.

Individual = LIGHT GREEN Teams = DARK GREEN. You are not allowed into any area that you are NOT competing in.

Helmets will be checked Sunday morning on entry to the transition area by Triathlon Australia Officials. Ensure you have your Helmet Sticker (received at check-in in your kit) on your Helmet.

INDIVIDUAL TRANSITION

The individual transition area will be open from 5:15am-6:45am on Sunday morning. All individual competitors must be out of transition by 6:45am

TEAMS TRANSITION

The teams transition will be open from 5:15am on Sunday morning. Access to the teams transition area will be from the teams access point. All team swimmers must make their way to the swim start area 10 minutes prior to their wave start. Only team cyclists should remain in the team transition area from this time. All runners should make their way to the T2 area in time for their cyclist.

SHUTTLE BUSES TO TRANSITION

Shuttle buses will be running between T1 and T2 on Saturday, Sunday and Monday. Further information on times and costs will be available from the Information Booth at the event.

HELMET CHECKS

Bicycle helmets are compulsory. Helmet checks for the Cairns Half will be conducted on Sunday morning at transition. Triathlon Australia officials will perform a visual check of your helmet.

Helmets must meet the following specifications:

- Your helmet must be approved by a recognised testing authority (eg, Australian Standards Certified).
- No alterations to any part of the helmet are allowed. This includes, but is not limited to, any alteration to the manufacturer's chinstrap, and the addition or removal of an outer cover.
- Helmets must be undamaged

Competitor Race Number

Wearing your race number is **COMPULSORY** for **BOTH** the **CYCLE** leg and the **RUN** leg for both individual and team competitors. Your number must be clearly visible. If you plan to use an elastic race number belt, then, it will be necessary to ensure the complete race number is displayed. Competitors must ensure that their torso is covered throughout the cycle and the run. You must not fold, cut or manipulate your race number in any way.

Gear Bags

Please read the gear bag process below:

PRE-RACE COLLECTION

- Collect your cycle, run and street gear bags with your kit at Check-In

PRE-RACE DROP OFF – SATURDAY

- Cycle Bags must be dropped to the Swim to Cycle Transition Tent during compulsory bike racking
- Run Bags must be dropped BY THE COMPETITOR to Transition 2, located at Marlin Coast Recreational Centre.

PRE-RACE DROP OFF - SUNDAY

- The drop off zone will be located between Transition 1 and Swim start and **WILL CLOSE AT 6.50AM**. Competitors are responsible for handing their bags into the location identified below. These locations will be clearly marked on race morning:
 - Street Bag – Gear Tent at Recovery in Fogarty Park

DURING THE RACE

- Competitors are asked to verbally advise volunteers of their competitor number as they approach, to speed up the process of locating their bags.

POST RACE COLLECTION

- Bags will be available on Sunday and Monday from the following locations:
 - Sunday 3rd June
 - Cycle Bag, Street Bag – Recovery at Fogarty Park
 - Run Bag – Transition 2
 - Bags and bikes will be available for collection from T2 once the last 70.3 competitor commences the run course (approx 11.30am), until 6.30pm. Collectors should note they can expect long wait times between 1pm-4pm, when the majority of Ironman competitors will enter transition.

- **NEW FOR 2012:** Competitors can issue a letter of consent (available at the Information Tent) for their friends of family to collect their bags for them.
- Monday 4th June
 - Cycle Bag, Street Bag – Recovery at Fogarty Park – **8am until 12noon**
 - Run Bag and Bike – T2 – **8am until 12noon**
 - After 12noon, all bags will be relocated to Fogarty Park Gear Tent for collection. Bikes will need to be collected from T2
 - Any bags not collected by 5pm will be discarded.
- Velotrans will be offering a Bike Transfer service between T2 to T1 for those unable to get to T1:
 - Competitors will need to fill out the online booking form
 - Cost will be \$30 per bike
 - Bikes and bags booked on this service will be available from T1 between 8am-12noon on Monday the 4th June
 - For more information regarding bike transfers to and from Cairns refer to the VeloTrans website: www.velotrans.com.au

Please note: it is the responsibility of the athlete to collect, hand in and pickup their bags from the appropriate locations and the appropriate times, as well as ensure they are marked correctly. Bike pumps may be handed in with the Street Bag; these will be stored separately to the bags and will be available for collection post race.

Aid Stations

The Transition 1 Aid Station, located before the Gear Tent, will offer:

- Water
- High5 energy drink
- Sunscreen
- Vaseline

The Cycle Course has 3 Aid Stations spread within approximately 20km of each other. Please note that de-gassed Cola will only be offered at the southbound stations.

The Cycle Aid Stations will offer:

- Water
- High5 energy drink
- De-gassed Cola
- High5 bar portions

- High5 gels
- Bananas
- Anzac cookies
- Vaseline (situated in toilets)
- Ice
- Pineapple Lollies

The Cycle Aid Stations are located at:

- C1 – Dunne/McGregor Rd (outbound)
- C2 – Ellis Beach (outbound)
- C3 – only on Ironman course
- C4 – only on Ironman course
- C5 – Wangetti (Inbound)

The Run Course has 10 Aid Stations spread within approximately 2km of each other. Please note that glow sticks and reflective tape will be made available on the run course prior to sunset. All competitors will be required to wear these items for safety reason if they find themselves out on course at this point in time. See 'glow sticks' under the 'Run Course' Section for more information.

The Run Aid Stations will offer:

- Water
- High5 energy drink
- De-gassed Cola
- High5 bar portions
- High5 gels
- Bananas
- Watermelon
- Anzac cookies
- Vaseline (situated in toilets)
- Ice
- Pineapple Lollies
- Glow Sticks
- Vegemite

The Run Aid Stations are located at:

- R1 – Dunne/McGregor Rd (Inbound)
- R2 – Dunne/McGregor Rd & Yorkeys Knob Rd (Inbound)
- R3 – only available on Ironman course
- R4 – Yorkeys Knob between Cattana & Robinson Rds (Inbound)
- R5 – Captain Cook Highway (at Oz Tours)(inbound)
- R6 – Captain Cook Highway & Holloway Beach Access Rd (Inbound)

- R7 – Captain Cook Highway – Portsmith Fuel (Inbound)
- R8 – Captain Cook Highway – Aviation Australia (Inbound)
- R9 – Lake St – Hockey Fields (Inbound)
- R10 – Esplanade Bike Path, Hospital adjacent (Inbound)
- R11 – Esplanade/Minnie St (Inbound)
- R12 – only available on Ironman course

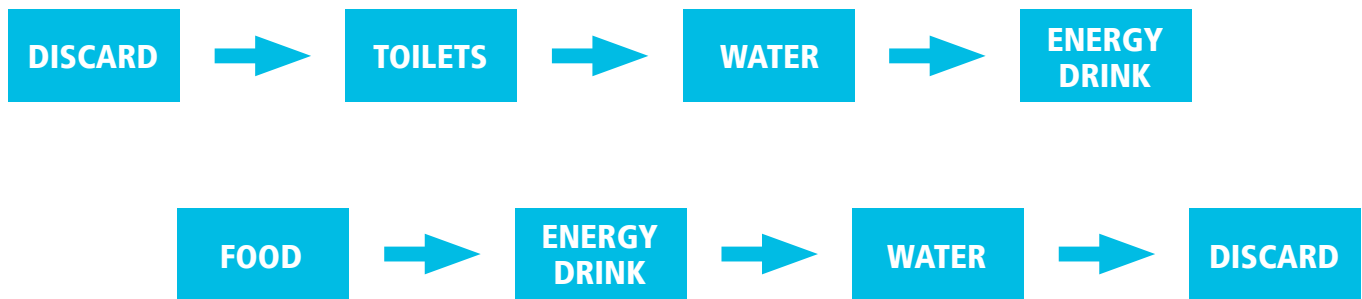
Slow down when entering pickup zone; don't stop! Water will be provided first, Energy Drink second, Food Third, then Energy Drink and water again. Discard biddons in designated area prior to pick up zone. Do not discard on any other part of course. You are required to start the event with a minimum of 2 biddons which will be provided to you in your race kit.

