CANBERRA
Ramsay Health Care
Triathlon
PINK
3500
PINK
3500
14 MARCH 2027
STROMLO FOREST PARK

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.

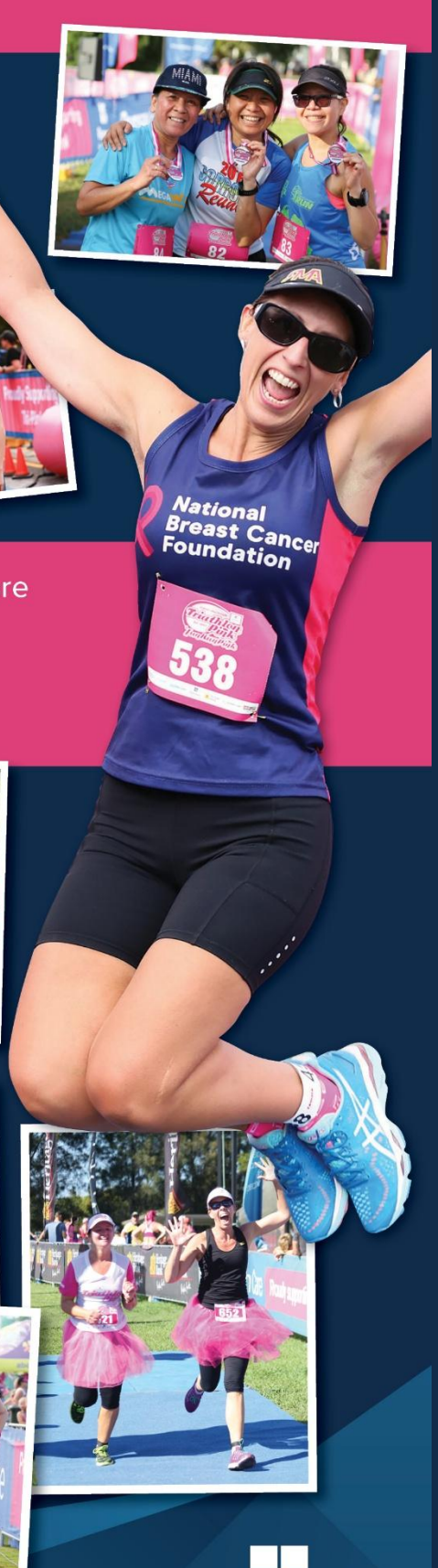
The events offer participants, affectionately known as 'Pinkies,' a challenging yet fun and safe experience. **Triathlon Pink** aims to encourage women to participate, have fun with friends and family, and create lasting memories. The goals of Tri Pink include **CHALLENGE, PARTICIPATION, and FUN**! Pinkies 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.

ramsayhealth.com.au

Ramsay Health Care

EVENT TIMELINE

SATURDAY 13 MARCH		
TIME	**ACTIVITY**	**LOCATION**
2:00PM	Optional Event Check In opens	Opposite MTB carpark (see map)
3:00PM	Optional Event Check In closes	Opposite MTB carpark (see map)
2:30PM	Tips and Tricks Clinic	Event Check In

SUNDAY 14 MARCH		
TIME	**ACTIVITY**	**LOCATION**
6:00AM	Event Check-In opens all distances	Opposite MTB carpark (see map)
6:00AM	Bike/Run Transition open all distances	See Map
6:30AM	Swim/Bike Transition open (Kids 7-9, Ultra, Long)	See Map
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
7:40AM	**Kids 1km Fun Run Start**	Adjacent to Finish Line
7:40AM	Long Course Briefing	Pool Area
7:45AM	Swim/Bike Transition Opens (Medium)**	See Map
7:45AM	**Long Course Start**	Pool Area
7:45AM	**10km, 5km & 2.5km Fun Run Start**	Adjacent to Finish Line
7:55AM	Swim/Bike Transition Opens (Short, Kids 10-13)**	See Map
8:10AM	Medium Course Briefing	Pool Area
8:20AM	**Medium Course Start**	Pool Area
8:30AM	Short Course & Kids 10-13 Briefing	Pool Area
8:40AM	**Short Course Start**	Pool Area
8:45AM	**Kids 10-13yrs Start**	Pool Area
10:00AM	Event completed	Time to Celebrate!

