Ramsay Health Care

triathlon PINK

MELBOURNE

MSAC, ALBERT PARK

17 JANUARY 2027

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.

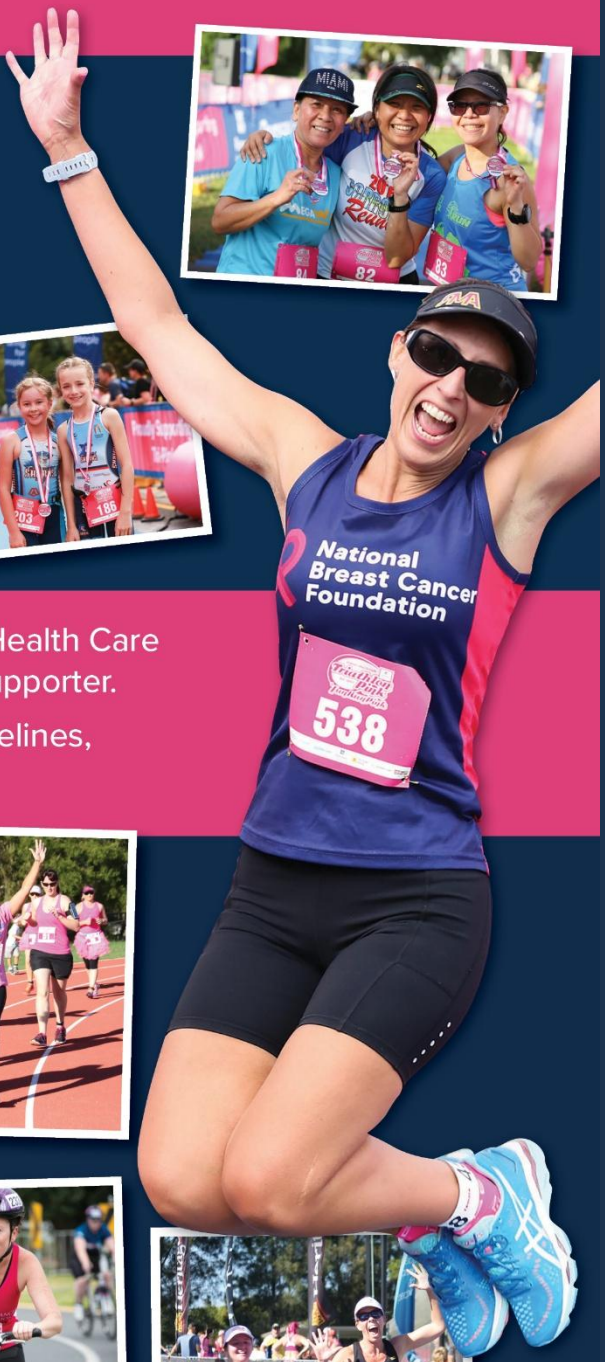
The events offer participants, affectionately known as 'Pinkies,' a challenging yet fun and safe experience. **Triathlon Pink** aims to encourage women to participate, have fun with friends and family, and create lasting memories. The goals of Tri Pink include **CHALLENGE, PARTICIPATION, and FUN**! Pinkies 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 95,000 women have crossed the finish line, making Tri Pink one of the most popular sporting events for women in Australia. Looking ahead to the 2026/2027 season, we anticipate welcoming over 6,000 participants, bringing the total to over 101,000 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 $2.8 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!

Care that goes the distance



As a proud sponsor of Triathlon Pink, Ramsay Health Care stands with every woman – athlete, survivor, supporter.

Whether you're racing or cheering from the sidelines, you're part of a movement that saves lives.

