

COFFS CLASSIC

27 August – Coffs Harbour, NSW

EVENT INFORMATION

Registration Kit Collection

All race packs must be collected prior to the event at the time and locations shown in the schedule. Photo ID or Registration Confirmation is required.

Safety Briefing

All competitors must attend this briefing, at the time and location nominated on the schedule. Most information will be provided in the Competitor Information emailed in the days prior to the event, but last minute details will be communicated here.

First Aid & Emergency

Trained medical personnel will be on site for the event. Aid station marshals/ volunteers will have a mobile phone for emergencies. There are basic first aid kits located at major aid stations as well as the start/finish line. Please ensure you provide accurate medical and emergency contact details when registering.

Rest & Recovery

Our post-race area is designed to provide the best start for your recovery process. Recovery drinks including Athletic Brewing, Powerade, Coke, water, fruit, ice cream and other sustenance to rebalance your body.

Fisiocrem massage therapists will feature at some venues. It's also the best spot to swap tales of the day with other like-minded athletes.

Event Photography

Each SBR Weekend location will have professional photographers to capture your event day(s) and save those memories for life.

Event Timing

Event timing will be conducted by Multisport Australia the premier timing operators in Australia and the Asia-Pacific region. Each athlete in the Swim, Run and "the Lot" will have overall time and placings, event splits and category placing. To review your times [click here](#)

Cancellations & Refunds

Partial event refunds can be provided within certain time-frames in the lead-up to the event. Please review the full policy details [here](#).

SITE INFORMATION

Parking

Parking information will be provided for individual events. Please be mindful of local residents and parking restrictions in each location, and keep noise to a minimum.

Lost & Found

When you race your mind is always in so many other places than where did I leave my ... On event day(s) lost property will be held at the registration marquee. Post event please email office@eliteenergy.com.au

Littering

Just don't do it. We bring events to some of the most beautiful parts of not just Australia, but the World and we want to keep these places looking just as amazing as the way we found them. We have a very hard stand fast rule on littering, if we catch you doing it, your event is over. Bins will be provided at the aid station at 45km, 90km, 135km and the start/finish line. If you can carry it in full, you can take it out empty..

Event Day Entertainment – Food and Beverage

Many may think this event is all for the athlete, As much as we love our athletes we also understand that for many it is not possible without their cheer squads. Therefore SBR weekend has you covered. Commentators, food and drink vendors, music and other entertainment will keep spectators entertained throughout the event(s).

COVID Safety

SBR Weekend operates in line with the most up to date advice from governing health bodies in each event location. SBR advises athletes, staff and spectators to practice COVID safe hygiene and social distancing practices.

Merchandise

We're stocking up on the best t-shirts, hoodies, towels, singlets, caps, and more event mementos. These will also be available to purchase at time of registration or at the event. [See our merchandise here](#)

BIKE INFORMATION

What the Hell is a Gran Fondo?

The Bike is known as a Gran Fondo style of bike event. In Italian it basically translates to 'big ride' whilst this is a timed event, this is not a race, its an opportunity for riders to set a time which can be improved on in future years.

Bike Start

'The Bike' is a mass start and as such we ask that athletes self seed themselves. If your a quicker rider make your way to the front, if you are at the event to enjoy the scenery and a bit of banter maybe go towards the back of the pack. The only exception to seeding will be 'The Lot' athletes competing in 'The Full' who we will cheer on and send off before the main group.

Mechanical Services

Mechanical support for minor issues will be available. Riders must bring their own spares, CO2 canisters / pumps, levers, etc.

Traffic Restrictions

'The Bike' course will operate under controlled conditions by authorised Traffic Controllers. All riders must follow Road Cycling Rules and be aware of their surroundings.

Aid Stations

Powerade, refill stations for water and portaloos will be available at the aid stations. Exact locations of aid stations and medical support will be confirmed closer to the event. Riders are advised to slow down and observe caution whilst going through the aid stations.

Are triathlon/TT bikes allowed?

All types of bikes are permitted on 'The Bike', Road bikes, triathlon bikes, and mountain bikes, all are permitted. If you opt to ride a Triathlon/TT bike there are rules that riders must abide to ensure the safety of themselves and other riders. If using a Triathlon/TT bike you may not ride in a bunch whilst being on your aero bars, you may only ride in a bunch whilst being on the bull horns/hoods.

eBikes

eBikes will be permitted in all distances at SBR. The eBike option must be selected when registering for the event. It is the riders responsibility to ensure they have sufficient batteries to complete the ride.

Can you ride in a pack/draft?

If you are on a road bike or flat bar bike yes you can ride in groups, please ensure that you stay left to ensure faster riders can overtake on the right hand side. If you are on a TT bike and on the aerobars you must ensure a 7m gap between you and the rider in front.

Mandatory clothing/safety items

It is mandatory that all riders wear an Australian Safety Standards approved helmet whenever they are on their bike. Riders must also ensure that torso's are covered at all times (no shirt completely unzipped hero's).

Don't forget your photo ID, glasses, nutrition, pump, weather appropriate clothing, front and rear lights, 2x inner tubes, canisters, levers, multitool, chamois cream, sunscreen, 2x water bottles filled.

Changing Up or Down in distance

It seemed like a good idea at the time right? We understand that in the excitement of signing up to an event months in advance that we as athlete sometimes bite off more than we can chew. If you want to change down in distance after entering if there is availability we can do this for you simply email office@eliteenergy.com.au

Bad weather/hot weather/poor air conditions

As much as we would love to be able to control everything, this is one thing we can not control. Where necessary SBR reserves the right to alter, shorten, and/or change courses without notice to ensure athlete safety. To read more about entry terms and conditions [click here](#)

Cut-off Times

The 150km Bike has a 7hr cut-off. Cut off point is Durham Rd/Park Rd Gresford which is the half way point. Riders will need to reach this point by 11.30am. If they have not reached this point they will be collected by the sag car and taken back to Dalwood.

100km bike has a 5hr cut-off. 70km bike has a 4hr cut off. 22km bike has a 1hr cut off.

WHAT YOU GET

- event t-shirt or souvenir (with early bird and on time entries)
- Valuable draw prizes
- Sponsors products
- Beautiful race venue
- Timing chip and results on event day
- Safe and professionally managed event
- Police or professional traffic control personnel at all major intersections
- Traffic restrictions or partial/total road closures (dependent on local authorities approvals)
- Incredible support from local sport and charity groups – who receive a portion of proceeds from the event
- Sanctioning, technical support and insurance through triathlon NSW
- Aid stations on the run courses with water and energy drink
- Post-event snacks and recovery nutrition
- Bragging rights and annual stories to tell