- *Please note that registration closes 20 minutes before the start time of your event and transition closes 15 mins before your race start.*
- *** Please rack after 7.45am to reduce congestion in the transition area. Please listen out to staff in transition for when you can access this area. Racking can be done up to 15min before your event start time.*
- ***All participants can put their gear in Bike/Run Transition (please see map) at any time throughout the morning, please take note of the opening times of the Swim/Bike Transition area.***
- ***All times are approximate and subject to change based on course flow.***

DISTANCES AND LAPS

TRIATHLON PINK	SWIM	CYCLE	RUN
ULTRA	**600m** 2 laps	**19km** 6 laps	**7.5km** 3 laps
LONG	**300m** 1 lap	**9.6km** 3 laps	**5km** 2 laps
MEDIUM	**200m** 1 lap	**6.4km** 2 laps	**2.5km** 1 lap
SHORT	**100m** 1 lap	**3.2km** 1 lap	**1km** 1 lap
KIDS 10-13	**100m** 1 lap	**3.2km** 1 lap	**1km** 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

Swim in Pink

Proudly swimming in pink and supporting NBCF for 19 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 Supporter

Immerse yourself vorgee

GENERAL EVENT INFORMATION

I'VE ENTERED, WHAT HAPPENS NOW?

Race numbers are no longer emailed out. From Thursday of race week, you can look up your race number using our **Entry Lookup tool** on the website.

Event Information emails will still be sent out on Thursday of race week. Prior to this please read this event manual.

COLLECTION OF YOUR RACE PACK

Bring your number to Event Check In. If you haven't been able to look it up, just check out the alphabetical list on the Event Information board at the event site or see the Help Desk.

BAG STORAGE

Bags is available at Check In area. Please attach the supplied label prior to dropping off.

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.

EVENT MERCHANDISE

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

THE VENUE AND PARKING

The Venue is at the Stromlo Forest Park - please park in the Mountain bike carpark on Dave McInnes Road (do not park at the pool).

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.

TIMING QUERIES

Provisional timing and results are loaded on event day.

If you notice an error with your time and it's still showing like this 24hrs post event, please follow the process on the website.

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. **Triathlon Pink Canberra has TWO transition areas - one near the finish line and one near the pool.**

- Please collect your race pack and then set up in the Bike to Run Transition first.
- **Medium, Short and Kids 10-13**. Please note the transition split access times available (we do this to reduce congestion in the transition area). Please listen out to staff in transition for when you can access this area. Racking can be done up to 15min before your event start time.
- **If you are using cycling shoes during the bike section, please make sure you leave your cycling shoes at Pool Transition and your running shoes at Bike to Run Transition.**

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.

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 and make sure it's secure.
- 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.

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.
- 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.

TRIATHLON PINK & CHARITY

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 at https://fundraise.nbcf.org.au/event/triathlonpink
- 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 their vision of Zero Deaths from breast cancer..

Since the inception of the National Breast Cancer Foundation (NBCF) in 1994, the death rate from breast cancer in Australia has reduced by over 40%, thanks in large part to research in prevention, early detection and new and improved breast cancer treatments. For more information, visit www.nbcf.org.au

FUNDRAISING
TIPS, IDEAS, & TOOLS

Wanting to start fundraising, but don't know where to begin?

WE'RE HERE TO HELP!

PERSONALISE YOUR DONATION PAGE.

SET YOUR DONATION GOAL HIGH.

THANK YOUR SPONSORS.

SHARE YOUR DONATION PAGE.

GIVE A SELF DONATION TO GET THE BALL ROLLING.