Ramsay Health Care

ramsayhealth.com.au

EVENT TIMELINE

SATURDAY 16 JANUARY		
TIME	**ACTIVITY**	**LOCATION**
2:30PM	Event Check-In opens (all events)	Check In Area
3:00PM	Tips and Tricks Clinic	Meet at Finish Line
4:00PM	Event Check-In closes (all events)	Check In Area
SUNDAY 17 JANUARY		
TIME	**ACTIVITY**	**LOCATION**
6:00AM	Event Check-In opens (all events)	Check In Area
6:00AM	Transition Opens (all events)	Transition Area
6:50AM	Kids 7-9yrs Course Briefing	Pool Area
7:00AM	**Kids 7-9yrs Triathlon Start**	Pool Area
7:10AM	Ultra Course Briefing	Pool Area
7:20AM	**Ultra Course Start**	Pool Area
7:20AM	Fun Run Briefing	Fun Run Start
7:30AM	**1.3km Fun Run Start**	Fun Run Start
7:45AM	**2.5km, 5km & 10km Fun Run Start**	Fun Run Start
7:50AM	Long Course Briefing	Pool Area
8:00AM	**Long Course Start**	Pool Area
8:20AM	Medium Course Briefing	Pool Area
8:30AM	**Medium Course Start**	Pool Area
9:00AM	Short Course & Kids 10-13 Briefing	Pool Area
9:10AM	**Short Course Start**	Pool Area
9:15AM	**Kids 10-13yrs Start**	Pool Area
10:00AM	Event Completion	Time to celebrate!

Please note that registration closes 20 minutes before the start of your event. Transition is open on a rolling basis all morning, you just need to be racked and on your way to the pool 10 minutes before your briefing time.

All times are approximate and subject to change based on course flow.

DISTANCE AND LAPS

TRIATHLON PINK	SWIM	CYCLE	RUN
ULTRA	**600m** 2 laps	**18km** 6 laps	**7.5km** 3 laps
LONG	**300m** 1 lap	**9km** 3 laps	**5km** 2 laps
MEDIUM	**200m** 1 lap	**6km** 2 laps	**2.5km** 1 lap
SHORT	**100m** 1 lap	**3km** 1 lap	**1.3km** 1 lap
KIDS 10-13	**100m** 1 lap	**3km** 1 lap	**1.3km** 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 & 1.3km** 1 lap

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 Albert Park. Access to this location can be made via Aughtie Drive. For Parking details please see the map that follows.

ROAD CLOSURES
Aughtie Drive will be closed between 5:00AM and 9:30AM. The closure is south of the car park roundabout and therefore access will still be available during the event.

CUT OFF TIMES
Ultra participants should be able to complete the swim in 25 mins. Cut off for the bike is 9:30am - after this time you will be asked to leave the bike course and head straight out on to the run. You will still be eligible to finish and collect a finishers medal.

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 Saturday during optional event registration. The session will run you through the event step by step and give you the chance to ask questions.

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

HOW DOES THE EVENT WORK?

EVENT SET UP

After collecting your race pack, put all the provided on your bike and helmet and head in to transition to set up your gear.

TRANSITION INFO

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

Setup in Transition: find the bike rack allocated for your category, put your bike on the rack and set up your gear 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: Bike collection is available throughout the morning, please listen for announcements for access times.

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 friends, just line up with each other as you get into the pool.
- 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.
- Make sure your helmet is secure.

RUN

- After your bike leg, get off your bike 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 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
- 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 cap (provided)
• Swimsuit / tri-suit	• Timing chip (provided)
• Sunscreen	
BIKE	
• Bike	• Bike pump
• Bike shoes or running shoes	• Spare tube / tyre lever (optional)
• Helmet	• Drink bottle
RUN	
• Running shoes	• Race number bib (provided)
• Socks	• Race belt or pins to attach bib
• Hat/ sunglasses	

WHAT <u>NOT</u> 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.

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

National Breast Cancer Foundation
CORPORATE PARTNER

Immerse yourself
vorgee

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 $2.8 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

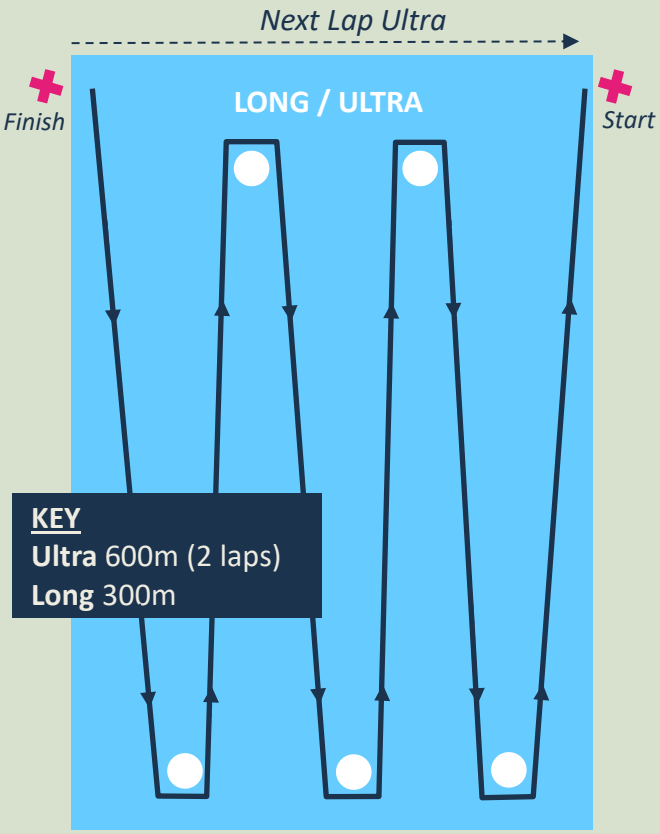
WHAT SHOULD YOU WEAR?

