



ATHLETE GUIDE 2023

WELCOME

FROM THE HERVEY BAY TRIATHLON CLUB

Welcome everyone to the 13th Hervey Bay 100!

As president of the Hervey Bay Triathlon Club, I would like to welcome you all to another Hundy weekend. Again I am proud to lead the club that puts on this cool race in our amazing community. This race is something special to all of us here at HBTC and we know it is special to many of you that return each year to race and party with us, and hope those new to our race will come back to enjoy it again in future years.

This year we have the first full-field HitFM 50 happening on Saturday morning, allowing many more to sample the famous Hundy atmosphere, without quite the same degree of suffering! Thanks to our team and our community that allow the race weekend continue to grow and evolve.

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 13th 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 2023 Hervey Bay 100. Myself and all the staff look forward to the Hervey

Bay Triathlon Club staging another successful and safe event, and we are keen to look after you all over the weekend and for the after-party in 2023. We also welcome Hahn on board this year to provide your refreshments after

the racing on Saturday and Sunday this year. Some of you must be getting quite the Hundy glass collection going these days! Have fun and stay safe.

Janet Persal
General Manager Beach House Hotel

PRESENTING 2023

PROGRAM OF EVENTS

Friday 24 November	
Time	Activity
4:00pm-8:00pm	Registration for HB100 and HB50 – Upstairs Beach House Hotel
4:00pm-8:00pm	Hundy Race Expo – Scarness Park
Saturday 25 November	
Time	Activity
4:30-5:30am	Transition open for HitFM Hervey Bay 50 racking
5:00-6:00am	Kingfisher Bay Resort Barge2Beach registration at Urangan Boat Harbour – Jetty Street Urangan
5:30am	Transition closed –Walking to race start
5:45am	HitFM Hervey Bay 50 starts – Opposite Zephyr Street
6:00-7:00am	Barge transit to Barge2Beach starting point
7:15am	Barge2Beach swim start
7:45am	First B2B finisher (approx.)
8:00am	First HB50 finisher (approx.)
8:30am	Kingfisher Bay Resort Barge2Beach presentations – Grassed area beside Enzo's
10:00am	Hundy race Expo opens
10:45am	Last HitFM Hervey Bay 50 finisher (approx.)
11:00am	HitFM Hervey Bay 50 presentations
11:30am	Glass + Beer collection @ Beach House Hotel
2:00pm	Registration for 2023 Beach House Hotel Hervey Bay 100 – Upstairs Beach House Hotel
4:00pm	Registration and expo close
Sunday 26 November	
Time	Activity
4:30-5:30am	Transition open for Beach House Hotel Hervey Bay 100 racking
5:30am	Transition closed –Walking to race start
5:45am	Beach House Hotel Hervey Bay 100 starts - Opposite Zephyr Street
9:15am	First HB100 finisher (approx.)
11:00am	Glass + Beer collection @ Beach House Hotel
1:45pm	Last HB100 finishers (approx.)
2:30-3:30pm	Presentations and Afterparty - Upstairs Beach House Hotel

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. Put your race number sticker on any bag you want to leave at bag drop.

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 for the 100 just after the eastern bike turn which will open after the first lap. Discard zone will be before the turn, collection just after, and another litter zone after the aid station to allow for integrated hydration. Please ensure you have enough water to get through your first 25km. There are 3 aid stations on the run (100 & 50). They will be stocked with water, ice, coke and Infit Speed mix.

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

- Guy Crawford
Professional Triathlete, Coach/Owner of GKEndurance



Custom liquid nutrition created by you, for you - GO CUSTOM

INFIT
NUTRITION AUSTRALIA



Explore Fraser Coast

Make the most of your time here and check out Council's fantastic parks and facilities on offer!