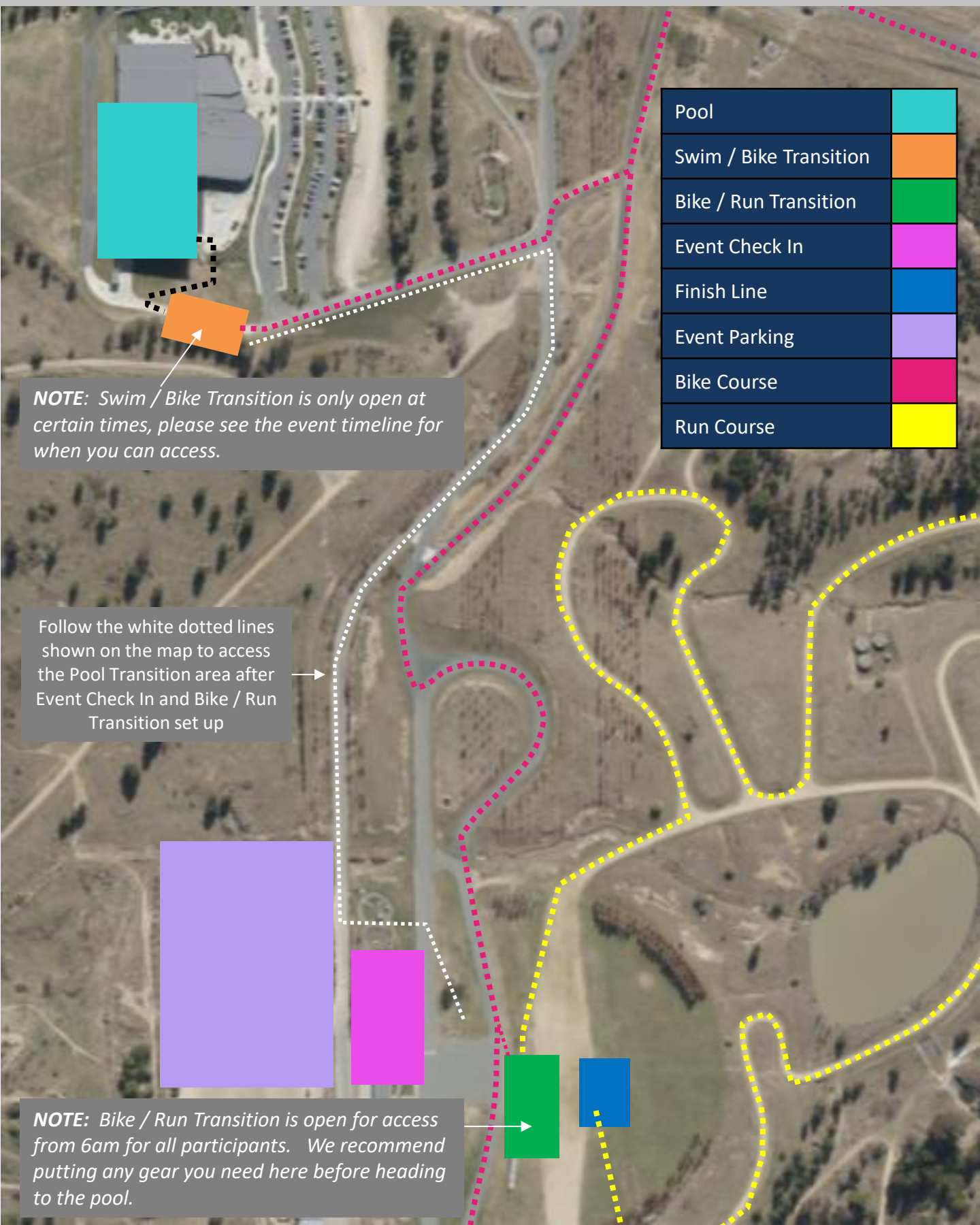
National Breast Cancer Foundation

WHAT SHOULD YOU WEAR?

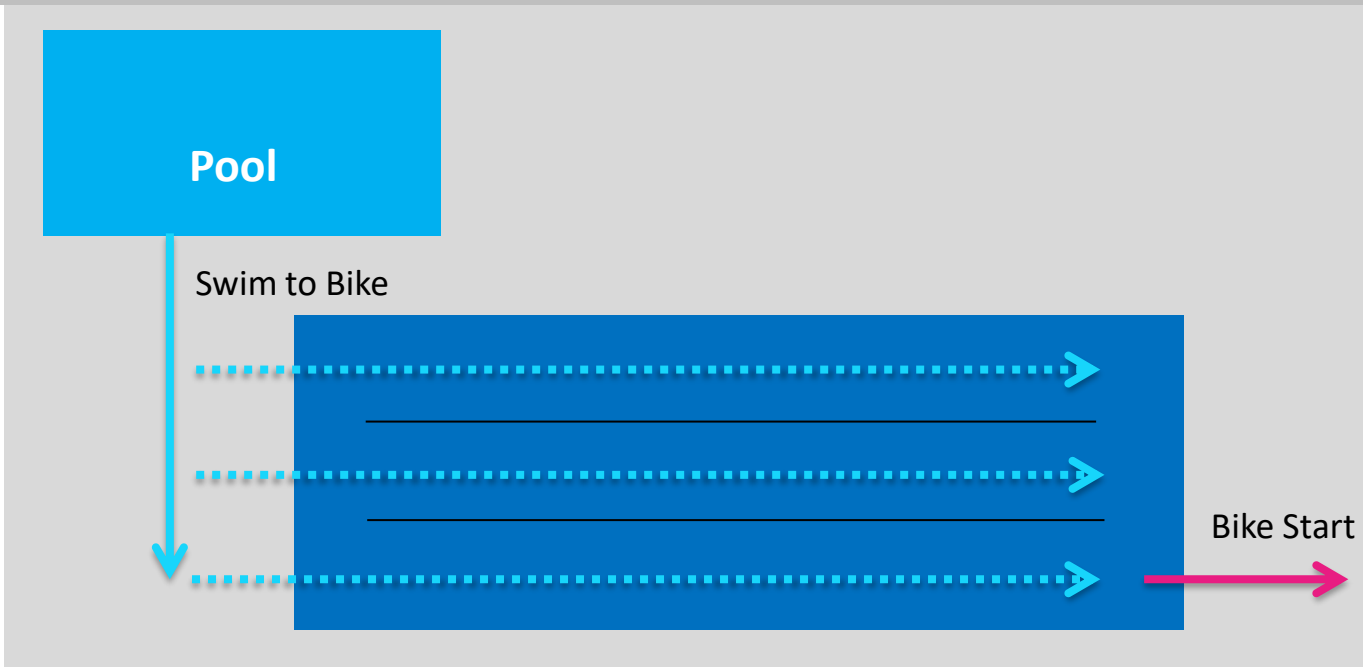
One of the most frequently asked questions we get! Basically, anything goes when it comes to Triathlon Pink - just wear whatever you are most comfortable in and what gives you the most confidence on event day.

