



Triathlon **PINK**




16 February 2025

Gold Coast Performance Centre

GOLD COAST

WELCOME MESSAGE



Triathlon Pink was founded in 2007 with just two events in Sydney and Melbourne, marking a fantastic new initiative for the Australian sporting community, exclusively for women.

The events offer participants, affectionately known as 'Pinkies,' a challenging yet fun and safe experience. **Triathlon Pink** aims to encourage women to participate, have fun with friends and family, and create lasting memories. The goals of Tri Pink include **CHALLENGE, PARTICIPATION, and FUN!** Pinkies can compete individually, completing the entire course on their own, or join a group of friends to compete as a team, similar to a relay.

Since its inception, over 85,000 women have crossed the finish line, making Tri Pink one of the most popular sporting events for women in Australia. Looking ahead to the 2024/2025 season, we anticipate welcoming over 5,000 participants, bringing the total to over 90,000 women who have experienced the Pinkie spirit!

A key aspect of Triathlon Pink is its close relationship with the National Breast Cancer Foundation (NBCF). Pinkies have successfully raised over \$2.5 million for NBCF. Triathlon Pink received the NBCF Patrons Award for Community Fundraising in 2010 and the NBCF Community Involvement Award in 2015. This cause is deeply meaningful to many participants, who have either battled breast cancer themselves or supported loved ones through their journey.

We look forward to sharing the events with you!

EVENT TIMELINE

SATURDAY 15 FEBRUARY

TIME	ACTIVITY	LOCATION
2:00PM	Event Check-In opens (all events)	Check In Area
3:00PM	Tips and Tricks Clinic	Meet at Event Check In
4:00PM	Event Check In closes (all events)	Check In Area

SUNDAY 16 FEBRUARY

TIME	ACTIVITY	LOCATION
6:00AM	Event Check-In opens (all events)	Registration Tent
6:00AM	Transition Opens	Transition Area
7:00AM	Kids 7-9yrs Course Briefing	Pool Area
7:10AM	Kids 7-9yrs Triathlon Start	Pool Area
7:20AM	Ultra Course Briefing	Pool Area
7:30AM	Ultra Course Start	Pool Area
7:35AM	Kids 1km Fun Run Start	Adjacent to finish line
7:35AM	Long Course Briefing	Pool Area
7:40AM	Long Course Start	Pool Area
7:40AM	10km Fun Run Start	Adjacent to finish line
7:45AM	5km & 2.5km Fun Run Start	Adjacent to finish line
8:00AM	Medium Course Briefing	Pool Area
8:10AM	Medium Course Start	Pool Area
8:30AM	Short Course & Kids 10-13 Briefing	Pool Area
8:40AM	Short Course Start	Pool Area
8:40AM	Kids 10-13yrs Start	Pool Area
10:00AM	Event completed	Time to Celebrate!

- Please note that registration closes 30 minutes before the start time of your event and transition closes 20 mins before your race start.

DISTANCE AND LAPS



TRIATHLON PINK	SWIM	CYCLE	RUN
ULTRA	600m 2 laps	16km 8 laps	7.5km 3 laps
LONG	300m 1 lap	8km 4 laps	5km 2 laps
MEDIUM	200m 1 lap	6km 3 laps	2.5km 1 lap
SHORT	100m 1 lap	4km 2 laps	1.2km 1 lap
KIDS 10-13	100m 1 lap	4km 2 laps	1.2km 1 lap
KIDS 7-9	50m 1 lap	2km 1 lap	500m 1 lap
FUN RUN PINK	10km 4 laps	5km 2 laps	2.5 & 1km 1 lap

Join the fun and race in style
with **navi**



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journey.**

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www.naviforwomen.com

GENERAL EVENT INFORMATION

I'VE ENTERED, WHAT HAPPENS NOW?

Race numbers (eKit) and Event Information emails will be emailed out on Thursday of race week. Prior to this please read this event manual and stay up to date via social media.