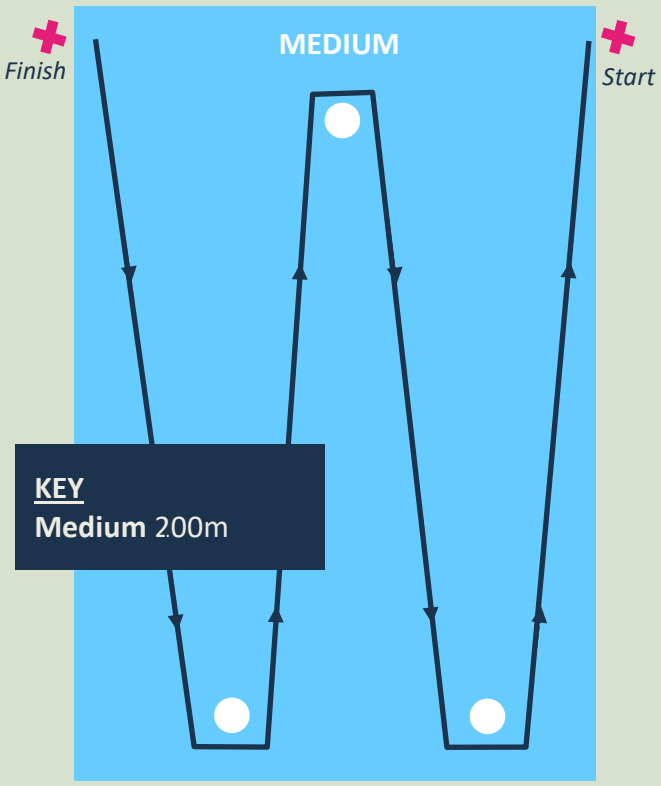
One of the most frequently asked questions we get! Basically, anything goes when it comes to Triathlon Pink - just wear whatever you are most comfortable in and what gives you the most confidence on event day.

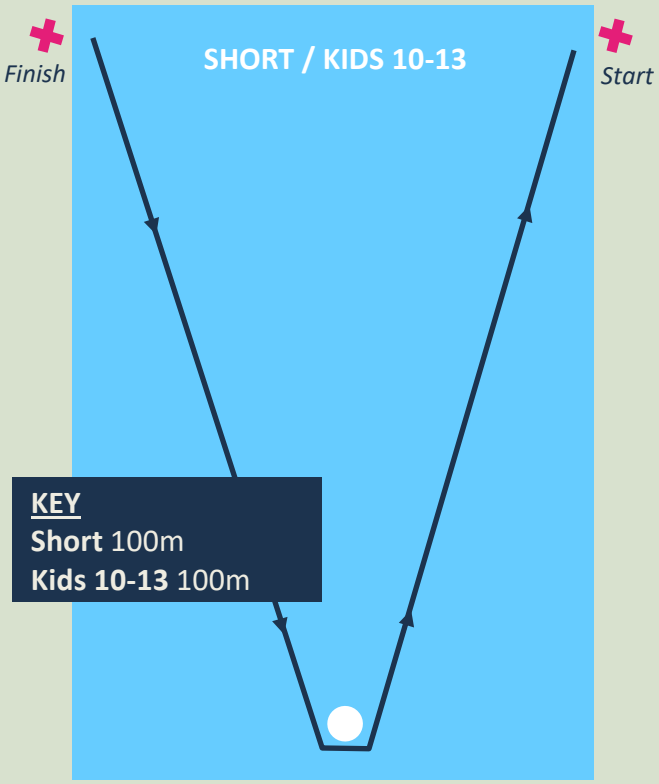
Most ladies wear a swimsuit in the pool (often with some kind of supportive bra or additional top underneath) and then add additional clothing such as pants and singlets when they get to their bike.