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.

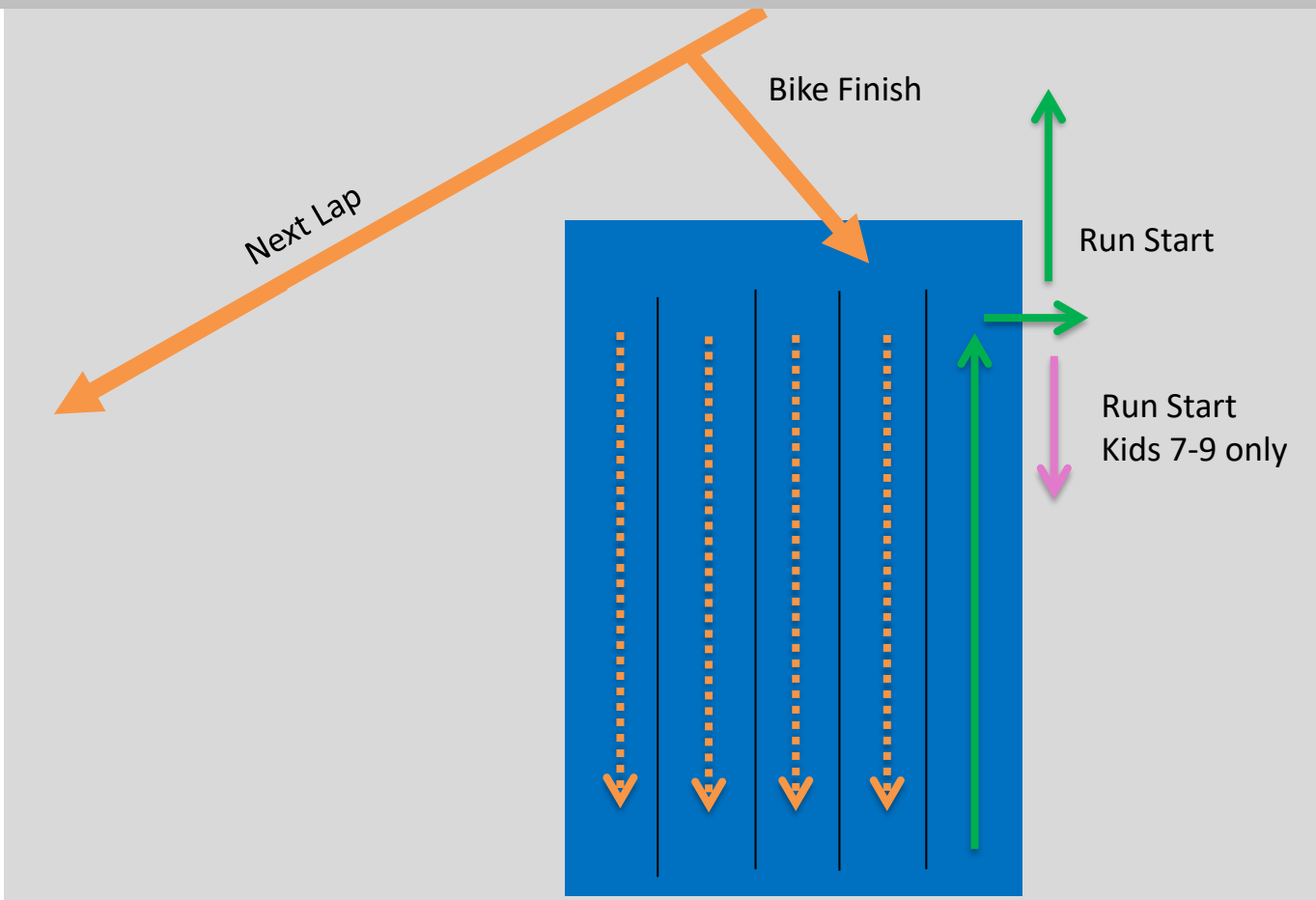
VENUE AND PARKING



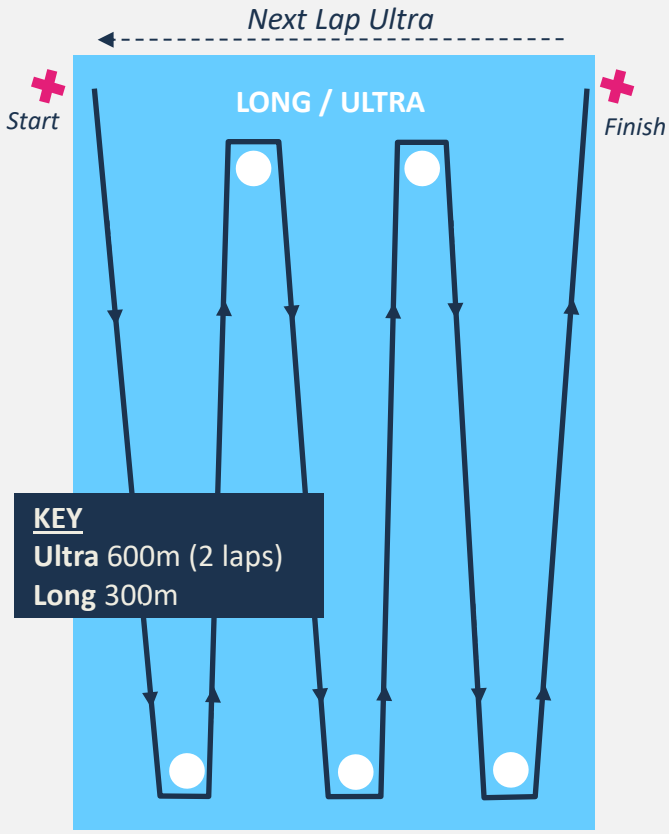