The Recovery Aid Station will offer:

- Drinks
- Fruit
- Hot food



Cycle course aid station setup:



Toilets

Toilets will be located at the start area, Transition 2 and at the finish line precinct. There will also be two toilets provided at every aid station.

Hydration

By now most people are aware that sporting events can lead to significant dehydration which can have performance, health and safety consequences. What people do not always know is how to most effectively get and stay hydrated. An important thing to remember is that we can lose fluid faster than we can physiologically replace it. It is for this reason that you as an athlete need to have a hydration plan.

PRE-EVENT

Make sure you are hydrated before you begin your activity. If you are dehydrated before you start, you will quickly enter the danger zone.

STAY HYDRATED

The amount of fluid you need to drink during exercise is dependent on the intensity and also the weather conditions. The best way to achieve this is to sip very frequently, approximately 4 or 5 sips every 10 minutes.

AFTER

Because your metabolic rate continues to be elevated for some time after your sport, you will need to keep drinking and consume another 50% of what you drank during your sporting effort.

High5 is the official Sports Nutrition supplier for the Cairns Airport Challenge Cairns. The High5 Race Faster Nutrition Guidelines can be downloaded from www.highfive.co.uk

Important Teams Information

The teams transition will be **open from 5:15am** on Sunday morning for cyclists, following the start of the individual waves. All team members must wear their ID bands to enter transition.

Swimmers will run out of the water to the team racks, and give the timing chip to the cyclist. Swimmers must leave the transition area once they have given their timing chip to their cyclist. Once the cyclists commence their cycle leg, the runner will be instructed to enter the transition area

As the cyclist returns, they will pass their bike to the volunteers, as individual competitors do, and run back to the team racks, to pass the timing chip to the runner (at Transition 2). The cyclist must then leave the transition area once they have given the runner their timing chip.

Any team members doing two legs (swim and bike or bike and run) will need to go through the change tents as individuals do, please see the information on the swim and bike course to read about this process.

Cyclists may remove their bikes only after the last runner is out on the course. (Remember you must have your ID band on your wrist to remove your bike).

Cut Off Times

Swim – 1 hour 10mins. Any remaining team cyclists in transition will be sent out onto the cycle course at this time.

Cycle – 5 hours 10 mins from the start time. Any cyclists unable to reach this cut-off will be collected by event sag wagons. Any remaining team runners in transition will be sent out onto the run course at this time.

Run – 7 hours 30mins from the start time.

If you believe these cut off times may be a problem, please call us on (07) 3868 2444 to discuss.

Finish Line & Recovery Procedures

There will be a team's holding area, to allow the swimmer and cyclist to cross the finish line with their runner. Please ensure if you are a swimmer or cyclist you are at this holding pen in plenty of time before your runner comes in.

Family members will not be permitted in the finish chute area.

As you cross the line, volunteers will direct you to the secured finish compound. Medical volunteers will endeavour to briefly assess you as you proceed and may need to take you directly to the Medical marquee for treatment. If you do not require any treatment you will be able to proceed to the fruit and refreshments served within the designated area in Recovery.

MASSAGE – RACE DAY

Trained volunteer massage therapists will on hand to provide a brief massage service for you. Delays may occur, do not congregate in areas where you block finishing competitors being assisted to Recovery.

Massage is also available pre and post event at the times listed below, for a cost of \$1 per minute.

Friday 1st June: 10am-5pm

Saturday 2nd June: 10am-5pm

Monday 4th June: 8am -12noon

Bookings will be taken at the massage tent; for bookings on Friday morning, please put your name down at the Information Tent on Thursday afternoon

STREET GEAR BAG COLLECTION

Please refer to the gear bag process for more information.

TIMING CHIP RETURN

You will need to take off your timing chip at the completion of your race and return this to the volunteer at the finish line. Any unreturned timing chips will be charged at a fee of \$50 per chip.



Cairns & Great Barrier Reef

Adventurous by nature

Vlasoff Cay, Great Barrier Reef, Tropical North Queensland



**Tropical North
Queensland**
Adventurous by nature

Tropical North Queensland, the only place in the Earth where two World-Heritage areas meet. It's a tropical paradise to explore your adventurous nature from the reef to rainforest. Snorkel the pristine waters of Cairns and the Great Barrier Reef, fly high above the ancient Daintree Rainforest, discover waterfalls and food trails of the Atherton Tablelands and enjoy the tropical pace of Port Douglas, Palm Cove and Mission Beach.

tropicalholidays.com.au

POST RACE INFORMATION

Bike Check Out

Any person that removes their bike over the transition fencing will face disqualification. Competitors will be advised when bikes can exit. Any competitor not complying with this procedure will be reported to officials for possible disqualification.

You must be wearing your competitor ID band to any bike or equipment from the transition area.

Transition 2 will be open for bike checkout during the following times:

- Sunday 3rd June – from approximately 11.30am -6.30pm. This time is the expected time of the last 70.3 runner to begin the run course. Please be aware large wait times can be expected if your bike is being collected between 1pm-4pm, as this is when the majority of Ironman competitors will be through transition. **NEW FOR 2012:** *Competitors can issue a letter of consent (available at the Information Tent) for their friend or family to collect their bags and bike for them)*
- Monday 4th June – 8.00am – 12noon. Transition 2 will become unsecure from 12noon – officials take no responsibility from this time onwards. It is your responsibility to get your bike out before this time.

There will be an option to have a family member collect your bike during these times on your behalf. You may collect and sign for a letter of consent from the Information Desk at Expo (open Fri-Sun), which will allow any person to collect your bike with that numbered pass. The organisers take no responsibility for the pass once you have received it; it is your responsibility to ensure it stays secure with your allocated person.

VeloTrans will be offering a Bike Transfer service between T2 to T1 for those unable to get to T1:

- Competitors will need to fill out the online booking form
- Cost will be \$30 per bike
- Bikes and bags booked on this service will be available from T1 between 8am-12noon on Monday 4th June
- For more information regarding bike transfers to and from Cairns refer to the VeloTrans website: www.velotrans.com.au

Prizes and Awards Ceremony

Open category male and female offer a total prize money of \$15,000. Medals will be awarded for 1st-3rd in each individual age group. Teams receive medals for 1st-3rd.

All prizes will be presented at the stage on Sunday afternoon, commencing at 2pm. If you are not present, please contact

USM Events after the event on (07) 3868 2444 to arrange collection. If prizes need to be posted a postage fee will be charged.

Random draw prizes will be presented at the Awards Celebration on Sunday afternoon, to be eligible place your chest number in the barrel on the stage area. Please remember to bring your chest number to presentations to enter the draw - **YOU MUST BE PRESENT TO WIN.**

PRIZE MONEY BREAKDOWN

Individual Elite (ALL PRIZE MONEY IS IN U.S DOLLARS)

PLACE	MEN	WOMEN
1st	US\$3,000.00	US\$3,000.00
2nd	US\$2,000.00	US\$2,000.00
3rd	US\$1,250.00	US\$1,250.00
4th	US\$750.00	US\$750.00
5th	US\$500.00	US\$500.00

Results

Results will be online via the USM Events website on Monday 4th June. www.usmevents.com.au

Race Photos

Official photographer Marathon Photos will be at the finish line on race day. Try to remember in the finish chute that the photographer will be at the finish line to capture your Cairns Airport Challenge Cairns finish so avoid looking down. Remember also your race number must be properly displayed on your front. Photos will be available from www.Marathon-Photos.com Simply browse through the thumbnails and purchase any shots of yourself, friends or family.