VENUE AND PARKING

SWIM COURSE

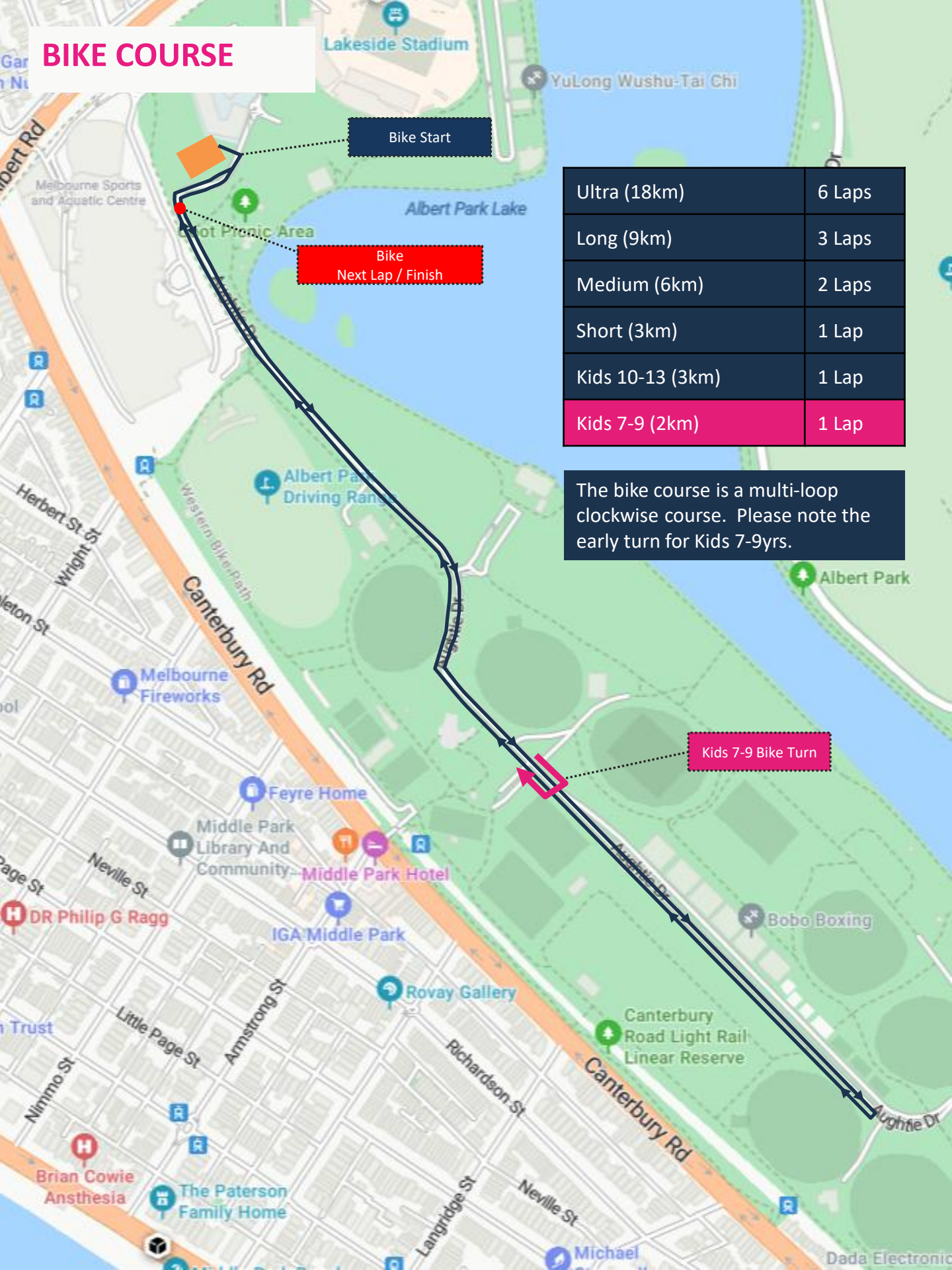

Next Lap Ultra
Finish
LONG / ULTRA
Start
KEY
Ultra 600m (2 laps)
Long 300m


Finish
MEDIUM
Start
KEY
Medium 200m


Finish
SHORT / KIDS 10-13
Start
KEY
Short 100m
Kids 10-13 100m