SWIM TO BIKE TRANSITION FLOW

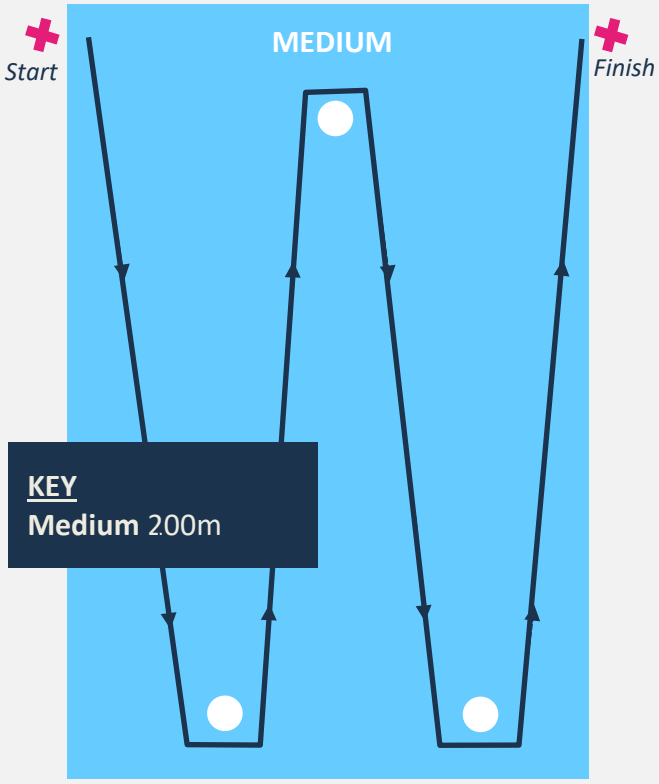


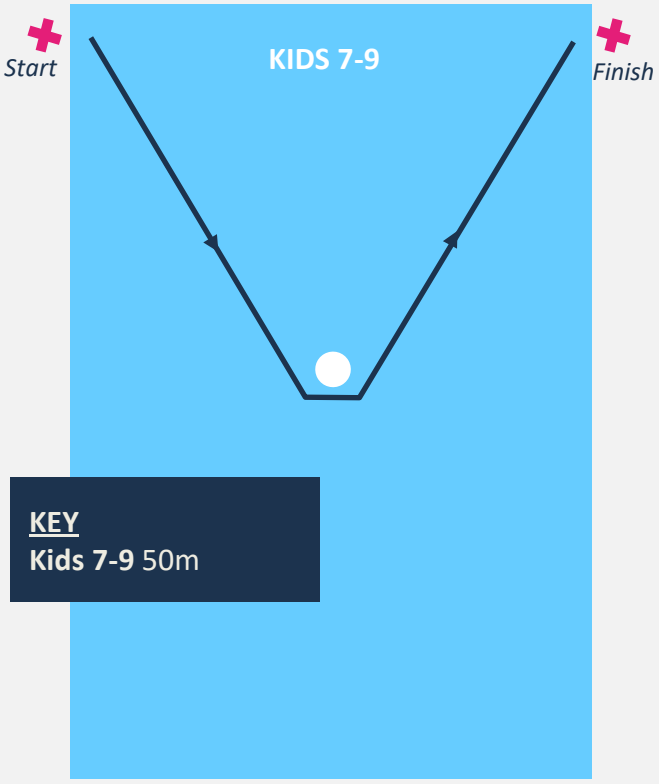
BIKE TO RUN TRANSITION FLOW



