

# ATHLETE GUIDE 2022

# WELCOME

## FROM THE HERVEY BAY TRIATHLON CLUB

Welcome everyone to the 12th Hervey Bay 100!

As president of the Hervey Bay Triathlon Club, I would like to wish you all fast and safe racing. Having been on both sides of the fence at Hundy time, I know what you all go through on the day. The time and effort we all put in is paid off in kind when we see those finish line smiles.

I am so proud of what this club, its members and our community volunteers have achieved.

This year we have the Hundy Crit happening again on Saturday afternoon in the new location, adding to the Barge2Beach swim that morning. I am excited to see the race weekend continue to grow and evolve into a true sporting weekend away for you all.

Thank you for supporting our race, our club and our region. We hope you have a great stay on the Fraser Coast.

**Paul Smith** | HBTC President



## WELCOME FROM OUR MAJOR SPONSOR

For the 12th year of the event, and the 5th year that the Beach House Hotel has been involved as major sponsor, we would like to welcome you all to the 2022 Hervey Bay 100. Coming out of the difficult past two years for our community, we look

forward to the Hervey Bay Triathlon Club staging a successful and safe event, and we are keen to look after you all over the weekend and for the after-party in 2022. We hope you enjoy your stay in Hervey Bay for the event and trust all our

staff will look after you and that your end-of-race Pure Blonde is icy cold and kicks off a great celebration of all the effort you put into your training and racing.

**Janet Persal**  
General Manager Beach House Hotel

# PRESENTING 2022

# PROGRAM OF EVENTS

## Saturday November 5, 2022

TIME	ACTIVITY
4:15-5:15am	Barge2Beach registration at Urangan Boat Harbour
5:30-6:30am	Barge transit to GPS marker 2km offshore
5:45-9:00am	Race registration for all Junior events
6:30am	Transition area (racking) closes for all triathlon events
6:30am	Race briefing (Senior and Intermediate)
6:45am	Senior (17-19) and Intermediate Triathlon start (500/15/4)
6:45am	Barge2Beach swim start
7:45am	Junior Triathlon (300/10/2)(Briefing announced prior to race)
8:30am	Junior Aquathlon Start (1/200/1)
9:00am	Multi-skill Aquathlon races 11-14 (100/1); 15-19 (200/2)
9:45am	Mini Aquathlon (beach run, swim, run only)
12:00pm	Race registration for HB100 & HB50 – Upstairs Beach House Hotel
4:00-8:00pm	Hundy Crit (@ Seafront Oval Pialba)

## Sunday November 6, 2022

TIME	ACTIVITY
4:30-5:30am	Transition open – Racking for Hervey Bay 100 and 50
5:15am	Walk to race start
5:30am	Hervey Bay 50 race start
5:45am	Hervey Bay 100 race start
7:45am	First finishers for Hervey Bay 50 (approx.)
9:15am	First finishers for Hervey Bay 100 (approx.)
1:45pm	Last finishers for Hervey Bay 100 (approx.)
2:30pm	Presentations of winners at Beach House Hotel

**IT'S LIVE!** *in Queensland*

#visitfrasercoast

# HERVEY BAY

## Make the most of your stay

Today you will be racing in one of Queensland's best natural holiday destinations offering the world's closest whale watching encounters with humpback whales as well as easy access to World Heritage Listed Fraser Island; the world's largest sand island and Lady Elliot Island; the first coral cay on World Heritage Listed Great Barrier Reef.

Dotted along the Hervey Bay 100 Bike leg are cosmopolitan and alfresco cafes, shops,

parklands, picnic areas, playgrounds and jetties.

Beyond triathlon racing and training, Hervey Bay waters are stinger-free and perfect to enjoy kayaking, yachting, diving, water and jet skiing, wind surfing and snorkeling. Boating and fishing enthusiasts enjoy estuary, beach, jetty, reef and game fishing.

Enjoy a bicycle ride along the picturesque foreshore, visit places such as the Orchid House within the beautiful Botanical Gardens, the Marina area or one of the many restaurants and cafes situated along the Esplanade.

Be sure to checkout **visitfrasercoast.com** to make the most of your stay.

## join the conversation

The [Hervey Bay 100 FaceBook](#) page will be the primary communication method leading up to and over the weekend. Join in the conversations online and share your experiences with us by following both our social channels (FaceBook and Instagram) and using our [hashtags](#).