Finish
KIDS 7-9
Start
KEY
Kids 7-9 50m

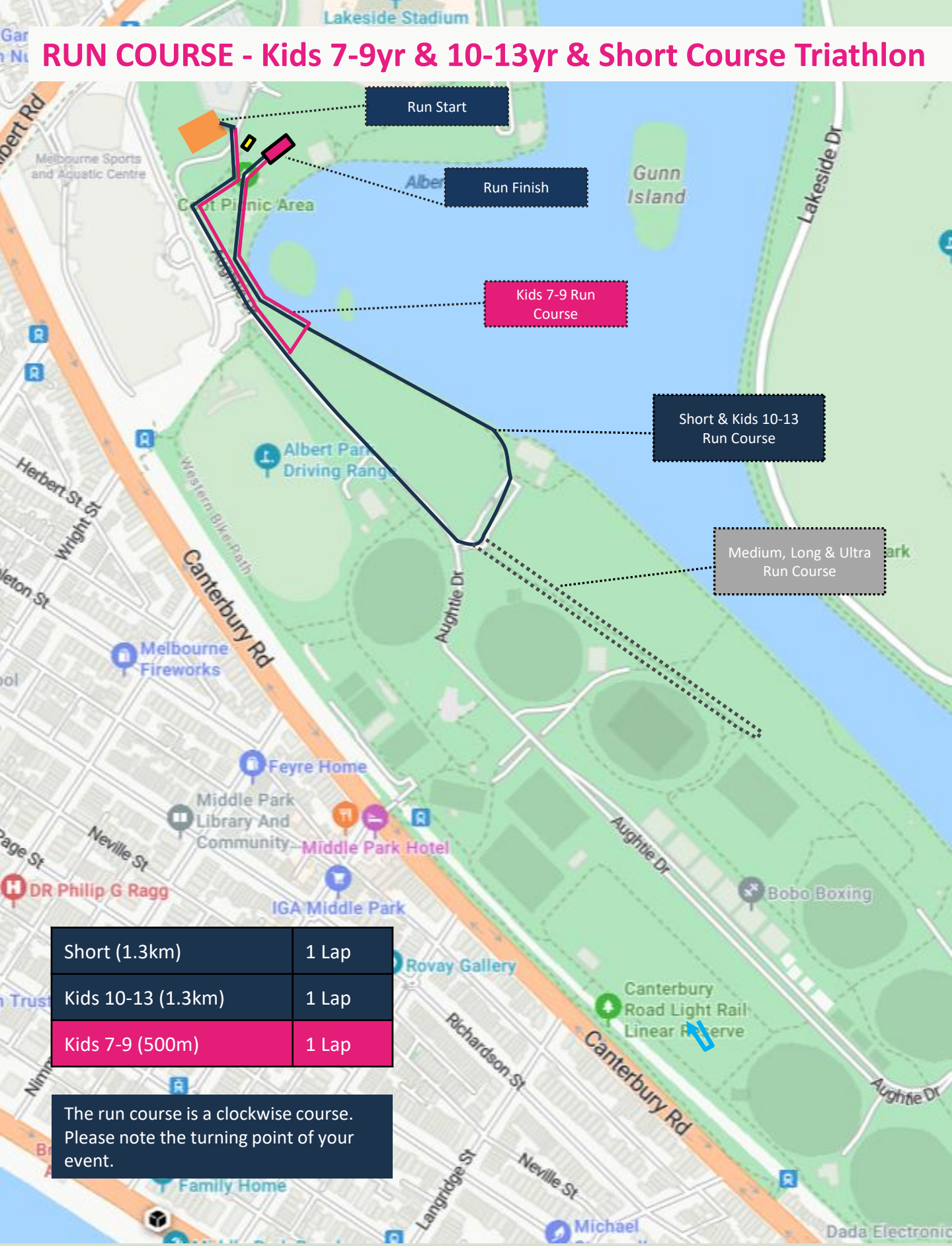
BIKE COURSE



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

The bike course is a multi-loop clockwise course. Please note the early turn for Kids 7-9yrs.