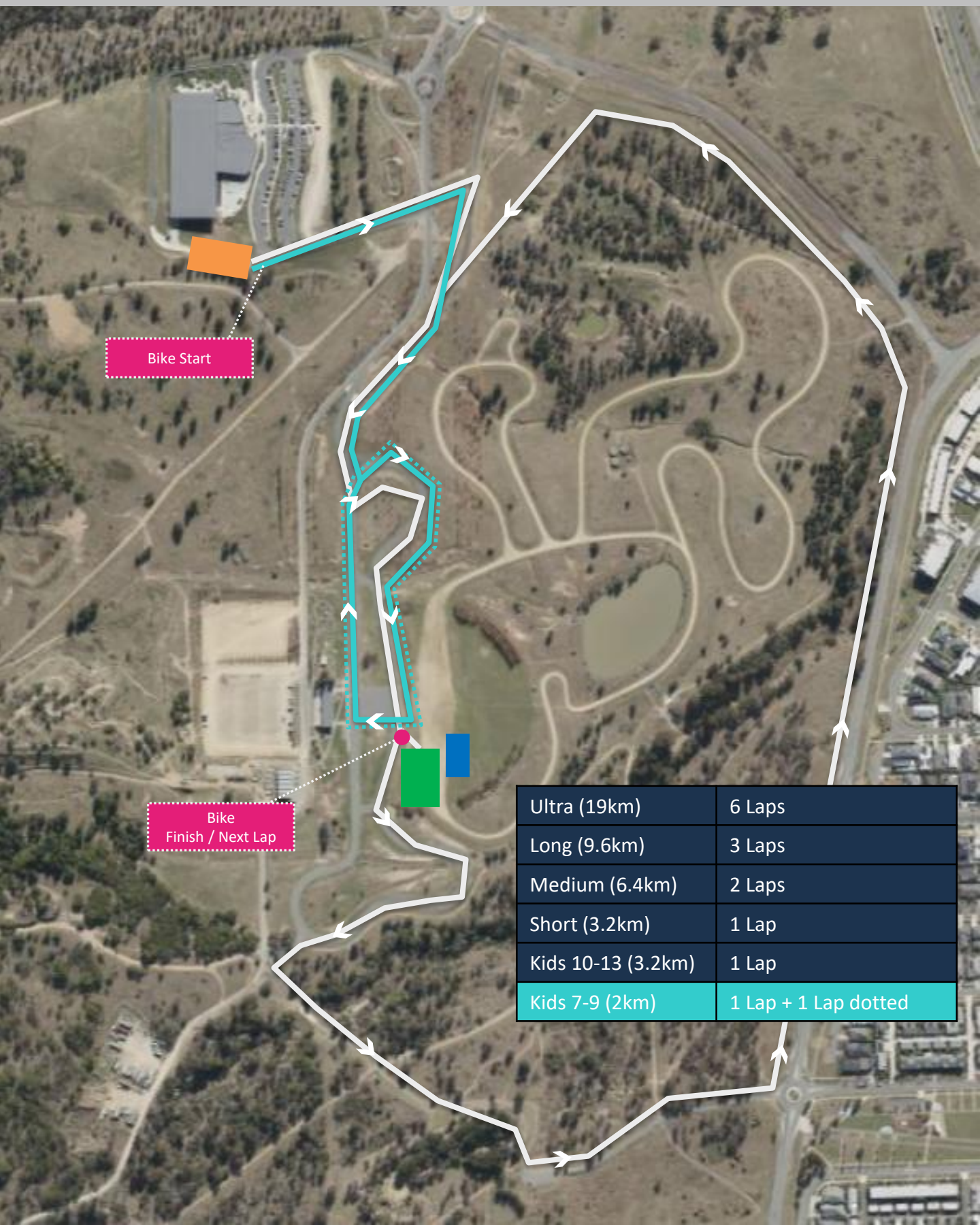
SWIM COURSE - ALL DISTANCES





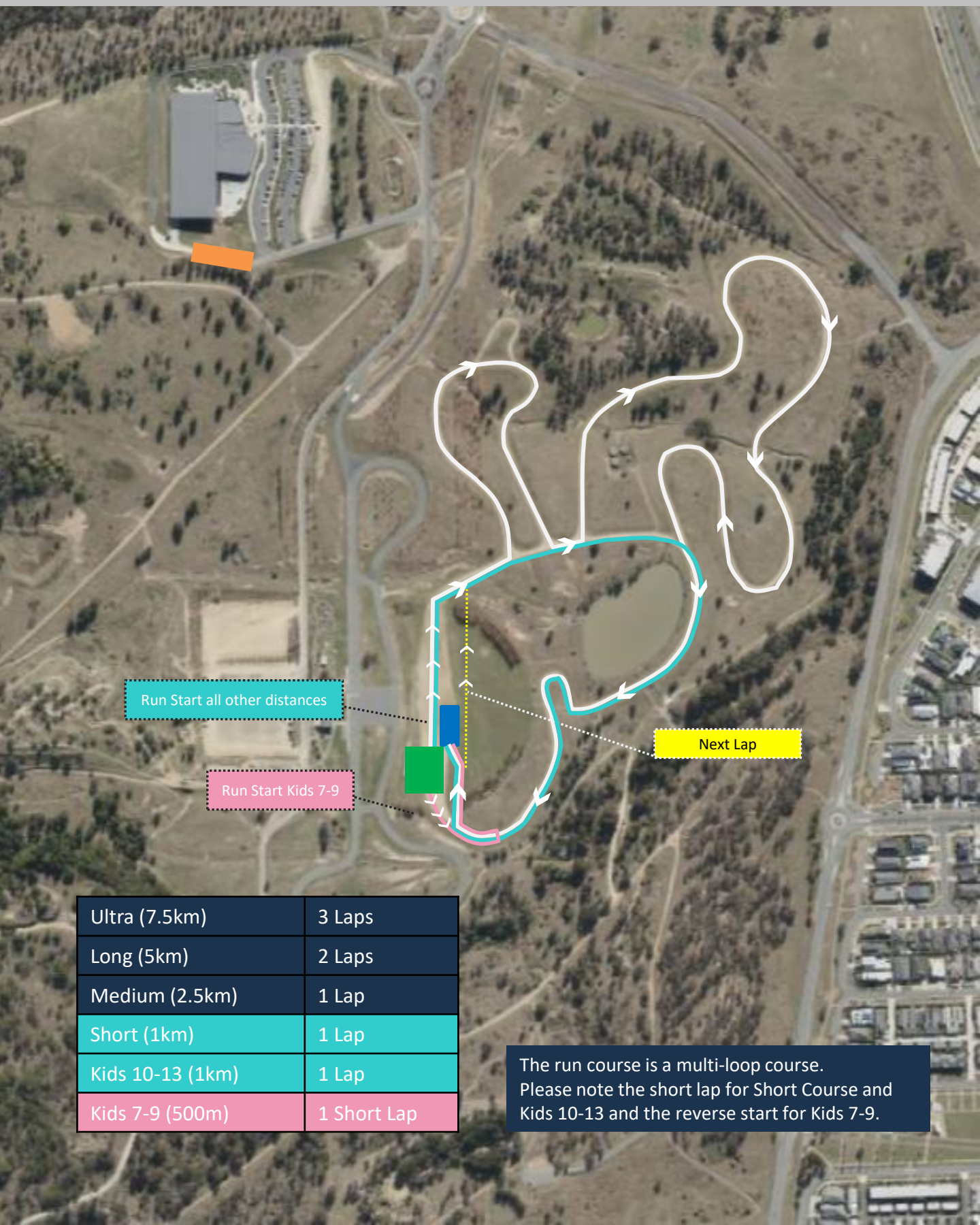


BIKE COURSE - ALL DISTANCES



Ultra (19km)	6 Laps
Long (9.6km)	3 Laps
Medium (6.4km)	2 Laps
Short (3.2km)	1 Lap
Kids 10-13 (3.2km)	1 Lap
Kids 7-9 (2km)	1 Lap + 1 Lap dotted