#hb100  
#hundy  
#sufferinparadise

**IT'S LIVE!**  
*in Queensland*



# Huntingdale Central

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*In the heart of Hervey Bay*

Situated in the heart of Hervey Bay, Huntingdale Central is around 3.5km south of the Hervey Bay Esplanade and its naturally stunning beaches.

Huntingdale Central is conveniently located within 2.5km of Stocklands Shopping Centre, public & private hospitals and within five kilometres of the established commercial areas of Boat Harbour Drive and in close proximity to several schools including primary & secondary, public & private.

The development will offer over 170 lots including residential lots from 540m<sup>2</sup> to 1000m<sup>2</sup>+ (average size 813m<sup>2</sup>) and 20 smaller lots in a boutique, medium-density area (average lot size 381m<sup>2</sup>).

Stages 1 & 2 (49 lots) to be released in January 2022 with titles anticipated in July 2022. Stages 3-8 to follow shortly thereafter with the project anticipated to be sold out by June 2025.



# PRE-RACE INFORMATION

## medical warning

Please remember our race slogan 'Suffer in Paradise'. This is a tough event so we have plenty of on-course support there for you. Pick up water on the bike leg and use the aid stations on the run. There are many volunteers out on the course and trained medical professionals also. If you are feeling unwell, please let someone know as soon as possible.

## timing chips

Your timing chip will be given to you at registration. Secure the chip to your left ankle using the velcro strap supplied. If you intend using your own strap, please ensure you return the supplied strap. If you DNF or withdraw before the start of the race, please return your timing chip to a race or timing official at the finishing area.

## race numbers

Place your bike race number around your seat post so the number is visible from the side. DO NOT cut or modify the race number as this has a timing chip in it also. Helmet race numbers go on the front of the helmet. Please apply the temporary tattoo as high on your right arm as possible (teams – the swimmer wears this). Race bib must be worn on the run.

## bag drop

Put your race number sticker on any bag you want to leave at bag drop tent which will be between recovery and the 100 transition.

## parking

Please ensure you are mindful of local residents when parking near the race precinct. Do not use the Beach House Hotel car park. If you arrive before road closures either day, please do not park on the esplanade as this only increases risk to athletes.

## ON-COURSE NUTRITION

There is an aid station on the bike leg which will open after the first lap. Please ensure you have enough water to get through your first 25km. The bike aid station is just after the eastern bike turn. Discard zone will be before the turn, collection just after, and another litter zone after the aid station to allow for integrated hydration. There are 3 aid stations on the run. They will be stocked with water, ice, coke and Infnit Speed mix.

"Infnit works.  
It's the product I encourage  
all my athletes to use."

- Guy Crawford  
Professional Triathlete, Coach/Owner of GKEndurance



# #HB100 PROUD SUPPORTER NOVEMBER 5-6 2022





# POST-RACE INFORMATION

## recovery

Take your time at race central to recover after your race. There will be ice, water, Infinit and Coke as well as plentiful fresh fruit. If you are feeling unwell, please let someone know as we have paramedics, first aid and nurses present to look after you.

The crew from Bay Osteopathy crew will be offering massages at the finish site. This is a free service, but there are no bookings, so please be patient and understanding.

## bike collection

Bikes will not be able to be removed from transition until after 11am.

## results

The podium presentations for Age Groups and Teams will be held upstairs at the Beach House Hotel from 2:30pm. There will also be some random prize draws during the presentation. Full results will be available through the Timing Wizards site and Race Roster.

## prizes

Age group and team prizes are \$100 for the winner (must be 3 or more entrants to pay prizes in a category). Premiums paid for fastest swim, bike & run legs for male and female A.G. athletes (must complete all 3 legs) \$300 each. Thanks to support from Pure Blonde for the swim, Custom Bike Fit for the bike and ASICS for the run.

## RACE RULES

As the Hundy is a sanctioned race, all Triathlon Australia Race Competition Rules will be enforced. Some common misunderstood rules are below. For a full copy of the rules visit [www.triathlon.org.au/Technical/Race\\_Competition\\_Rules.htm](http://www.triathlon.org.au/Technical/Race_Competition_Rules.htm)

### DRAFTING

The draft zone is 12m. Competitors have 25 seconds to move through the draft zone when passing.

### LITTERING

We love keeping our esplanade tidy. Penalties apply for competitors who discard any litter or equipment anywhere on course outside the approved dedicated locations. (transition and aid stations).