COLLECTION OF YOUR RACE PACK

Once you receive your race number, simply save a screenshot of your race number and bring with you on Saturday or Sunday during Event Check-In times - this is what you need to collect all your event gear. If you haven't received it just check out the alphabetical list on the Event Information board at the event site or see the Help Desk.

GETTING TO THE VENUE AND PARKING

The Venue is located at the Gold Coast Performance Centre, Runaway Bay. Access to this location can be made via Sports Drive off Morala Ave. For Parking details please see Map below.

EVENT PHOTOGRAPHY is provided at each event. A link to photos will be sent by email following the race.

EVACUATION ALARM

In the event you hear an evacuation alarm, please follow proceed to the nearest evacuation point as indicated on our event maps. For ease of reference the evacuation point during our event is the middle of the back straight in the Main Stadium.

TRANSITION INFO

Transition is where you need to place your bike and change over between the swim / bike / run.

Setup in Transition: find the bike rack allocated for your category, place your bike on the rack and set up your race equipment to the right (chain side) of your bike. Remove any non-race equipment including bags (there is a bag storage area at event check in).

Transition Access: Only competitors are allowed in transition (one parent per child for kids events during set up and pack down, no access during the event)

Bike Collection: After your event finishes, to make the day safe and fair for all, bike collection will only be available when there is a break in the participants coming through transition from the pool. Please listen for announcements for access times.

BEGINNERS INFO SESSION If you are new to triathlon or would just like some additional info about the event, come to our Tips and Tricks Clinic at 3pm on Saturday during optional event registration. The session will run you through the event step by step and give you the chance to ask questions.



HOW DOES THE EVENT WORK?

EVENT SET UP

After collecting your race pack, put all your stickers from your race pack on your bike and helmet and head in to transition to set up your gear. Ask one of the officials in transition if you are unsure what to do.

SWIM

- Enter the pool one at a time and swim around the buoys in a zig-zag fashion.
- Your timing chip is activated as you cross the timing mat upon pool entry.
- If you want to stay with your friends, just line up directly behind each other as you get into the pool.
- It can take some time getting participants in the pool, so we recommend you sit in the shade while you wait.
- If you are a slow swimmer, we suggest you start at the back of the line.
- For assistance during the swim leg, raise your hand and call for a lifeguard.
- If you need a rest, simply hold onto the edge at the end of the pool.
- You can swim with a pool noodle for added buoyancy if you wish.

BIKE

- After your swim, head to transition and put on your helmet.

- Take your bike off the rack and walk it to the mount line. **Please don't ride your bike in transition or on the way to the mount line.**
- Once you pass the mount line, get on your bike and ride your allocated number of laps.
- Always ride single file and keep to the left at all times unless overtaking.
- We recommend having a drink bottle on your bike to stay hydrated.
- Make sure your helmet is secured from the time you remove your bike from the rack until you put your bike back on the rack.

RUN

- After your bike leg, get off your bike at the dismount line and **walk** your bike back to transition.
- Rack your bike then remove your helmet and get ready for the run.
- When ready, head towards the run start flag in transition to begin your run.
- Complete your allocated laps then head down the finish line on your final lap.
- There are drink stations along the run course so please make use of these to ensure proper hydration.
- Please **keep left** on the run course at all times unless overtaking.



EVENT MERCHANDISE

On race day, every competitor will receive a timing chip, event gift and race bib at event check in.

WHAT TO BRING

SWIM

- Goggles
- Swim suit / tri-suit
- Sunscreen
- Swim cap (provided)
- Timing chip (provided)

BIKE

- Bike
- Bike shoes or running shoes
- Helmet
- Bike pump
- Spare tube / tyre lever (optional)
- Drink bottle

RUN

- Running shoes
- Socks
- Hat/ sunglasses
- Race number bib (provided)
- Race belt or pins to attach bib

WHAT NOT TO BRING

Please leave all headphones at home - we have an insurance and safety requirement that you can hear event marshals and volunteers at all times. Headphones will be removed if seen.

Swim in Pink

Proudly swimming in pink and supporting NBCF for 17 years!