Lost Property

You should identify all your personal gear and property. Mark it with name and address if possible. If it is misplaced, it will most likely be handed in to race officials. Please note that the race organiser does not take responsibility for lost property. Lost property handed in, will be available for collection on late Sunday afternoon at the Information Desk. Lost property remaining after Sunday will be transported to USM Events Brisbane office by Monday June 11. Please only call the office from this date onwards. Ph: 07 3868 2444. It will be your responsibility to cover any cost for its return to you.



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PORTS NORTH SWIM COURSE – 1.9KM

CUT OFF TIME – 1 hour 10 mins

SWIM COURSE SUMMARY

Starting on the pier at Sailfish Quay, near Cairns City, swimmers will be required to complete 1 lap of the 1.9km swim course.

SWIM START PROCEDURE

Approximately 10 minutes prior to start times, athletes will be called to move to the Swim Start area on the pier.

The Urban Hotel Group Ironman 70.3 Cairns will start in 3 waves: starting with Elites at 6.45am, followed by ALL individual competitors, and then all team competitors. Please listen to staff directions in this area as it will be very crowded.

Competitors will be permitted to have a pre-race practice swim in the Marina behind swim starts in designated areas **ONLY**.

Swim Course Rules

- You must wear the swim cap provided
- Wetsuit ruling:

Please be aware that everyone competing in an aquatic event as part of the Cairns Adventure Festival at either the Coral Coast Triathlon, Quicksilver Reef Swim – Green Island, URBAN Hotel Group Ironman 70.3 Cairns or the Cairns Airport Ironman Cairns will be required to wear a full length wetsuit or stinger suit as a precaution to protect against marine stingers. While the water temperature is likely to exceed the regulation set out by Triathlon Australia rules they have amended this to ensure the safety of all competitors. For more information, see 'Cairns Marine Life' following the swim course rules.

- Any other swim equipment is prohibited
- iPods, MP3 players, or any other similar devices, are prohibited
- Do not discard your swim cap on the course. Place it in your gear bag in Transition.

Cairns Marine Life

You should be mindful that waters in Far North Queensland can be home to the following marine life:

- Crocodiles
- Sharks
- Stone Fish
- Oysters and barnacles on the rocks
- Stingrays in the shallow waters - shuffle your feet rather than lifting them out of the water and putting them back down
- Stingers
- Box Jelly Fish
- You need to follow the advice of lifeguards and signage located at all beaches in North Queensland.

HOW DO I PREVENT GETTING STUNG BY A STINGER OR BOX JELLY FISH?

As long as your body is covered with non organic material Stingers and Box Jellyfish tentacles cannot penetrate and their stingers will not fire off. Stinger suits are satisfactory but not ideal as you still get stung but will not receive a lethal amount of venom. Wetsuits and speed suits afford you the complete protection.

"The first line of defence against jellyfish stings is awareness and prevention." If you adhere to all the advice and information provided then the chances of being stung are extremely minimal.

Preparing for the swim prior to the event...

- **DO NOT** swim in the open beaches, swim inside stinger nets if you choose to swim in open water. If you must swim outside the nets, ensure you have wrist to ankle protection ie a stinger suit, speed suit or wetsuit. Alternatively there are plenty of local swimming pools in the area to train for the swim.
- Always check with lifeguards on duty that enclosures are safe
- Read all signs before you enter the beach for detailed information about the local beach

IF I GET STUNG BY A JELLY FISH OR STINGER WHAT DO I DO?

- Time is important
- Apply vinegar – located at all beaches in NQ... make sure you know the location
- Stay calm and cool
- 000 in case of emergency

SWIM COURSE MAP

URBAN HOTEL GROUP 70.3 CAIRNS

PORTS NORTH SWIM COURSE

More than a hotel

IRONMAN
70.3 CAIRNS
GREAT BARRIER REEF

- Swim Course 1.9km
- S Start line
- F Finish
- X Aid Station
- C Change rooms
- T1 Transition 1



WHEN WILL THE STINGER SEASON FINISH THIS YEAR?

Even when stinger enclosures are removed and beaches are open there is still a possibility that stingers are still in the water but the chances of getting stung will be very small.

WHAT ARE THE CHANCES I WILL BE STUNG?

According to tourism data, there are at least 1 million people in the water each year. And average of only 40 people at Cairns hospital with Irukandji (stinger) syndrome each year and about 3-5 big box jellyfish stings a year.

Therefore the chances of an Irukandji sting are approximately 40 in a million and 3-5 in a million of a big box jellyfish sting. According to researches at James Cook University, Cairns has **NEVER** had a fatal or near fatal sting by either animal inside the stinger enclosures. The last death from a box jellyfish was several years ago on the Cape region.

What measures will be taken by event organisers prior to the event to ensure the water is safe?

Event organisers are working with local experts to ensure the safety of swimmers at all times.

- Wetsuits
- Water Sweep

On the morning of the event and prior to each practise swim JCU Marine Biologists will sweep and clear the water the morning of the swim to further ensure the water is clear for athletes.

- No access

No access will be allowed into the water until the all clear is given by event organisers

WHAT MEASURES WILL BE TAKEN BY EVENT ORGANISERS PRIOR TO THE EVENT TO ENSURE THE WATER IS SAFE?

Event organisers are working with local experts to ensure the safety of swimmers at all times.

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- No access
- No access will be allowed into the water until the all clear is given by event organisers.

Transition Procedure – Swim to Cycle

At the Swim Finish you will pass through a timing chute to the showers through the Transition Aid Station, cross over into the Gear Tent to collect your Cycle Gear Bag, taking care to check the volunteer hands you your numbered bag, and proceed into the Change Tent area. Gear bags will be hanging on racks in numerical order. Do not completely remove your wetsuit until you are in the **change marquee** after you pick up your Cycle Gear Bag. Separate male and female change areas are inside the marquee and volunteers will assist you with your transition.

You must place discarded swim gear (including wetsuits) in the emptied Cycle bag and the bag handed to volunteers before leaving the marquee. When you reach your bike your helmet must be securely fastened on your head prior to removing your bike from the bike rack.