**Hervey Bay
Regional Gallery**



**WetSide Water Park &
Aqua Ninja Course**



**AdventureSide
Playground and Skate Park**



**Hervey Bay
Botanic Gardens**



**Maryborough Pump
Track & SplashSide**



**Maryborough
Story Bank**



#HB100 PROUD SUPPORTER NOVEMBER 25-26 2023





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 9:30am(50) and 11am(100) .

results

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

prizes

HB100 - Age group and team prizes are \$100 for the winner. 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 Hahn for the swim, Custom Bike Fit for the bike and ASICS for the run. Trophies for all AG podium places

HB50 - Trophies for all podium places

RACE RULES

As the races are sanctioned, 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

DRAFTING

The draft zone is 10/12m (50/100). Competitors have 20/25 seconds (50/100) 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).

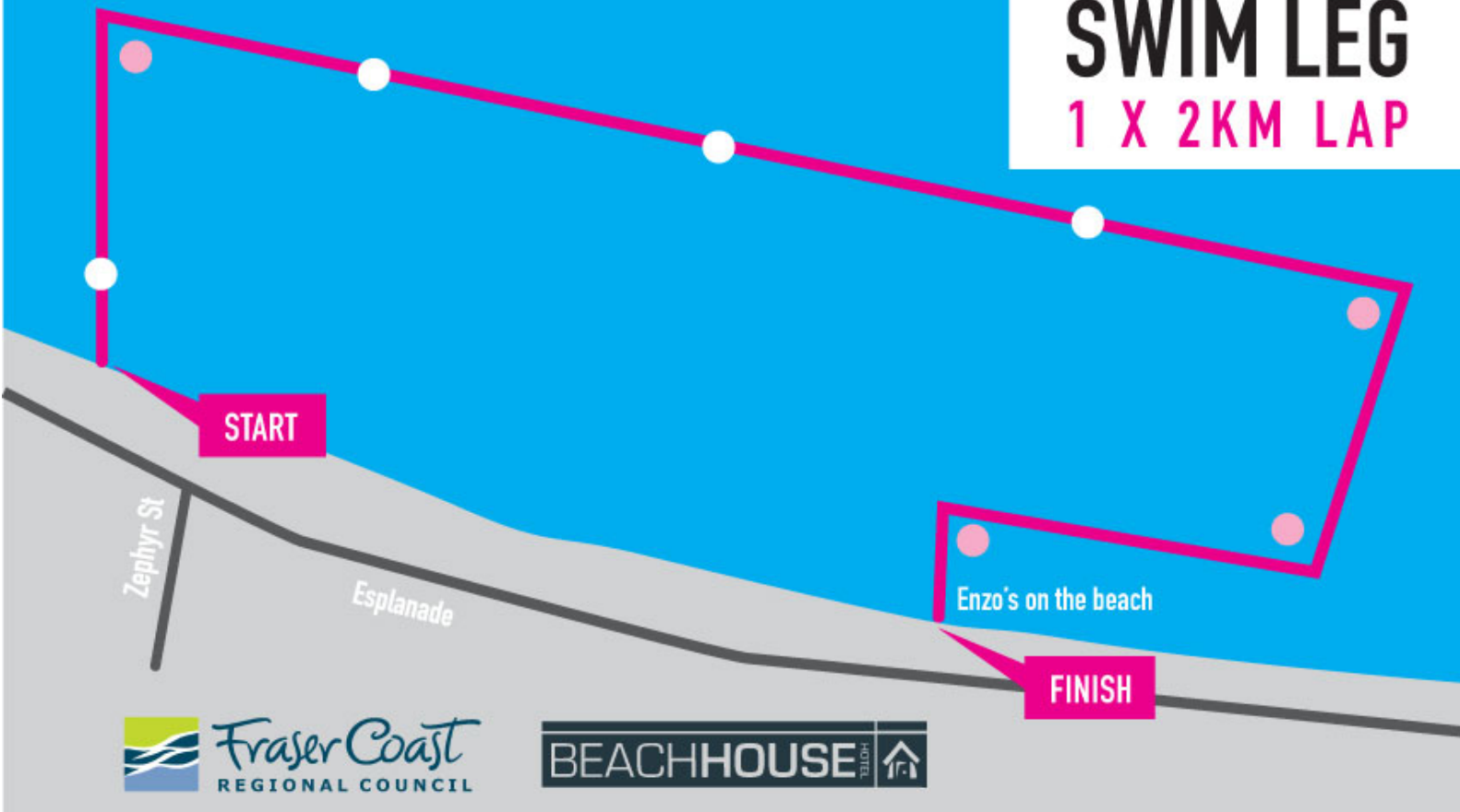
PENALTY BOX

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 3/5 minutes (50/100) on the same lap.