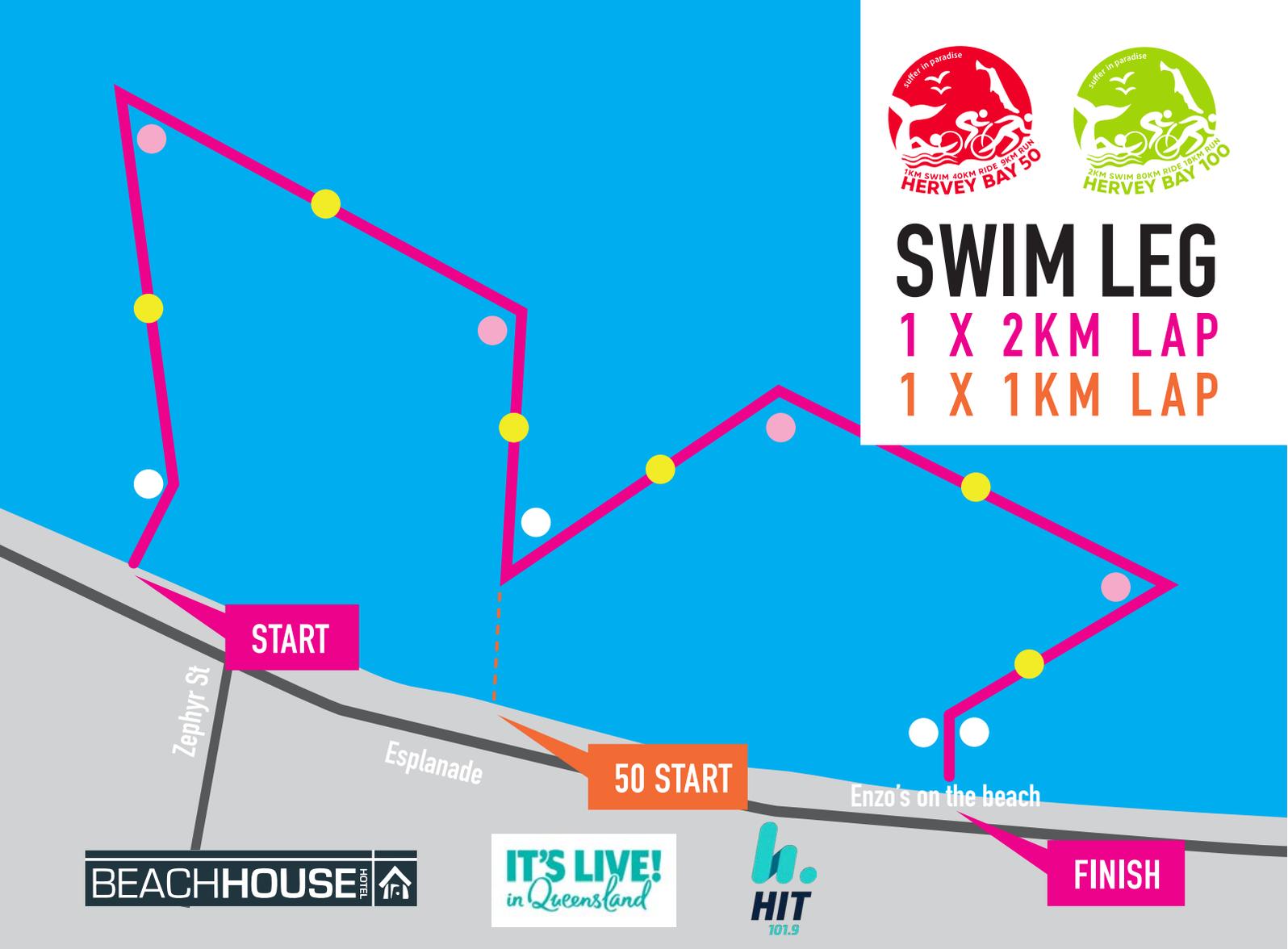
### PENALTY BOX

Located at the bike entry of transition, competitors issued with Yellow or Blue Card by a Technical Official must serve the stop start penalty of 5 minutes on the same lap.