TRANSITION RULES – SWIM TO CYCLE

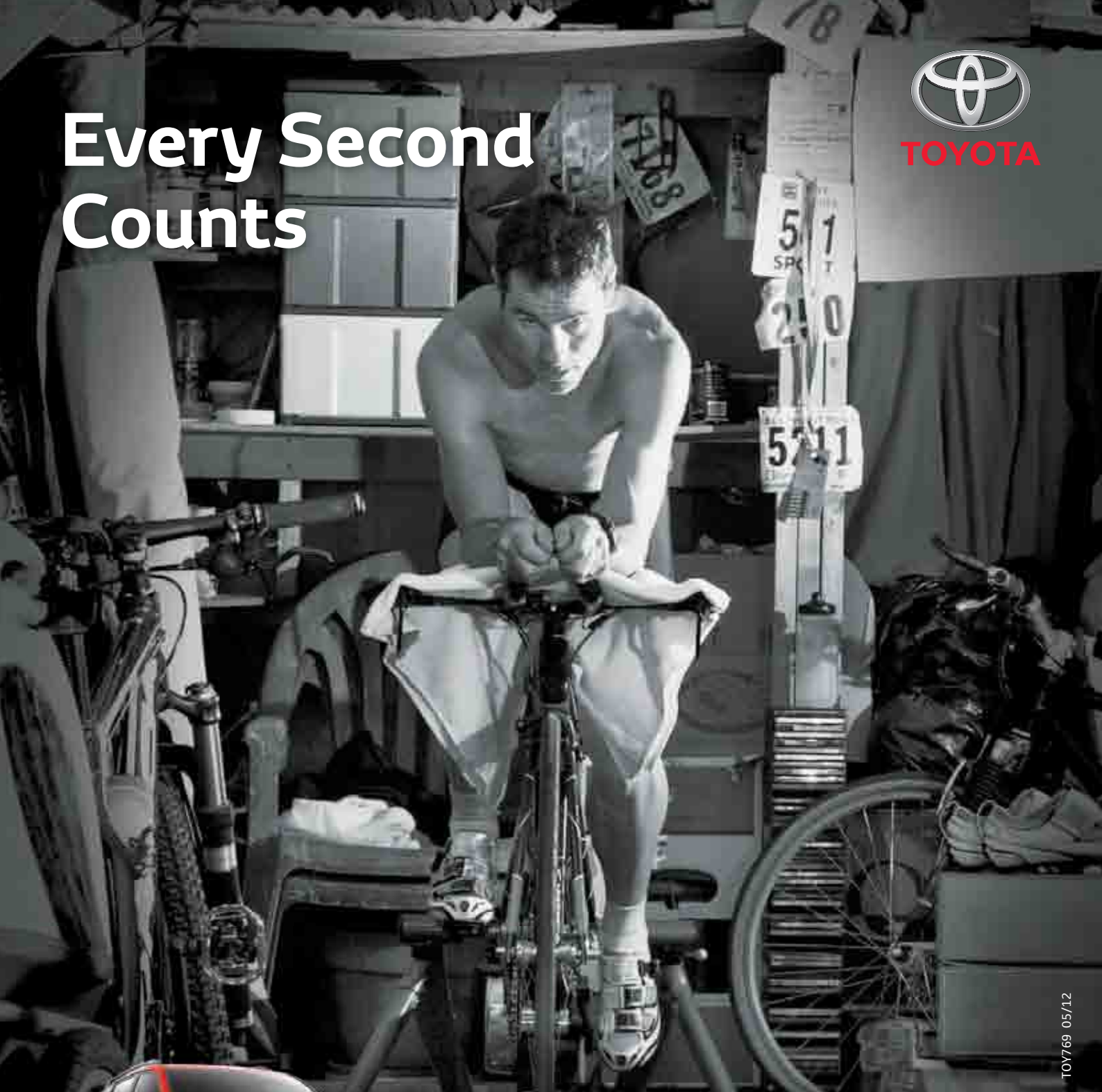
- You must fasten your helmet before removing your bike from the rack in transition.
- Your helmet must remain securely fastened at all times that you are in control of your bicycle. This includes while you are wheeling your bike from the rack to the mounting area.
- You must not mount your bicycle until reaching the designated mount zone.
- You must not touch or otherwise interfere with another competitor's equipment in the transition area. This includes the gear bag tent and change tent.



Every Second Counts



TOYOTA



TOY769 05/12



Toyota RAV4 – Crowie's choice.

A true champion never rests on their achievements. For three-time World Champion Craig 'Crowie' Alexander, this means finding ways to improve and make every second count. This is a philosophy he shares with other athletes and his sponsor Toyota. Their guiding principle of 'kaizen', or continuous improvement, means they too believe there's nothing so good it can't be made better. For almost eighty years Toyota has been making every second count.

Image/Photograph by Paul K Robbins from 'As The Crow Flies' out mid 2012.

toyota.com.au



Oh what a feeling!

CYCLE COURSE – 90KM

CUT OFF TIME – 5 hours 10 mins from start time

Cycle Course Summary

Cyclists exit transition to head out towards the Captain Cook Highway, detouring down Yorkeys Knob Road before turning back via Dunne/McGregor Rds. Turning left on the Captain Cook Highway, competitors head southbound and veer left onto the Cattina Road Underpass, crossing over to the Smithfield Shopping Centre. Cyclists will then turn around via the Smithfield Shopping Centre access road and re-enter the Captain Cook Highway via the on-ramp. Cyclists will also have the opportunity on the Captain Cook Highway to stop at one of the aid stations on course for refuelling.

Cyclists will continue through towards Port Douglas, taking in the breathtaking views of the Captain Cook Highway and the tropical seaside rainforest. The undulating, and winding course will take competitors past Ellis Beach and Wangetti before reaching the turnaround point north of Rex's Lookout. They will then begin the return journey back to Transition 2 at the Marlin Coast Recreational Centre.

PARTS AND SERVICE

Pump'n'Pedals will be set up in Coates Hire Transition 1 on Saturday and Sunday, where they will be conducting **MINOR** mechanic services. Please contact (07) 4051 6852 or visit their shop at the Civic Shopping Centre, 113-117 Sheridan St for additional bike repairs. A limited 'emergency service' will be available on race morning – please report to the Pump'n'Pedals representative in Transition 1 for assistance. A roaming mechanic will be on course on race day.

TRAFFIC

There will be vehicular traffic on the course in places. Please exercise vigilance and tolerance if traffic is encountered, particularly at all roundabouts and intersections. Normal road rules apply. Police, traffic controllers, SES and event crew will be on course. Road closures are in place for the duration to minimise the traffic flow and to protect the cyclists.

CYCLE AID STATIONS

Refer to the 'Aids Stations' section under Race Day Information in this booklet.

CYCLE COURSE SIGNAGE

At all times be aware of the signage for your course – the 70.3 Cairns course will cover a lot of the same area. Please make sure you are following the signs that refer to the "70.3 Distance"

SAG WAGON

There will be a SAG wagon on course to collect those cyclists who are unable to complete the event, or have not finished the cycle course, by the course cut-off time. Collected cyclists will be transported to the closest Aid Station.



CYCLE COURSE MAP



Cycle Course Rules

- Your helmet must remain securely fastened at all times while you are on the cycle course. This includes any time you stop on the side of the road, for example for mechanical repairs.
- You must have a covered torso at all times on the cycle course.
- You must not discard any items or equipment on the bike course. Rubbish may be deposited in the allocated areas at aid stations. You will receive a stop/start penalty for littering.
- You must obey road rules. Don't pass on the left or cross centre lines.
- iPods, MP3 players, or any other similar devices, are prohibited
- The event can only happen with the support of Police and Main Roads. Due to safety reason, they have requested no riding on the Captain Cook Highway outside of road closure times.

DRAFTING AND BLOCKING

- Cairns Challenge and Cairns Half is a non-drafting triathlon.
- The draft zone of each bike on the course is a 3m x 12m rectangle. The front bicycle wheel defines the centre of the leading 3m edge of the draft zone.
- When passing another competitor, you have 15 seconds from the time you enter this zone to complete the pass. If you are unable to complete the pass within this time, you must drop back out of the zone.
- If you are passed by another competitor, you must drop back out of their draft zone.
- If a technical official deems you to be drafting, you must serve a time penalty at the next Penalty Box.
- You must keep as close to the possible to the left hand side of the bike course. Failure to keep to the left is considered blocking.

- If a technical official deems you to be blocking, you must serve a time penalty at the next Penalty Box.

PENALTIES

- Technical officials will alert competitors of penalties by gaining the competitor's attention. They may call your number, sound a whistle, and/or show you a yellow card. They will then instruct you what your penalty is for, and what you need to do.
- There will be two penalty boxes on the course, one at Port Douglas and one prior to Transition 2. It is the competitor's responsibility to stop at the next penalty box. Failure to report if required to, will lead to disqualification.