When you purchase from Vorgee's 'swim in pink' range, you are part of the community supporting the National Breast Cancer Foundation's vision of Zero Deaths from breast cancer.



NBCF Silicone Cap



NBCF Missile Fuze



NBCF Vortech

Immerse yourself in Vorgee's product range at vorgee.com



TRIATHLON PINK AND CHARITY



**National
Breast Cancer
Foundation**

Triathlon Pink has been supporting breast cancer charities since the series started in 2007, and has raised over \$2.5 million for breast cancer research, support and care. Your entry fee covers event costs, so to support the National Breast Cancer Foundation you'll need to fundraise additionally or donate via our registration system.

Help the National Breast Cancer Foundation move towards their goal of zero deaths from breast cancer through these fundraising activities:

- Making an optional donation as you enter
- setting up a fundraising page
- or sponsoring a friend's fundraising!

ABOUT THE NATIONAL BREAST CANCER FOUNDATION

The National Breast Cancer Foundation (NBCF) is Australia's leading not-for-profit organisation funding world-class breast cancer research towards our vision of Zero Deaths from breast cancer.

Since our inception in 1994, NBCF has invested around \$200M into more than 600 world-class research projects across Australia. For more information, visit www.nbcf.org.au

WHAT SHOULD YOU WEAR?



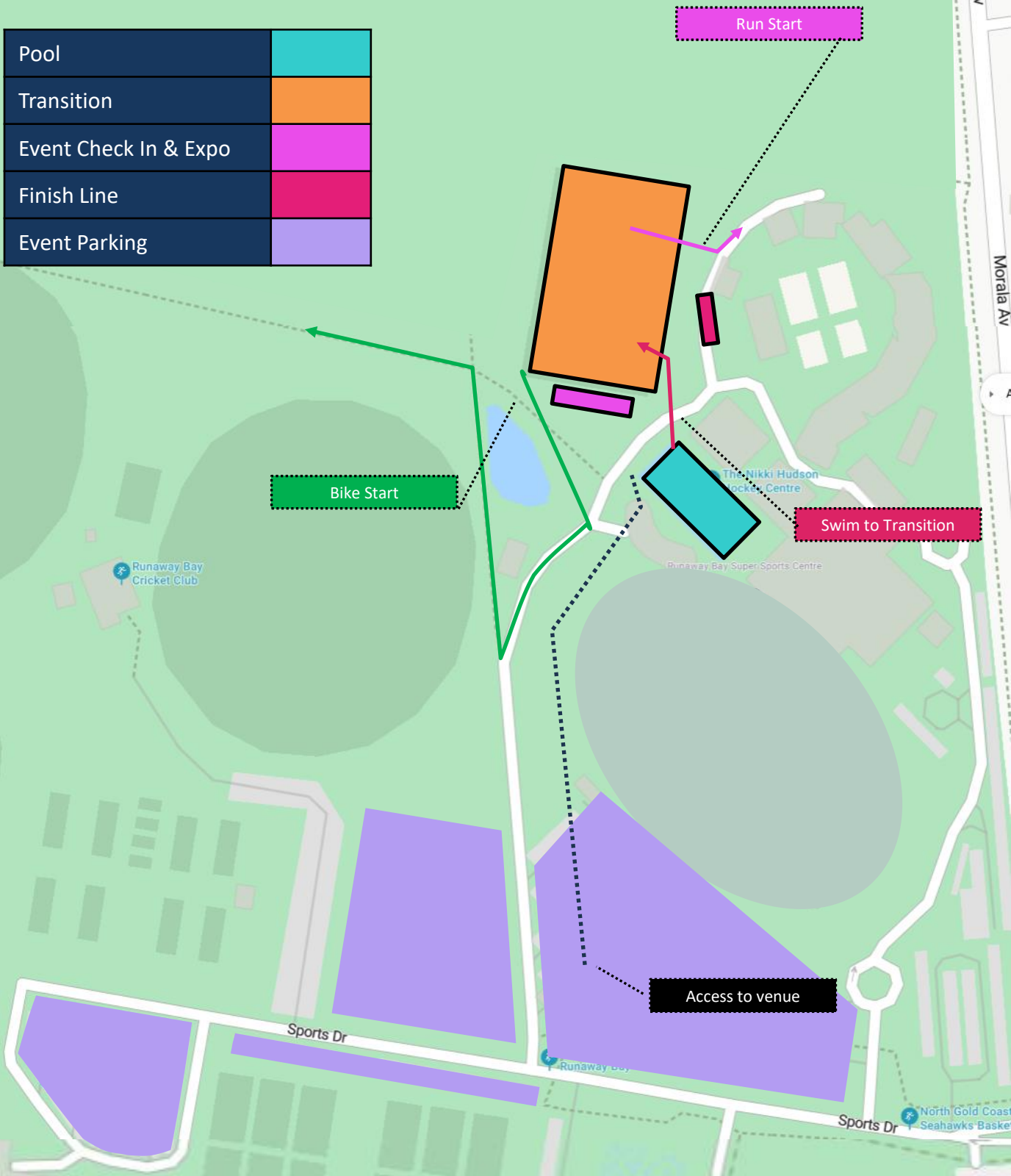
One of the most frequently asked questions we get! Basically, anything goes when it comes to Triathlon Pink - just wear whatever you are most comfortable in and what gives you the most confidence on event day. Our apparel partner [Navi for Women](#) has some gorgeous options if you're looking for bright and comfy active wear!