# SWIM LEG

1 X 2KM LAP  
1 X 1KM LAP



# RIDE UNLEASHED



1-2/35 MAIN STREET, PIALBA  
(07) 4124 2624

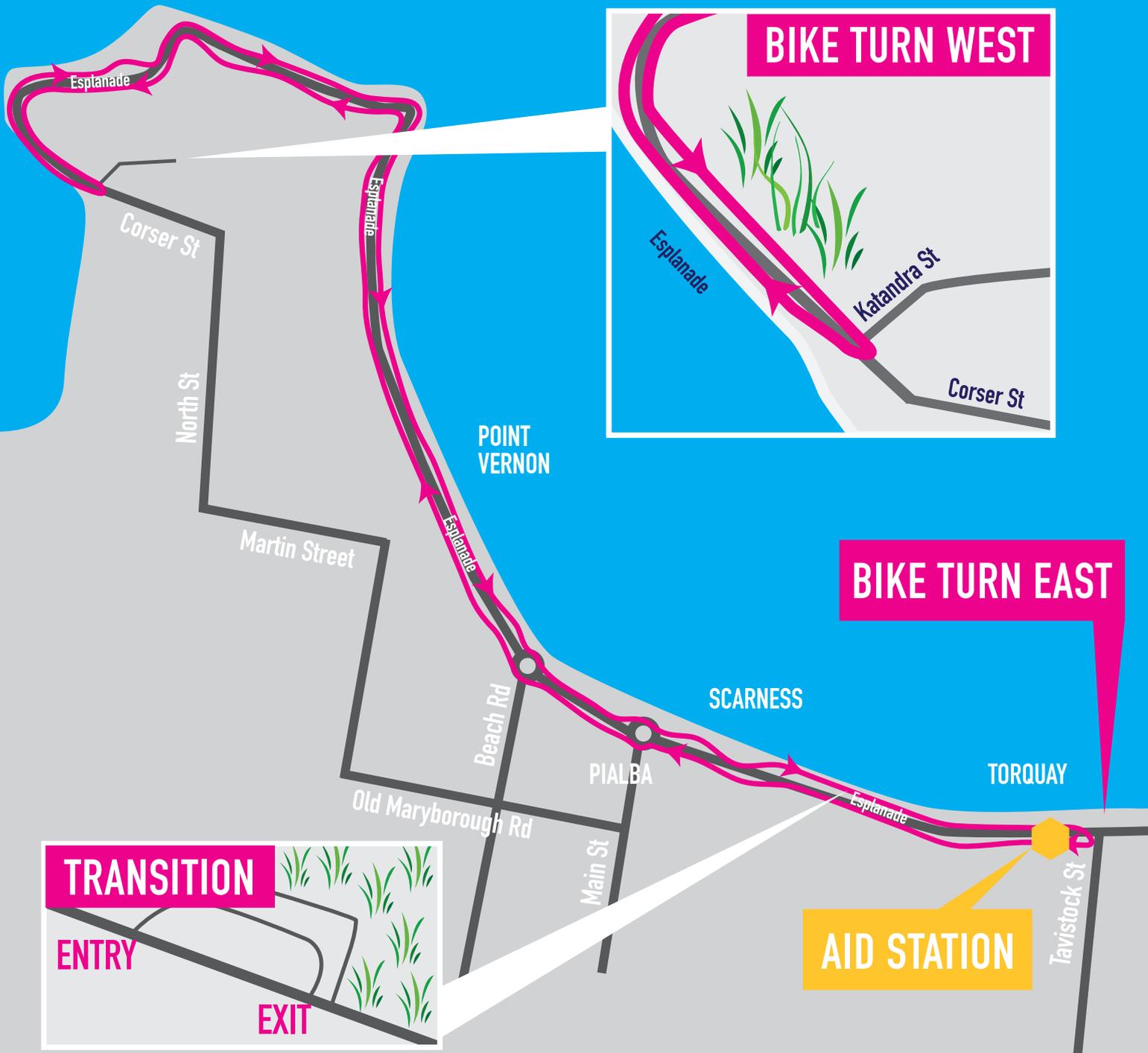
[GIANHERVEYBAY.COM.AU](http://GIANHERVEYBAY.COM.AU)

**GIANT** HERVEY BAY



# BIKE LEG

4 X 20KM LAPS  
2 X 20KM LAPS



▀▀ The race was well organised & the water stops for me were a life saver. All the ice & water, fantastic little helpers were great. ▀▀