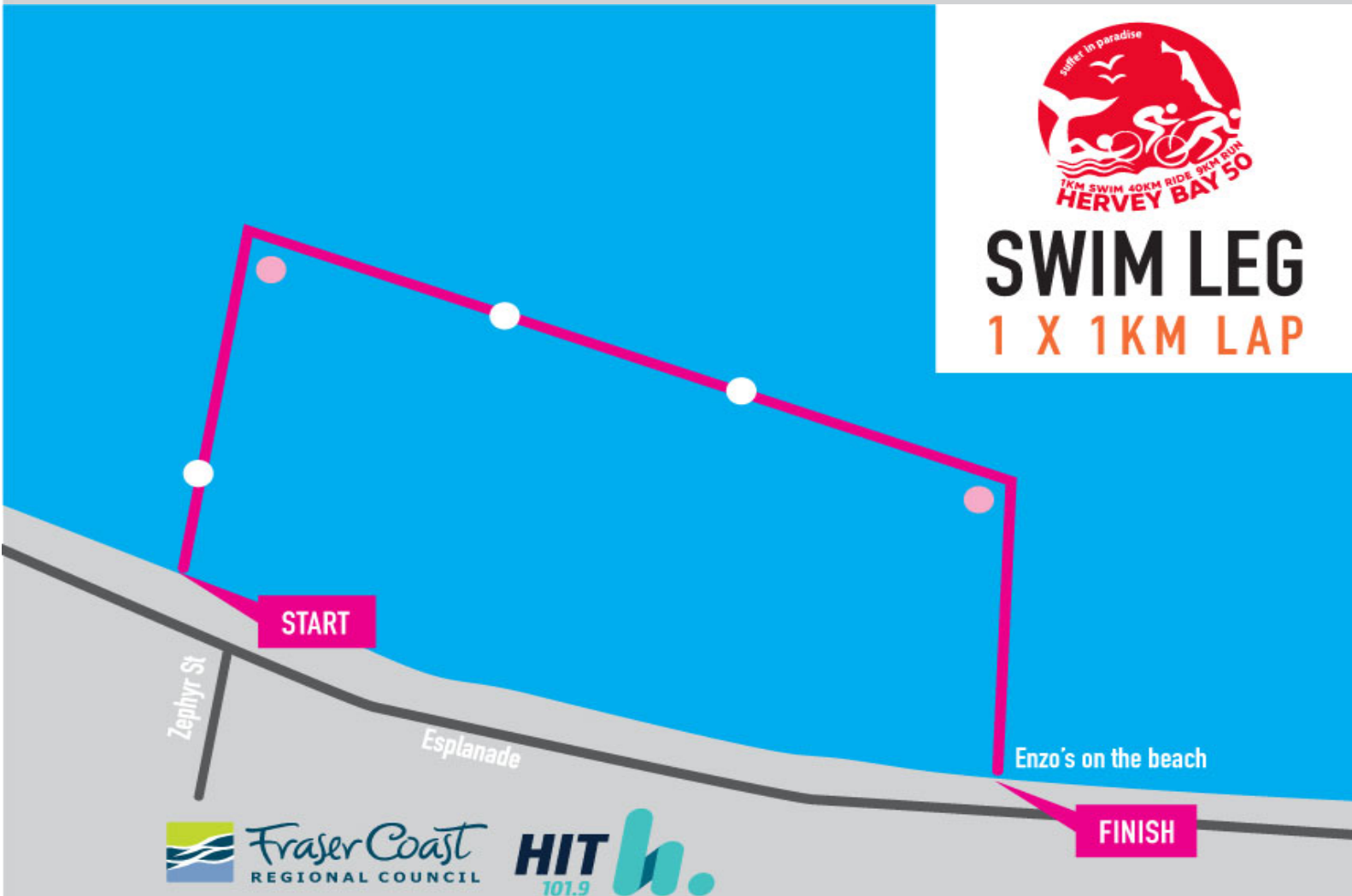
SWIM LEG

1 X 2KM LAP



SWIM LEG

1 X 1KM LAP



#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](#).