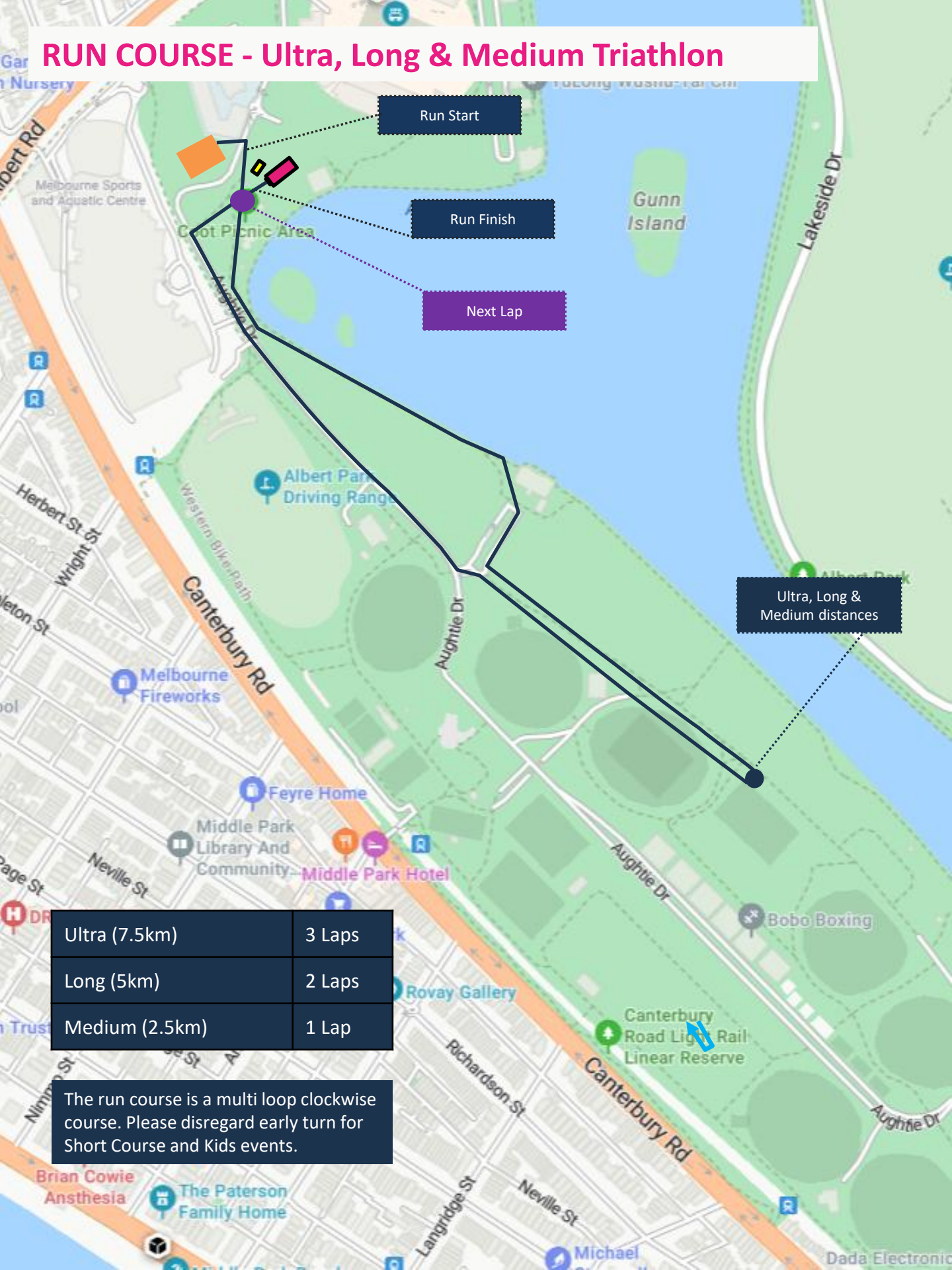
RUN COURSE - Kids 7-9yr & 10-13yr & Short Course Triathlon



Short (1.3km)	1 Lap
Kids 10-13 (1.3km)	1 Lap
Kids 7-9 (500m)	1 Lap

The run course is a clockwise course. Please note the turning point of your event.