Most ladies wear a swimsuit in the pool (often with some kind of supportive bra or additional top underneath) and then add additional clothing such as pants and singlets when they get to their bike.



VENUE AND PARKING

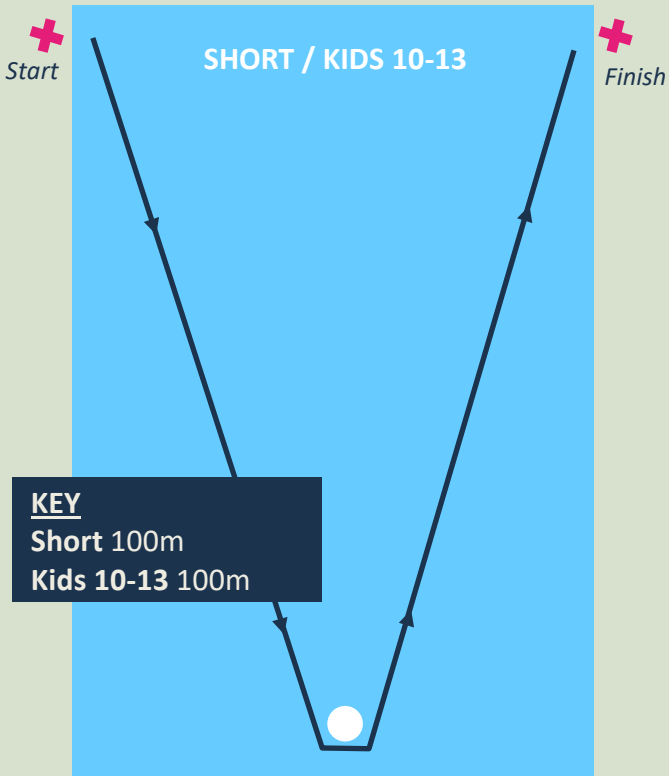
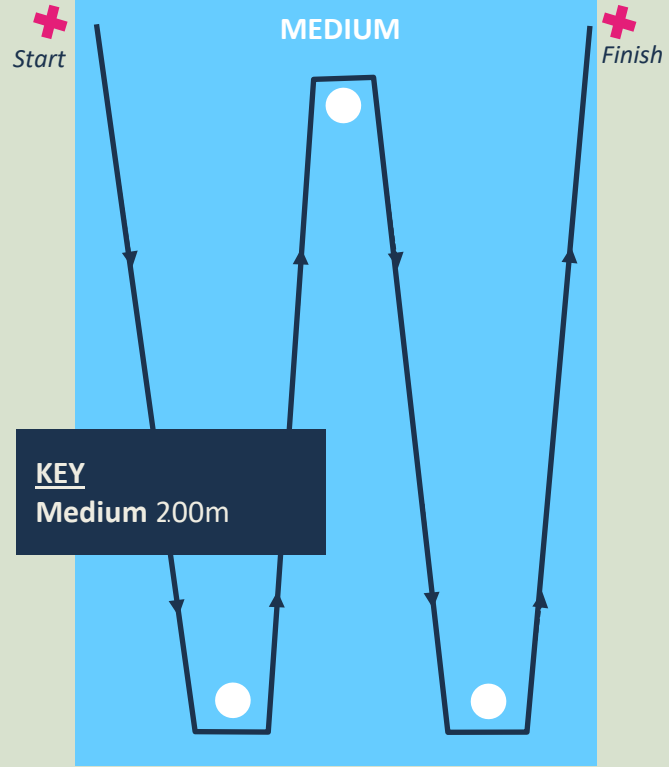
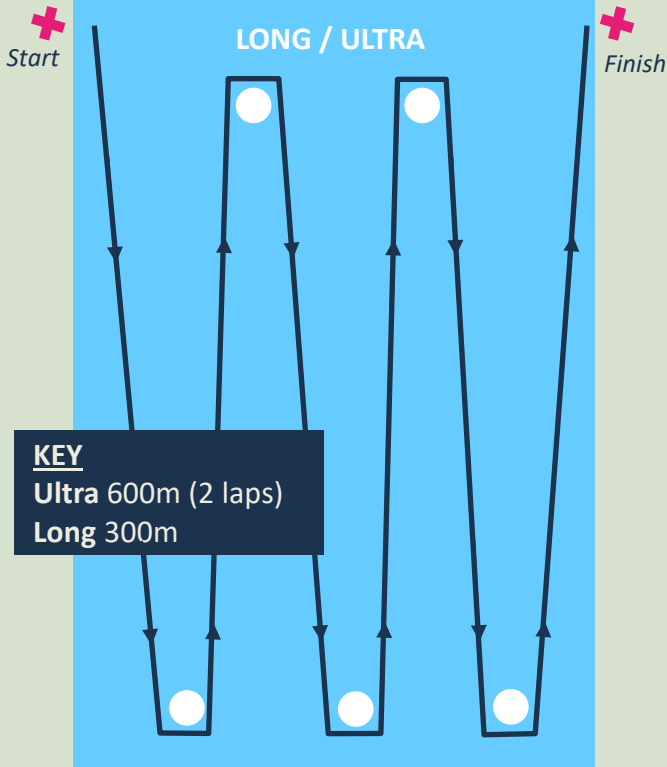
Pool	
Transition	
Event Check In & Expo	
Finish Line	
Event Parking	



ACCESS TO VENUE IS VIA THE WESTERN SIDE OF THE VENUE. NO ACCESS VIA THE PERFORMANCE CENTRE RECEPTION

SWIM COURSE

Next Lap Ultra



BIKE COURSE

Short Steep Hill
Please be careful in this section. If you need to walk your bike please keep to the left.

Next Lap
Please be careful in this section as there are bikes entering and exiting the bike course as well as participants turning

Mount / Dismount

Bike Start & Finish

Ultra (18km)	8 Laps
Long (9km)	4 Laps
Medium (6km)	3 Laps
Short (3km)	2 Laps
Kids 10-13 (3km)	2 Laps
Kids 7-9 (2km)	1 Lap