RETURNING TO TRANSITION

- You must dismount your bike at the designated location.
- Your helmet must remain securely fastened at all times that you are in control of your bicycle. This includes while you dismounting, and until such time as you have racked your bike.

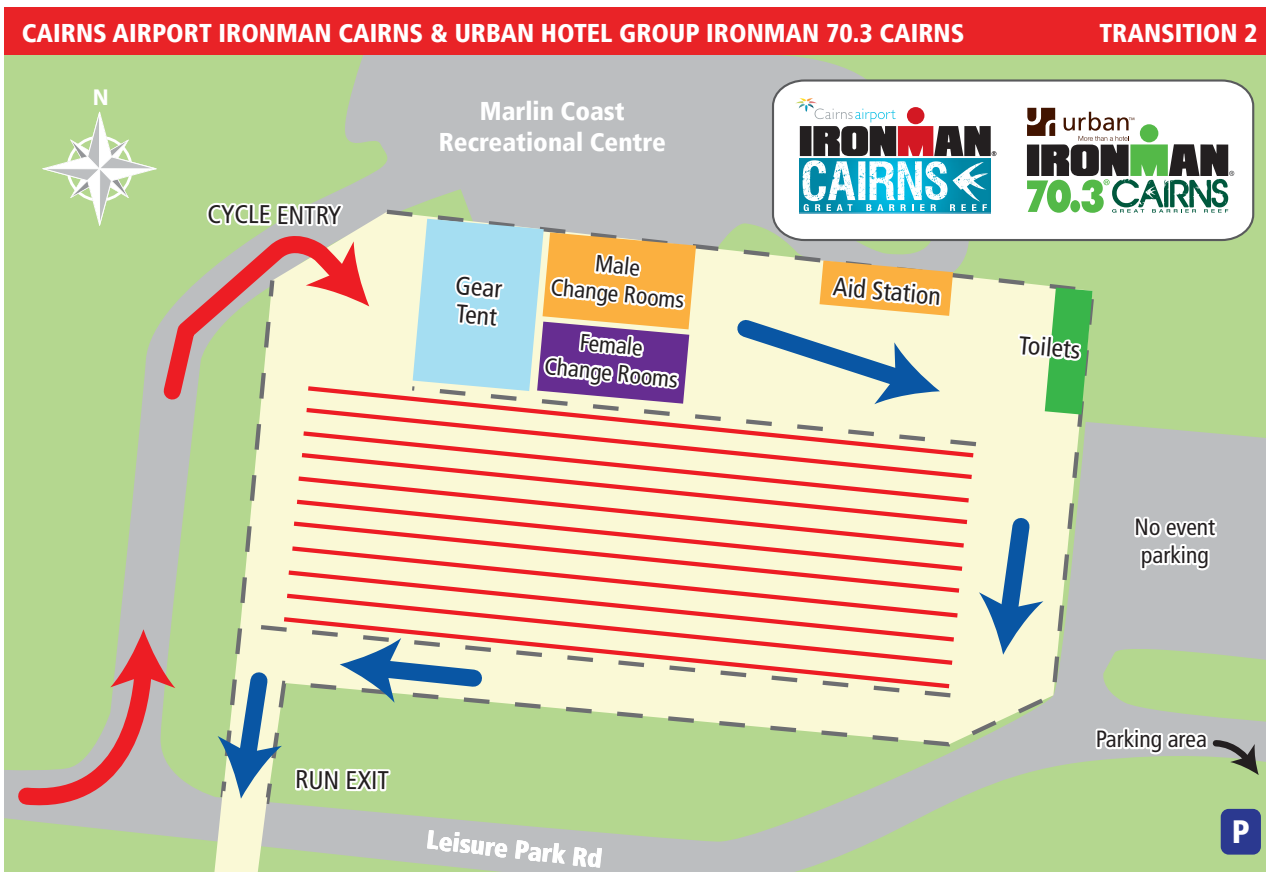
Transition Procedure – Bike to Run

As you dismount in the Bike Finish Chute volunteer 'bike catchers' will take your bike for racking. **DO NOT THROW YOUR BIKE AT THE CATCHER** as this will be deemed as unsportsmanlike conduct if reported and result in disqualification.

Proceed into the Marquee to collect your Run Gear bag, taking care to check the volunteer hands you your numbered bag, and proceed into the Transition Marquee area. Gear bags will be hanging on racks in number order. Separate male and female change areas are inside the marquee and volunteers will assist you with your transition. You must enter the change area even if you only need to put on running shoes. You will not be allowed to change into any run gear outside the change marquee. All discarded bike gear must be placed in the emptied Bike bag and the bag handed to volunteers before leaving the marquee.



TRANSITION MAPS



RUN COURSE – 21.1KM

CUT OFF TIME – 7 hours 30 mins from start time

Run Course Summary

Runners will exit Transition 2 via Sidlaw St, turning left onto McGregor/Dunne Rds and into Yorkeys Knob, turning at Samuel St, before heading inland south along Yorkeys Knob Rd until they connect to the Captain Cook Highway. Competitors will then run south along the Captain Cook Highway towards Cairns City and past the Cairns International Airport, taking the opportunity to stop at the aid stations between Yorkeys Knob and Airport Drive. Runners will then cross over to Airport Drive and continue heading south down the Esplanade, where they will head straight to the long-awaited finish line.

This is the time for all competitors to enjoy the end of their race, in the vibrant 'hub' of the Cairns Esplanade, one of the most popular destinations, for both tourists and locals, in Cairns. Run past the Cairns Esplanade Lagoon, where many locals spend a sunny day, take in the impressive site of Mount Yarrabah across the water, and enjoy the sights and sounds of the Esplanade. Not quite time for a beer yet, but competitors should take advantage of the aid stations set up around the Esplanade for them. If you have friends and family supporting you on the day, this is the place to be to catch all the action of the final leg of the 70.3 Cairns.

DISTANCE MARKERS

Distance markers will be located every **2 kilometres** along the run course.

RUN AID STATIONS

Refer to the 'Aids Stations' section under Race Day Information in this booklet.

Run Course Rules

- No form of locomotion other than running or walking is allowed.
- Crawling is not allowed.
- Athletes must wear their issued bib number clearly visible on the front all times
- Athletes must wear a shirt and running shoes at all times
- No individual support vehicles or non-participant escort runners are allowed
- It is the sole responsibility of each athlete to know and follow the prescribed run course. Cutting the course, knowingly or otherwise, will lead to disqualification.
- iPods, MP3 players, or any other similar devices, are prohibited



RUN COURSE MAP



GENERAL RACE RULES

The Urban Hotel Group Ironman 70.3 Cairns is sanctioned by Triathlon Queensland. Triathlon Australia race rules apply.

To comply with the rules, competitors **MUST**:

- practise good sports conduct at all times
- be responsible for their own safety, the safety of their own equipment and the safety of others
- be responsible for understanding and following Triathlon Australia Race Competition Rules which are available from the Triathlon Australia Website www.triathlon.org.au
- obey traffic regulations and instructions from race officials and public authorities
- treat other competitors, officials, volunteers and spectators with respect and courtesy

To comply with the rules, competitors **MUST NOT**:

- use abusive language

- litter
- carry prohibited or dangerous items, such as iPods, MP3 players and similar devices; mobile phones; glass containers
- perform acts of public toilet or public nudity
- accept assistance from spectators, friends or family members during the race.

Specific rules are included with course information for each of the Swim, Bike, Run and Transition.

Any competitor who violates the rules knowingly, should retire promptly from the competition and report the violation and the fact that they have withdrawn to the race referee.

A competitor will be disqualified if they receive two or more infringements across the entire course, or are reported for a red card violation such as public nudity, crossing centre lines, or abusive or unsportsmanlike behaviour.