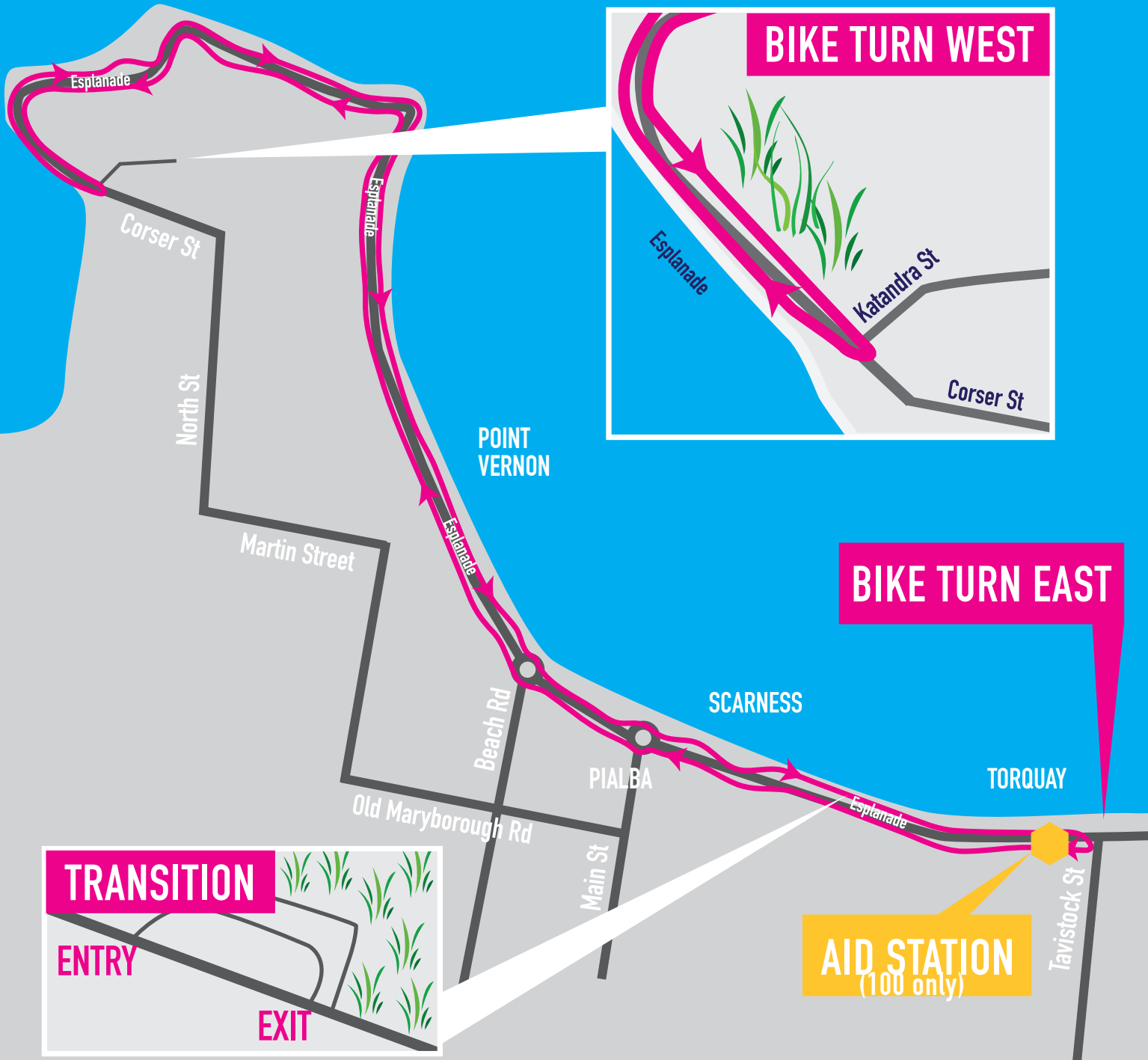
#hb100
#hundy
#sufferinparadise

IT'S LIVE!
in Queensland



BIKE LEG

4 X 20KM LAPS
2 X 20KM LAPS





Huntingdale Central



In The Heart of Hervey Bay



Large, Level Lots



Central Location



Close to Amenities

Huntingdale Central is Hervey Bay's newest premium land release. Comprising over 170 lots and situated in the heart of Hervey Bay, Huntingdale Central is located approximately 3 km south of the Hervey Bay Esplanade and its naturally stunning beaches.

Huntingdale Central's convenient address is surrounded by both public and private, primary and secondary schools with many established facilities and amenities close by.

Lot sizes ranging up to 1,185m² (average 806m²)

Land from \$235,000

Stage 1 & 2 currently under construction

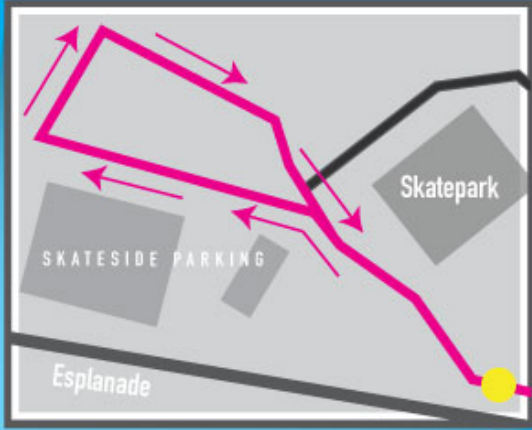
Your new Hervey Bay lifestyle awaits

Call **0407 099 697** *Visit* huntingdalecentral.com.au



ASICS RUN LEG

3 X 6KM LAP



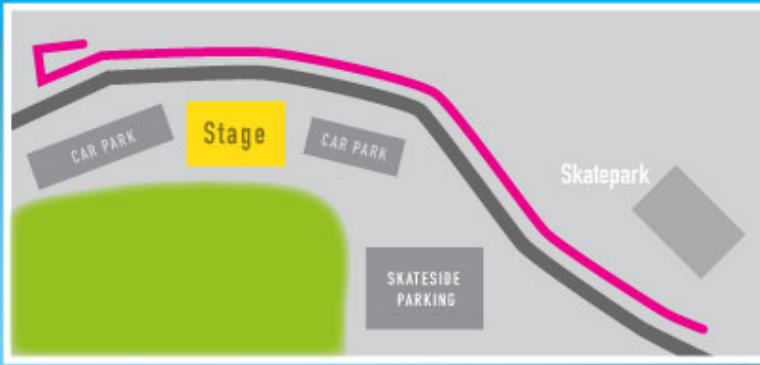
REDISCOVER CYCLING





ASICS RUN LEG

1.5 X 6KM LAP



CLIFFO & BRONTE

FOR BREAKFAST



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





5:45	Male 40+	Green
5:50	Female -44	Orange
5:55	Female 45+	Green
6:00	Male -39	Orange
6:05	Teams	Pink

Humpbacks and Minkes start in your normal age group



5:45	Open Male	Green
5:47	Open Female	Orange
5:50	Male 50-54	Blue
5:55	Male 35-39	Purple
6:00	Male 18-34	Red
6:05	Female 18-39	Pink
6:10	Male 45-49	Green
6:15	Male 40-44	Orange
6:20	Female 40-49	Blue
6:25	Male 55+	Purple
6:30	Female 50+	Red
6:35	Teams	Pink



DTE
ENDURANCE

Representing [Race Roster](#) in Oceania

CREATING MEMORABLE EVENT EXPERIENCES

Hervey Bay 100 is proudly supported by
DTE Endurance.

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.





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

WWW.BEACHHOUSEHOTEL.COM.AU





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



THANK YOU FOR COMING!

**Please join us again
16-17 Nov 2024**