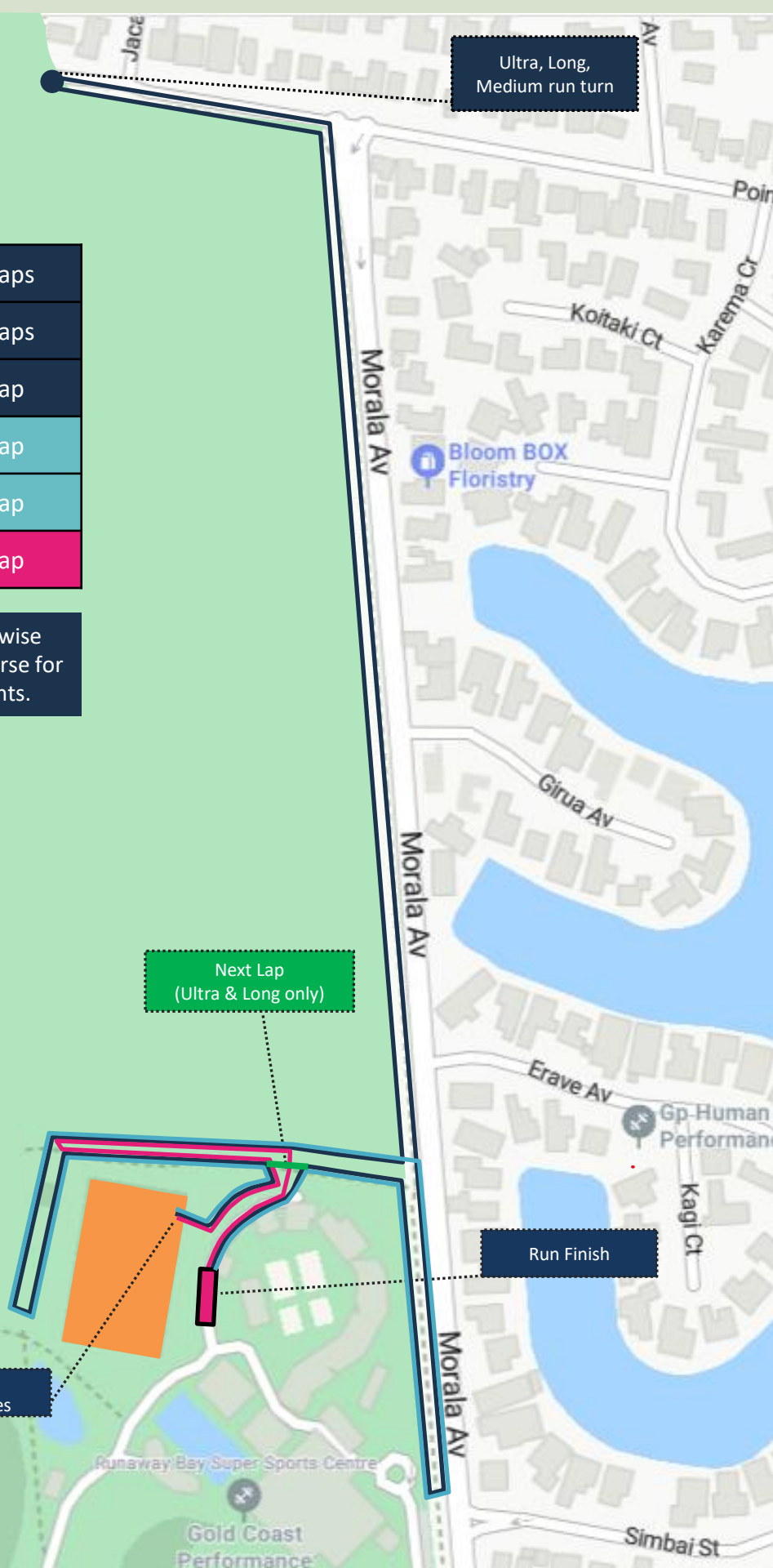
The bike course is a multi loop clockwise course.



RUN COURSE

Ultra (7.5km)	3 Laps
Long (5km)	2 Laps
Medium (2.5km)	1 Lap
Short (1.2km)	1 Lap
Kids 10-13 (1.2km)	1 Lap
Kids 7-9 (500m)	1 Lap

The run course is a multi loop clockwise course. Please note the shorter course for Kids 7-9 and Short / Kids 10-13 events.