Emergency Service Contacts

Police:

Police Beat	The Esplanade, Cairns	(07) 4048 1277
Police Station	5 Sheridan St, Cairns	(07) 4030 7000

Hospital:

Cairns Base Hospital	The Esplanade, Cairns	(07) 4050 6333
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Medical:

Cairns Family Medical Centre	120-124 Mulgrave Rd, Cairns	(07) 4051 2755
The 24 Hour Medical Centre	Grafton St, Cairns	(07) 4052 1119

Rescue & Road Services:

RACQ (24 Hours)	13 11 11
Black & White Taxis	131 008

Tourist Information:

Cairns Information Centre	The Esplanade, Cairns	(07) 4047 9125
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Bus Services:

Sunbus	Timetable	13 12 30
	Other Enquires	(07) 4057 7411

Post Offices:

13 Grafton St
115 Abbott St

CONTINGENCY PLAN

A Contingency Committee has been established to consult, make decisions and manage the implementation of any contingency plan. The following individuals will sit on the committee:

Race Director	David Ray
Operations Manager	Chris Jarvis
Technical Delegate	Greg Hoff
Race Referee	Robert Cronk

The Contingency Committee will also consult with the coordinator of the Traffic Management Plan if required.

The Contingency Committee will meet at 9:00am on Friday 1 June and Saturday 2 June to discuss any forecast extreme weather patterns for Race Day and review plans in the event of cancelling or altering any component/s of the race. If the Committee's decision is to change the advertised event format this will be advised to competitors on the day this is taken i.e. Athlete Check-In and Welcome Dinner (Friday) and Bike Check-In (Saturday).

Should weather conditions either improve or deteriorate following the Bike and Gear Bag Check-In the Contingency Committee will meet at 4:15am on Sunday 3 June and any change to the advertised or revised event format will be announced to athletes commencing at 5:15am and then every 5-minutes until 6:45am when Transition closes.

The Contingency Committee will ensure that they provide a duty of care to all athletes, staff, volunteers and spectators with the well-being of individuals being of the highest importance. Extreme weather may be defined as weather that threatens the immediate or long-term of individuals as a result of rain, lightning, wind or heat. The risk to individual well-being is determined in line with Sport Medicine Australia's Policy for Reducing Heat Injury in Sport and the forecasted conditions. The Contingency Committee will make their decision should conditions such as, but not limited to, any of the following be either forecast or prevail:

- Extreme Temperature
- Extreme Weather Conditions

The Contingency Committee may consider implementing one or more of the following strategies if deemed necessary in the interests of competitor safety:

- Shorten the distance of one or more of the legs (swim, bike, run)
- Start the event earlier or later
- Deletion of a leg to allow for a Duathlon (extreme cold or dangerous water) or Aquathlon (extreme heat)
- Cancel the event

The following information presents a number of scenarios that may be implemented should circumstances dictate.

CONTINGENCY SWIM COURSE

The Contingency Committee may choose one of the following options:

1. If the conditions are not considered life threatening, delay the scheduled event start for no more than 1-hour and reassess conditions at that time.
2. If the conditions are not considered life threatening, the swim will be reduced as required.
3. If the conditions are considered life threatening, cancel the swim and replace it with a run, thus turning the event into a Duathlon.

Where the decision is taken to either delay the event start or reduce the swim distance the Contingency Committee may elect to announce a revised cut-off time for any segment of the event.

Where the decision is taken to conduct a Duathlon the process will be:

1. Athletes will retrieve their Run Gear Bag from the transition tent and change into their run gear. Their swim gear, with the exception of their swim cap, will be placed into their Run Gear Bag and the bag handed to volunteers in the transition tent.
2. At 7.15 am open athletes will be called to assemble outside the Bike Exit at Transition 1 followed by age group athletes and then Team swimmers.
3. The event will start at 7.30am (professionals) with athletes running down the Esplanade before being turned back to transition, where they will collect their Cycle Gear Bag and enter the Change Tent where they will place their run gear into their Cycle Gear Bag and proceed onto the bike leg as normal (a total 2.5km run).

CONTINGENCY CYCLE COURSE

In the instance of a section of the course being impassable the Contingency Committee will meet with Police to ascertain whether the course will be cleared and in what timeframe or whether an alternative route can be found to bypass the impacted section. The action taken will depend on whether this was identified pre race start or post bike course start.

1. If the course will be cleared in an acceptable timeframe, say 30-minutes, the Contingency Committee may either start at the scheduled time or elect to delay the event start.

2. If the course will not be cleared in an acceptable timeframe, say 30-minutes, or an alternative route is identified the Contingency Committee may elect to delay the event start so that the required course infrastructure can be implemented and athletes advised of any new course segment.
3. If the course will not be cleared and an alternative route cannot be identified within 1-hour of the scheduled event start the Contingency Committee may elect to either declare the event a swim and run only or cancel the event.
4. In the event of an incident after race start the Committee will meet to revise the course.
5. If there is a delay following the race start there will be an adjustment to ensure all cyclists are off the course by 5.30pm.

CONTINGENCY RUN COURSE

In the instance of a section of the course being impassable the Contingency Committee will meet with Police to ascertain whether the course will be cleared and in what timeframe or whether an alternative route can be found to bypass the impacted section. The action taken will depend on whether this was identified pre race start or post run course start.

PRE RACE START

1. If the course will be cleared in an acceptable timeframe, say 30-minutes, the Contingency Committee will start the event at the scheduled time.
2. If the course will not be cleared in an acceptable timeframe, say 30-minutes, or an alternative route is identified the Contingency Committee may elect to delay the event start so that athletes can be advised of the new course segment.
3. If the course will not be cleared and an alternative route cannot be identified within 1-hour of the scheduled race start the Contingency Committee may elect to either declare the event a swim and bike only or cancel the event.
4. If there is a delay following the race start there will be an adjustment to ensure all runners are off the course by midnight.