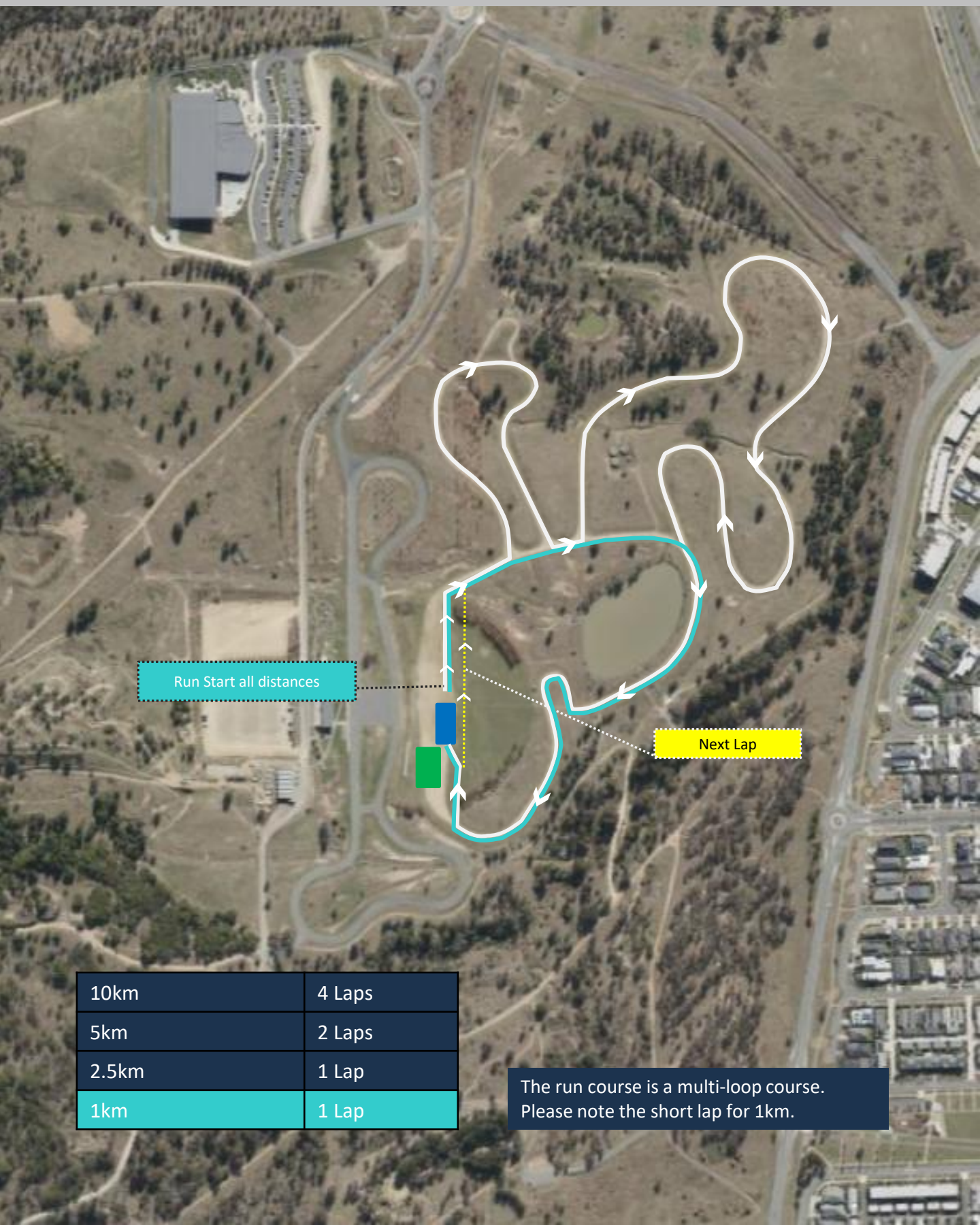
RUN COURSE - ALL DISTANCES



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

The run course is a multi-loop course.
Please note the short lap for Short Course and Kids 10-13 and the reverse start for Kids 7-9.

FUN RUN COURSE - ALL DISTANCES



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

The run course is a multi-loop course.
Please note the short lap for 1km.

THANKS TO OUR EVENT PARTNERS

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Ramsay Health Care

National Breast Cancer Foundation

PURE SPORTS NUTRITION

INSPIRE ATHLETIC

von Bibra Auto Group EST. 1935

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