



GOONDIWINDI TRIATHLON CLUB INC. MEMBER INFORMATION AND RULES – 2018/2019

MEMBERSHIP

A Membership Form must be fully completed and submitted along with full payment to the member on duty or club secretary, treasurer or president.

COST

\$20 – Senior Membership

\$10 – Junior Membership

\$50 – Family Membership (Includes children under 18)

EVENTS

Goondiwindi Triathlon Club Inc. holds Senior Triathlons (mini-tri's) and Kids Aquathons or Triathlon events every Sunday from October to March at 7:00am, as well as organised training events.

MINI and SPRINT Triathlons – Open Roads

All participants in Goondiwindi Triathlon Club events including mini-tris and sprint triathlons must be Senior Members of The Club as these are held on open road with limited supervision.

- A Senior Member is aged 12 or over at 31/12/2018 - may participate in Senior events
- A Junior Member is aged under 12 on 31/12/2018 - may only participate in Junior events
- All Visitors to the Club must be members to race in our Club events. A Membership Form must be fully completed and Membership Fee must be paid in full before racing.
- Junior events are primarily Aquathons (Swim/Run) of various distances to suit age groups and abilities. The Club aims to hold a Kids Triathlon once a month. All participants in Junior events must be a Junior Club member
- All members attending club events at the Goondiwindi Town Pool must pay pool entry and obey normal pool entry conditions
- Membership stickers will be supplied and must be affixed to bikes to identify members.

TRAINING

All Training organised by the Goondiwindi Triathlon Club is covered under our public liability insurance and as a condition of this, participants must be Senior Members of The Club. Visitors or new members may join training sessions 3 times before Senior Membership must be taken.

COMMUNICATION

- Most communication to members will be via Facebook and Instagram
- All members will be included on Goondiwindi Triathlon Club email list
- Goondiwindi Triathlon Club has a tab on HOTW website www.hellofthewest.com
- All event and race results will be posted on RaceSplitter website and personal best spreadsheet will be kept by club emailed to all members from time to time.
- Goondiwindi Triathlon Club Inc. meetings are held on the first Tuesday of each month at 6pm at The Royal Hotel, Goondiwindi. All members are encouraged to attend.

RACE RULES

- All instructions from the Race Captain (rostered committee member) must be adhered to.
- All events are NO DRAFTING (7m gap from back wheel)



- It is competitors responsibility to know the course
- All competitors must have Helmet on with strap fastened before removing bike off the rack
- All competitors must follow road rules and give way to traffic
 - Stay to left unless overtaking
 - No riding two aside unless in motion of overtaking
 - Make sure it is safe before overtaking
- No bikes ridden in transition area – Delegated area for mount and dismount

TRAINING RULES

- All riders must wear helmets.
- All bikes must have rear flashing lights in low light and daylight conditions as it helps rear approaching traffic see riders when driving into the sun.
- Reflective and Light coloured clothing is strongly advised, especially when riding or running in low light conditions.
- Each session will be run by a Senior Club Member and their instructions must be followed.

MINI TRI SETUP

- Members must volunteer at least once per season to assist the rostered committee member with running mini-tri/sprint tri. Contact the Club Secretary to nominate your date.
- Bike Racks
- Road signs indicate Triathlon in progress
- Turn cone at bike turn-around, Bollards and bunting to keep people clear of transitions area

MEMBER INSURANCE

- **SENIOR MEMBERS** (aged 12 or over at 31/12/2018)
 - Covered under Goondiwindi Triathlon Club Inc.'s Public Liability and Personal Accident Insurance.
 - This insurance covers Club triathlon events and organised training
 - Personal Accident Insurance Policy will help cover some costs, but shouldn't be relied on to cover all associated costs, that may be incurred by the member from an accident during a Club Event.
 - The Full Policy can be provided to any Senior Member on request
 - To make a claim please contact Club Secretary or President (refer to Contact List)
- **JUNIOR MEMBERS** (aged under 12 at 31/12/2018)
 - Covered under Goondiwindi Triathlon Club Inc.'s Public Liability Insurance but NOT Personal Accident Insurance
 - Junior members must participate in club junior events and training ONLY

HOTW

- HOTW is run by Goondiwindi Triathlon Club and provides funding for the running of Goondiwindi Triathlon Club including club insurance at a cost in excess of \$4000.
- All members are expected to volunteer for roles in the setup, running and/or clean-up over the whole weekend of HOTW. This season HOTW is on 10/02/2019. Please include this in your calendar and contact a committee member to find out what you can do.
- In order to continue running the HOTW, which is of the oldest most respected races in Australia, we need new members to join the committee each year. Please get involved.





CLUB CONTACTS	
Tri Club	Person
President	Geoff Webb
Treasurer	Paul Amos
Secretary	Sally Poole
Vice President #1	Natalie Loughman
Vice President #2	Paul Nixon
Hell of the West	
HOTW President	Tim Richards
HOTW Vice President #1	Brett Corish
HOTW Vice President #2	Rob Anderson
HOTW Race Director	Sports 3 - Kerry Stubbs
HOTW Administration	Liesl Richards
Sponsorship & Media	Kirsty Dowling
Merchandise Coordinator	Tim Richards
Volunteer Coordinator	Chris Leahy
Swim Leg Coordinator	Casey Simpson
Cycle Leg Coordinator	Ben Loughman
Run Leg Coordinator	Scot McColl
Park set up Coordinator	Brett Corish / Rob Anderson
Bike Compound coordinator	Dave Vincent
Super Saturday Coordinator	Jason Watts
Kids Tri Coordinator	Anna Dawson
Bag Coordination	Liesl Richards
Medical Coordinator	Amanda North / Alex North
Announcer	Terry Gleeson
Comms Coordinator	Dave Vincent
Tent and Banner Manager	Anna Carswell / Don McClymont
Stall and Food/Bev Coordinator	Kate Gleeson
Massage Coordinator	Sarah-Jane Murray
Equipment Officer	Miles McColl