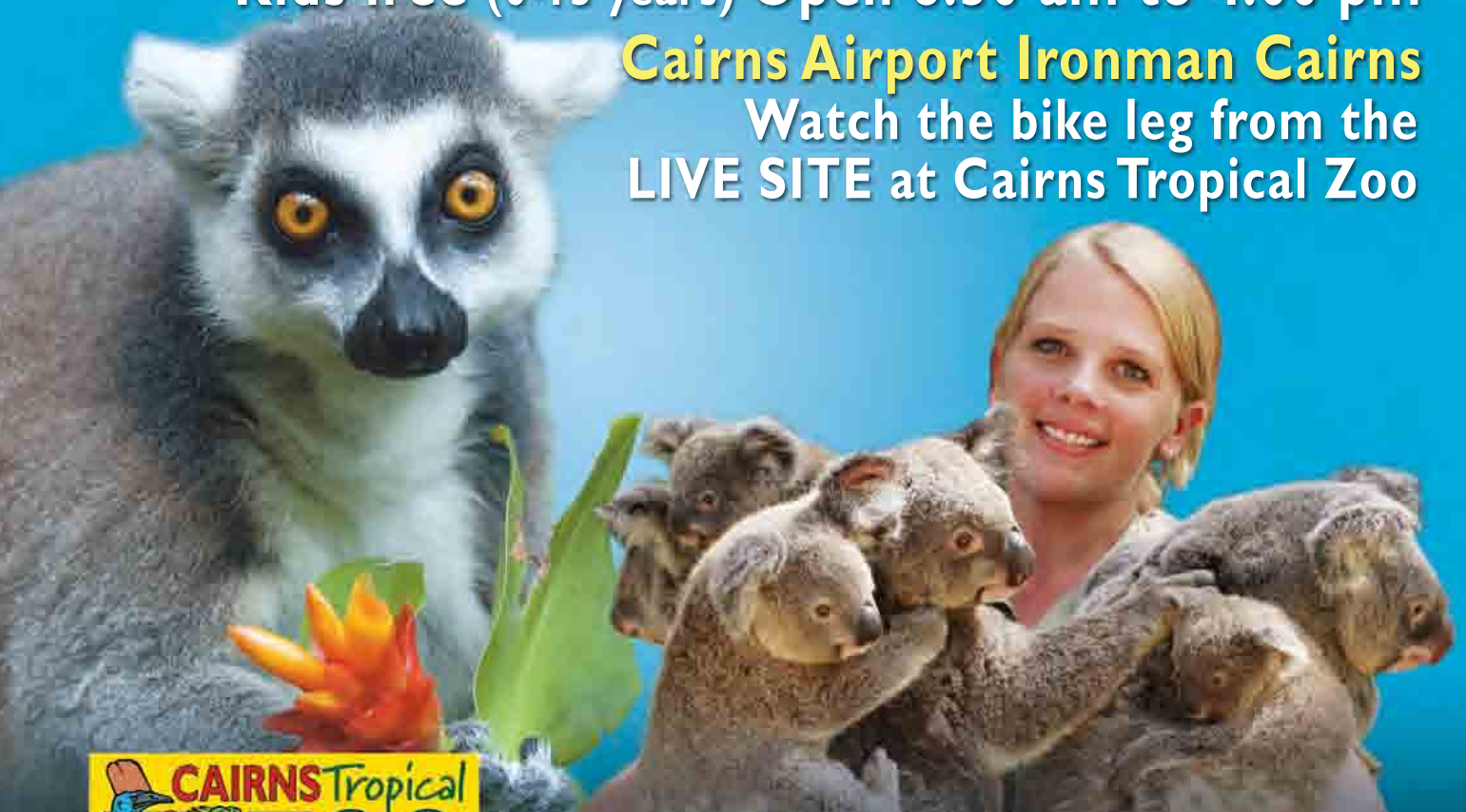
CAIRNS TROPICAL ZOO

FAMILY FUN DAY 3 JUNE

Wildlife shows and special kids activities
Kids free (0-15 years) Open 8.30 am to 4.00 pm

Cairns Airport Ironman Cairns

Watch the bike leg from the
LIVE SITE at Cairns Tropical Zoo



Cook Highway, Palm Cove Ph: 4055 3669

Expect minor traffic delays on race day, 3rd June 2012.
Visit www.cairnsadventurefestival.com.au for information on
changed traffic conditions. Vehicle access to Cairns Tropical Zoo on race
day will be via Bokissa Street at northern end.



Closed 3 June for the Cairns Airport Ironman Cairns

Open daily 8.30-5.00pm 40 minutes north of Cairns, Cook Highway Ph: 4055 3576



SPECTATOR INFORMATION

Spectator Points

The best viewing for the swim start will be at Sailfish Quay. Spectators please be aware that there will be limited viewing places along the pier, and you will be required to listen to any directions given by staff.

During the cycle, the top spot will be at Cairns Tropical Zoo, where you will get a great view of the competitors going past. Please note if you are wishing to view the cycle course there will be no vehicle access north of Palm Cove.

The place to be for all spectators in the finish line precinct will be The Esplanade, adjacent to the Esplanade Lagoon. Crowds of spectators will sit along the roadside and enjoy a drink, while watching the runners do their finals laps before the finish line.

RULES TO REMEMBER FOR CHEER SQUAD, FAMILY & FRIENDS

DO NOT bike, drive or run beside a competitor on any part of the course. This is outside assistance and can lead to disqualification of that competitor

DO NOT use permanent paint or crayon for graffiti on any road. Chalk is acceptable but where permanent paint graffiti is identified to a competitor, that competitor will be disqualified.

DO make sure your competitor has read and knows the Triathlon Rules pertaining to this race, and has thoroughly read this booklet

DO make sure your competitor keeps his/her Competitor Bib # secured to clothing and takes his/her timing band on race morning as this race is timed with a chip.

Ironman Live

Ironman Live will feature live and exclusive coverage of Cairns Airport Ironman Cairns and Urban Hotel Group Ironman 70.3 Cairns. With live race updates, photography, athlete tracking and video – Ironman Live will have the event covered. Tune into www.Ironman.com during race week for all the latest from Cairns

\$10 for 10 SMS

Friends and family will have the option to book a \$10 for 10 SMS service to receive 10 messages to their mobile phone about their competitor's location on course.

This package will need to be booked online at the USM EVENTS website www.usmevents.com.au by 5pm Saturday 2nd June.

Please note: 10 is the **approximate** number of messages that can be expected to be received, based on the various timing points on course.

Publicity

Our media sponsors;

- Hot FM
- Southern Cross Ten
- One HD
- The Cairns Post
- Triathlon and Multisport Magazine
- Australian Mountain Bike

Information Booth

There will be an information booth located at Fogarty Park, open at the following times:

Thursday 31st May:	12noon – 4pm
Friday 1st June:	8am – 5pm
Saturday 2nd June:	9am – 5pm
Sunday 3rd June:	6am – 8pm

The centre will have maps, competitor lists, event programs, transport information etc.

The information centre will also have all information regarding the medical centre on the day so if you are concerned about a competitor, please check with the information centre - not the announcer or medical tent.



SOUTHERN CROSS TEN CAIRNS SPORT & LIFESTYLE EXPO



Located in the Expo Tent, The Pier carpark, opposite Fogarty Park

Parking

See 'Race Day Parking' under 'Race Day Information'.

TRADING HOURS:

Friday 1st June: 8.00am – 5.00pm
 Saturday 2nd June: 9.00am – 5.00pm
 Sunday 3rd June: 12.00pm – 8.00pm

*N.B. Trading hours subject to change

The Southern Cross Ten Cairns Sport & Lifestyle Expo will run from Friday 1st June to Sunday 3rd June 2012 and will feature a selection of gear, clothing, food and drink stalls for both athletes and the general public to enjoy. The Expo will be situated adjacent at the Cairns Esplanade and provides the ideal opportunity for athletes to stock up on last minute equipment needs and talk to the experts behind the brand.

Event Merchandise

Check out the awesome range of official Cairns Airport Ironman Cairns merchandise from the Ironman Store, located at the Southern Cross Ten Cairns Sport & Lifestyle Expo.



Things To Do

Home to the Great Barrier Reef, Cairns and Tropical North Queensland is one of Australia's most exciting places to visit with a wide variety of tours, activities and attractions.

Cairns boasts some of the nicest winter temperatures in Queensland, with the 'dry' season (May to November) ranging between 14 to 26 degrees.

The main destinations of interest when visiting Tropical North Queensland are the Great Barrier Reef, Kuranda Village, Daintree Rainforest and the Tablelands.

Cairns is the main departure point to the Great Barrier Reef with trips departing daily all year round catering to all levels of experience, with you are a beginner snorkeler, advanced diver, or do not swim at all you can find the right reef cruise for your ultimate Great Barrier Reef adventure.

The Daintree Rainforest is a must see! Nowhere else in the world can you experience two natural wonders side by side - where World Heritage Listed reef and rainforest actually meet. There are plenty of day trips and activities to choose from, including Aboriginal-guided rainforest walks with the local Kuku Yalanji people, river wildlife cruises, guided bird spotting, exploring secluded beaches and 4WD safaris.

A scenic one hour drive west from Cairns is the Atherton Tablelands also known as the Cairns Highlands. Among the rolling hills dairy cattle and deer graze on green pastures and farms grow tea, coffee, nuts, corn, vegetables and flowers for local and export markets. Everything thrives on this cool tropical plateau where temperatures and humidity are generally lower, providing an ideal break away from the heat of the coast.