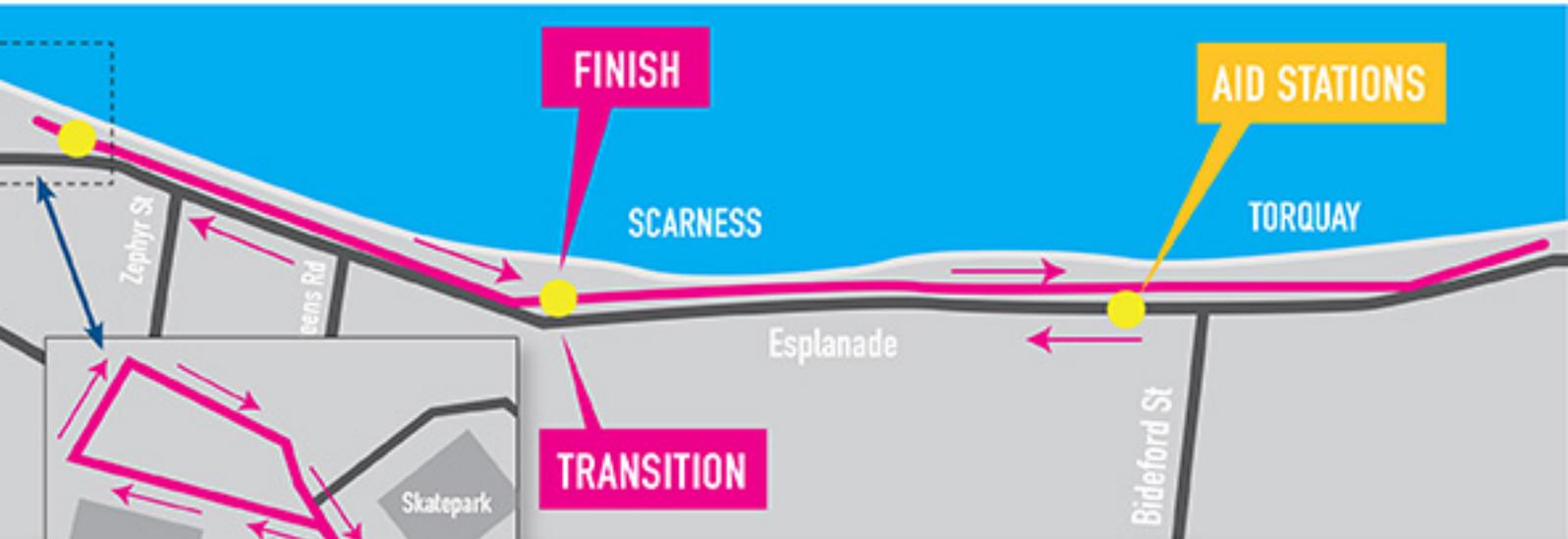


WWW.DSAINAGES.COM.AU



# ASICS RUN LEG

3 X 6KM LAPS  
1.5 X 6KM LAPS



▀▀ The Hundy team continues to deliver one of the most well-organised and value for money events on the calendar. ▀▀



WWW.PSAIMAGES.COM

# CLIFFO *and* GABI

6-9am weekdays

**HIT**  
101.9



Great event as always. My fourth year racing the 100 and I thoroughly enjoy it every year. I love the community involvement and it's always beautifully organised.



**DTE**  
ENDURANCE

Representing [Race Roster](#) in Oceania

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# CREATING MEMORABLE EVENT EXPERIENCES