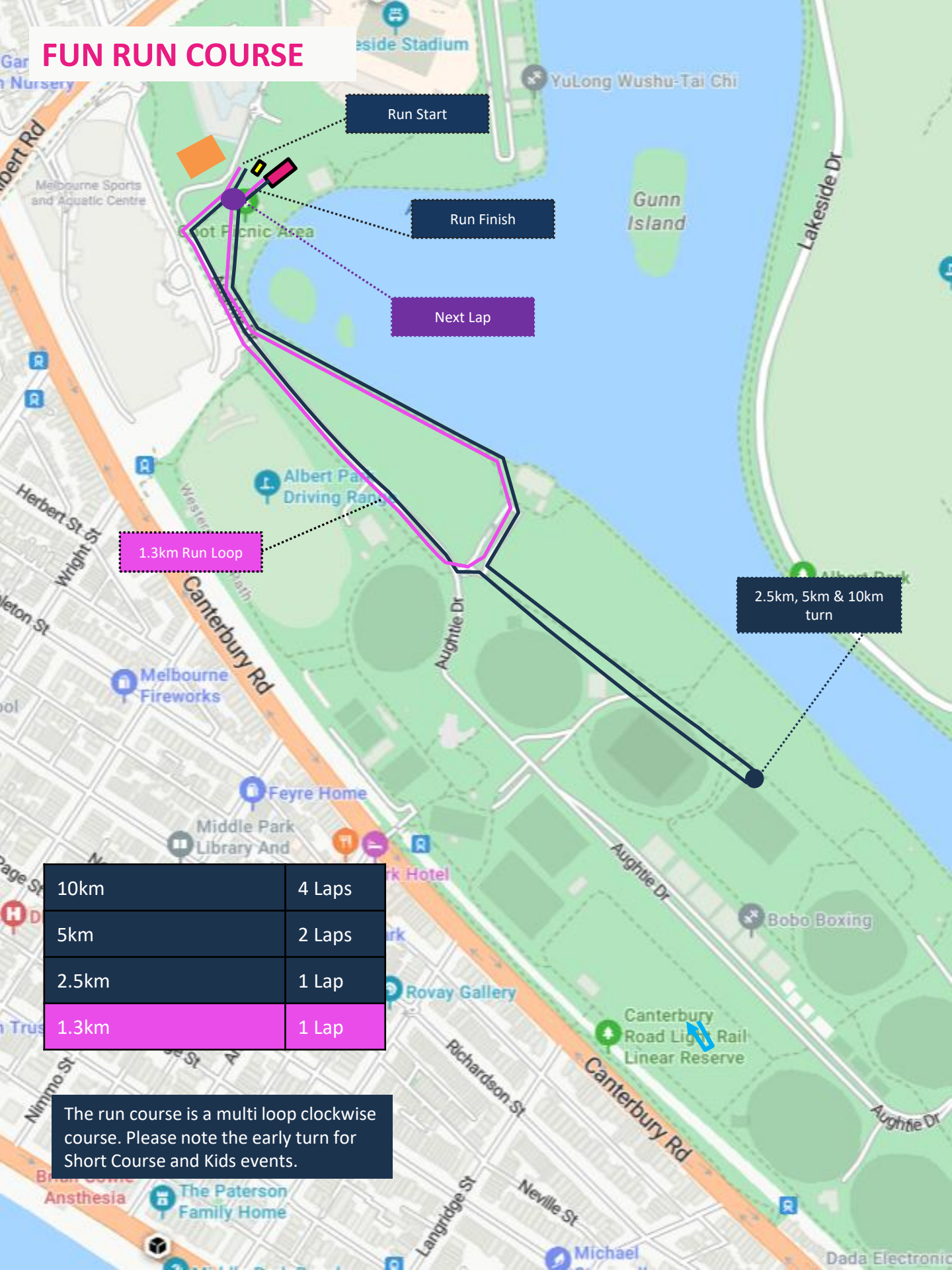
RUN COURSE - Ultra, Long & Medium Triathlon



Ultra (7.5km)	3 Laps
Long (5km)	2 Laps
Medium (2.5km)	1 Lap

The run course is a multi loop clockwise course. Please disregard early turn for Short Course and Kids events.

FUN RUN COURSE



10km	4 Laps
5km	2 Laps
2.5km	1 Lap
1.3km	1 Lap

The run course is a multi loop clockwise course. Please note the early turn for Short Course and Kids events.

THANKS TO OUR EVENT PARTNERS

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Foundation

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