The inaugural Urban Hotel Group Ironman 70.3 Cairns, set against this iconic backdrop, will soon become the premier Ironman event in the Southern Hemisphere, and set as the pinnacle event in the week long Cairns Airport Adventure Festival, it is sure to attract thousands of competitors to participate in the events offered in this festival.



CAIRNS TROPICAL ZOO

Event Supporter of the Cairns Airport Ironman Cairns, the Cairns Tropical



Zoo is the perfect place for a day-trip for the whole family. The most outstanding wildlife experience in the Cairns' region, nowhere else in tropical Australia will you find the diversity of wildlife that is available at this wonderful oasis, situated just 20 minutes from the Cairns CBD.

Discover fascinating and rare animals both from Australia and other regions of the world such as Nepalese Red Pandas and Ring-tailed Lemurs. You can cuddle a koala, feed a kangaroo, see giant crocodiles and enjoy great wildlife presentations and tours. To drive, the zoo is located on the Captain Cook Highway at Palm Cove, and there is plenty of free parking. Alternatively, coach transfers and package tours are also available.

The Cairns Tropical Zoo is open 7 days from 8.30am to 4pm. For more information, phone (07) 4055 3669.

CAIRNS ADVENTURE FILM FESTIVAL



DATE: Wednesday 23rd May – Opening Night

VENUE: Centre of Contemporary Arts, 96 Abbott St, Cairns

DATE: Friday 25th May – Gala Awards Night

VENUE: The Jack Hotel, cnr Sheridan & Spence Sts, Cairns

The third annual Cairns Adventure Film Festival is Australasia's only dedicated adventure and extreme sports film festival and competition. CAFF provides a great opportunity for both film makers developmentally as well as for adventure community groups to showcase their sports. The festival is all about celebrating the depth of talent and love of adventure and action that resides under the southern sun. Over two nights the festival will showcase the best adventure films that have been sourced from Australasian and local North Queensland film makers and sports people. This year CAFF will also screen the best photos entered in the Adventurous by Nature Stills Photography category

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CORAL COAST TRIATHLON



DATE: Sunday 27th May
VENUE: Palm Cove, Port Douglas

Timetable *approximate times only

6:00- 7:00am	Check-in, numbering and race day entries- if fields not full, a \$10 late fee will be charged.
6:00-7:15am	Bike racking. All ages must check-in at this time and rack their bike. There DEFINITELY will be no registration or access after 7:15am.
7:30am	Race start

CHECK-IN: At check-in you will receive your race kit, including **branded swim cap**, which **MUST** be worn during the swim leg. You will also be numbered on your arms and be provided with a chest number to wear on the front of your singlet.

COURSE: Enticer = 300m swim/ 10km cycle/3km run
Sprint = 750m swim/20km cycle/ 5km run
Olympic = 1.5km swim/40km cycle/10km run
A full course map will be displayed at Check-In and also at the Information Desk at Fogarty Park.
NB: some vehicles will be on the course, i.e. event personnel and emergency vehicles.

PRIZES: Medals will be awarded to 1st to 3rd in all categories for the Olympic, Sprint and Enticer Triathlons. Random draw prizes -all competitors are eligible, but you must be present at presentations.

CHECKLIST: Don't forget your **helmet** (must be Australian Safety Standard approved-sticker inside helmet), your **bike**, your **running shoes** and **swim goggles** (if you usually swim with them).

PARKING: Please allow yourself plenty of time to get to the event and park, it will be very busy. Please be aware signed parking restrictions still apply throughout the Festival.



FESTIVAL EVENTS



Date: 27 May 2012
Where: Wetherby Station
Check-in & late entries: 5.30am
Event Start: 7:00am for 70km race & 9:00am for 35km race

The iconic RRR (Rural, Rainforest & Reef) mountain bike race is the longest running 'point to point' race in Australia. With a 35km & 70km course the event is open to serious and social competitors!



Date: 27 May 2012
Where: Palm Cove
Event Start: 8.30am

Australia's biggest and newest downwind iron ocean race is back. The challenge is a 40km awesome surf leg along the Tropical North QLD coastline, heading north from Palm Cove to Port Douglas.



Date: 31 May 2012
Where: Green Island
Check-in & board vessel, Reef Fleet Terminal: 5.30am - 6.15am
Event Start, Green Island: 8.00am

This spectacular 1.5km or 3km swim has the beauty of the Great Barrier Reef below the surface. Following the swim, relax and enjoy the white sandy beaches, rainforest and beautiful coral reef at Green Island.



Date: 1 June 2012
Where: Fogarty Park, Cairns Esplanade
Check-in & late entries: 6.15am - 7.15am
Event Start: 7.30am

Enjoy the beautiful Tropical North Queensland winter sunshine with a 5km run or walk. Dress in green and help raise funds for the Far North QLD Hospital Foundation. Entry includes Breakfast in Fogarty Park and lots of great random draw prizes!



MCDONALDS IRONKIDS CAIRNS



DATE: Saturday 3rd June

VENUE: Esplanade Lagoon

Timetable *approximate times only

12:45- 1:30pm	Check-in, numbering, bike racking and race day entries - if fields not full, a late fee will be charged.
1:50pm	Race briefing for all kids
2:00pm	Race start

CHECK-IN: At check-in you will receive a **T-shirt** . You will also receive an **branded swim cap**, which **MUST** be worn during the swim leg. You will also be numbered on your arms and be provided with a chest number to wear on the front of your singlet.

COURSE: 7-10 years = 50m swim/ 1km cycle/ 500m run
11-13 years= 100m swim/3km cycle/ 1km run
Family Wave = 50m swim/1km cycle/500m run
*Age is at 31/12/2012
Family wave – children under 10 PLUS parent/guardian

A full course map will be displayed at registration and also at the Information Desk at Fogarty Park.

NB: some vehicles will be on the course, i.e. event personnel and emergency vehicles.

PRIZES: All participants will receive a finisher's medallion. Random prizes will be handed out - all competitors are eligible.

CHECKLIST: Don't forget your **helmet** (must be Australian Safety Standard approved-sticker inside helmet), your **bike**, your **running shoes** and **swim goggles** (if you usually swim with them). There will be a full briefing explaining all aspects of the event and marshals will be available to assist you at all times. Please note that parents are not allowed into the transition area during or after the race (unless competing in the family wave).

PARKING: Please allow yourself plenty of time to get to the event and park, it will be very busy. Please be aware signed parking restrictions still apply throughout the Festival.



DATE: Sunday 3rd June
TIME: 7.05am start
VENUE: Sailfish Quay, Cairns
COURSE: 3.8km swim / 180km cycle / 42.2km run
CHECK-IN: At the Check-In tent located at Fogarty Park, Cairns between 10am-5pm Friday 1st June or 9am-2pm Saturday 2nd June. Late entries will not be accepted.

PLACE	OPEN MEN	OPEN WOMEN
1st	€20,000.00	€20,000.00
2nd	€10,000.00	€10,000.00
3rd	€6,000.00	€6,000.00
4th	€4,000.00	€4,000.00
5th	€3,000.00	€3,000.00
6th	€2,000.00	€2,000.00
7th	€1,000.00	€1,000.00
8th	€900.00	€900.00
9th	€800.00	€800.00
10th	€700.00	€700.00



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- The only place in the world where two World Heritage areas meet – the Great Barrier Reef and the Wet Tropics Rainforest
- First class tourist destination
- International and domestic airport
- An extensive range of accommodation
- International and domestic airport
- Conference and convention facilities
- World-class sporting infrastructure
- A diverse, multicultural community
- Tropical North Queensland's major commercial, industrial, educational, retail and entertainment centre