FUN RUN COURSE

2.5km, 5km & 10km run turn

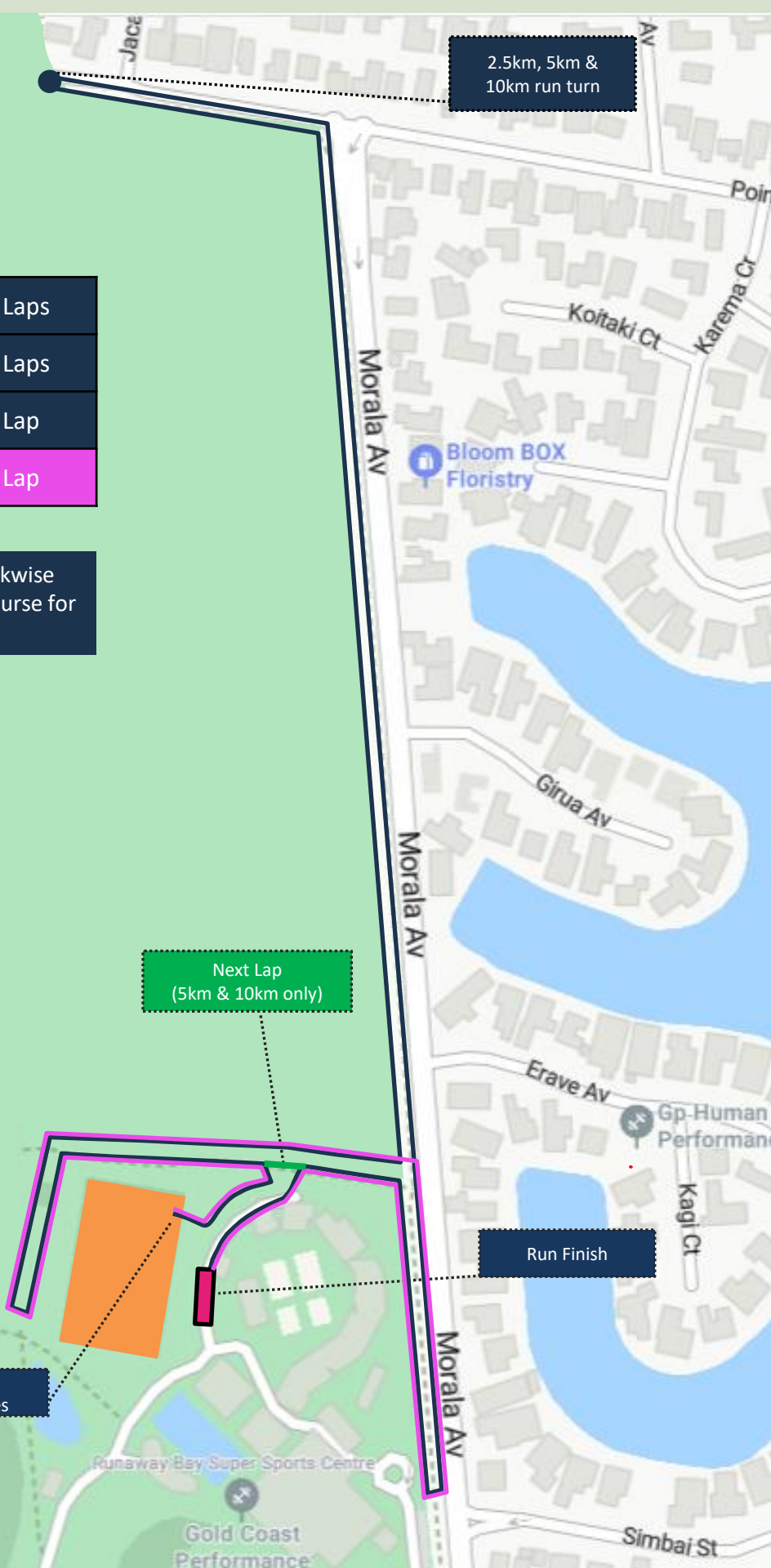
10km	4 Laps
5km	2 Laps
2.5km	1 Lap
1km	1 Lap

The run course is a multi loop clockwise course. Please note the shorter course for 1km

Next Lap
(5km & 10km only)

Run Finish

Run Start
all distances



THANKS TO OUR EVENT PARTNERS