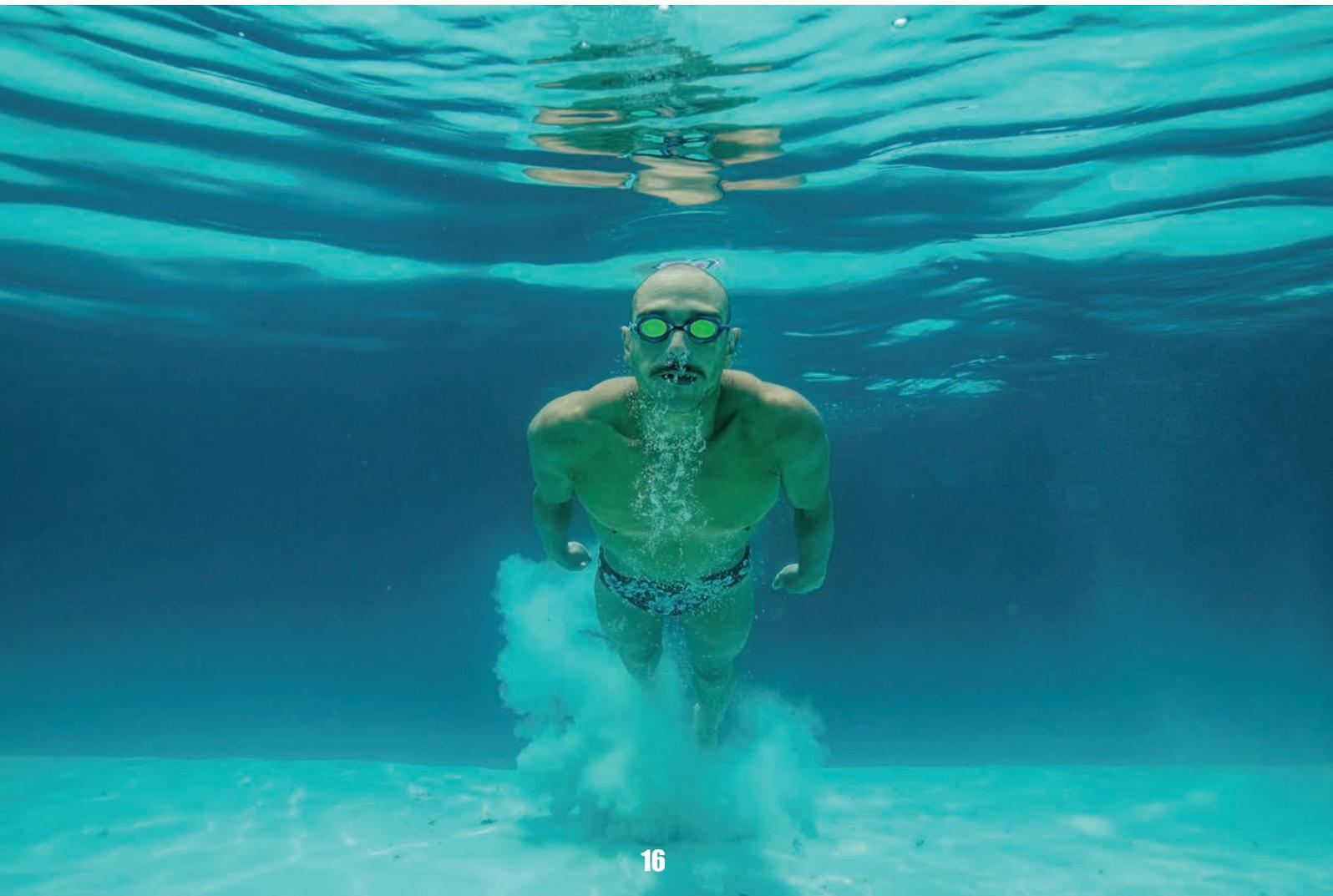
Hervey Bay 100 is proudly supported by  
DTE Endurance.

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[WWW.DTEENDURANCE.COM](http://WWW.DTEENDURANCE.COM)  
[@DTEENDURANCE](https://www.instagram.com/DTEENDURANCE)

Using the latest and best technology and highly experience team, DTE Endurance solve the most challenging problems associated with event coordination in Australia and Oceania.

Wonderful race in an amazing location  
and exceptionally well-run.



**BEACHHOUSE** HOTEL



# THE PLACE TO BE!



## HERVEY BAY'S PREMIER ENTERTAINMENT VENUE!

The Beach House, Queensland's hotel of the year, is the most exciting new hotel complex in the region.

Overlooking the pristine Hervey Bay waters to Fraser Island.

Serving up a delicious menu and cold beverages.

Bistro Hours: Lunch 11:30am – 8:30pm

Cafe Trading Hours: 9am – 9pm

Bottle Shop open from: 10am – 10pm

344 THE ESPLANADE, SCARNESS

07 4196 9366 | [INFO@BEACHHOUSEHOTEL.COM.AU](mailto:INFO@BEACHHOUSEHOTEL.COM.AU)

[WWW.BEACHHOUSEHOTEL.COM.AU](http://WWW.BEACHHOUSEHOTEL.COM.AU)

**BEACHHOUSE** HOTEL





Well run event once again! Thanks a million for having loads of Coke and ice for the last age group left on the course.



[www.hb100.com.au](http://www.hb100.com.au)



**THANK YOU  
FOR COMING!**