



OPUNAKE RACE BRIEFING

SATURDAY 22nd APRIL 2017

(Please note some details may be subject to change)

Event Schedule

Friday 21st April

Time	Detail
4.00pm – 6.00pm	Race pack pick up Opunake High School Hall

Saturday 22nd April

Time	Detail
7.00am – 8.30am	Race pack pick up Opunake High School Hall
7.00am – 8.45am	Bikes to be racked
8.00am – 8.15am	Marshalls Briefing
8.45am	Karakia/ Race Briefing Cycle Transition Area
9.00am	Event starts in the pool in the following order: <ul style="list-style-type: none"> • Individual Long Course • Team Long Course • Individual Short Course • Team Short Course
12.00pm	Event Close
12.15pm	Prize Giving

RACE PACKS

Your race pack will include your T-Shirt and race number (please note that T Shirt sizes will be as per your registration details and cannot be exchanged).

TRANSITION

Transition will be set up on the day of the race, so the racking of the bikes will happen on Saturday morning.

RACE SEQUENCE

For this event the race sequence is **swim/bike/run**.

SWIM COURSE

The swim will be held at the Opunake Pool. It is a 25 metre indoor heated pool. Participants should attempt to complete the swim without stopping or walking. Swim aids are also not permitted for the swim (e.g. Fins/Snorkels/Pull buoys etc.)

Short Course - For the short course you will swim two sets of six (6) lengths of the pool (a total of 12 lengths). This means that after six (6) lengths, you get out of the pool and return to the start lane then swim another six (6) lengths.

Long Course - For the long course you will swim four sets of six lengths of the pool (a total of 24 lengths). This means that after six (6) lengths, you get out of the pool and return to the start lane then swim another six (6) lengths and do this two more times (total four sets).

It is important that you have trained for the swim. Once your swim is complete you will exit the pool and head to transition through the exit at the pools, and proceed into the cycle transition area to commence the cycle leg of the course.

CYCLE

All individual and team cyclists are to rack their bikes on the morning of the event. All cyclists make sure their bikes are fit for purpose and safe to use (note: you will not be permitted to continue onto the cycle course unless you have a safety approved cycle helmet on). Flat Tyres – It is advised that cyclists know how to change a tyre and also have a spare tube with you.

Having completed the swim leg you will enter the cycle transition and commence the cycle leg of the triathlon. You will exit through the cycle chute walking your bike to the mounting area and head out onto the cycle course.

The cycle is an out and back course heading up Ihaia Rd. There will be a marshal at the turnaround point for both the short and long course.

- **Short Course** – For the short course, you will cycle 6km to the midway point and turn around and return to transition (a total of 12kms).
- **Long course** – For the long course, you will cycle 12km to the midway point and turn around and return to transition (a total of 24kms).

After completing the ride, the participant will rack their bike and commence the run leg of the triathlon.

RUN COURSE

One lap of the run course is three kilometres (3.0km).

Short Course – For the short course, you will walk/run one (1) lap of the run course (a total of 3.0kms).

Long course – For the long course, you will walk/run two (2) laps of the run course (a total of 6.0kms).

The run course will be marshalled however you must ensure that you view the course map and know the course.

After you complete your walk/run, you enter the finish area and make your way to the finish chute to complete the event. We encourage all team members to cross the finish line together.

TEAMS

Team runners and swimmers are to wait in the transition area. Once the swimmer has completed their swim, they will go to transition where their cyclist will be waiting. The cyclist will leave transition, complete the cycle course and return to transition, where their team runner/walker will be waiting. The cyclist will tag the runner/walker who will exit transition and enter the run course. The team completes the race when the runner/walker crosses the finish line. The team are welcome to cross the line together.

RACE NUMBERS

Individuals will receive one race number, and each team member will also receive a race number. For runners and cyclists the number needs to be pinned on the front of your shirt, for identification purposes. The swimmer receives a swim cap. The race numbers also serve as your ticket to the spot prize draw.

TOILETS

There will be no toilets on the cycle and run course but toilets are available at the pool and within the school grounds.

AID / WATER STATIONS

There are no aid or drink stations on the cycle course or the run course, except at transition. St John's Ambulance will be present in the transition area, and water will also be provided for participants. So, if you require water, outside of transition, please ensure you carry enough water with you.

MEDICAL CARE

Medical care, at the event, is provided by St Johns Ambulance. If, at any time, there are concerns for your health, the St John's Ambulance staff members have the right to remove you from the course, to assess your health and well being, and decide whether you will be able to continue. Their decision will be discussed with the Race Director before a final decision is made.

EVENT START TIMES

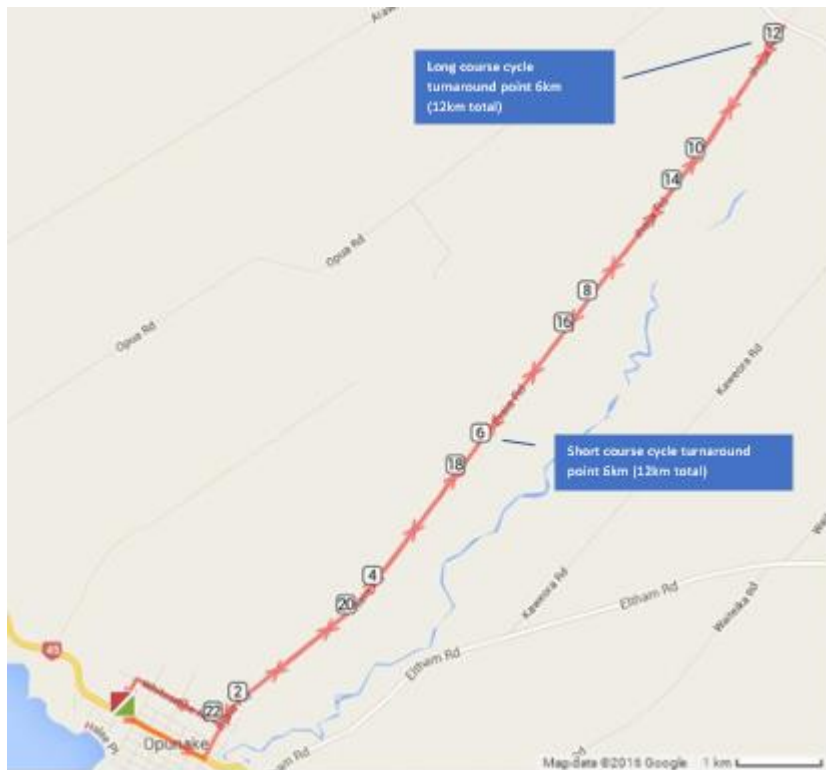
The mihi whakatau and karakia will be at 8.45am, in the transition area, at Opunake High School, followed by a race briefing. Participants will then head to cycle start line.

The event will start at 9.00am, in the order defined in the Event Schedule, shown above.

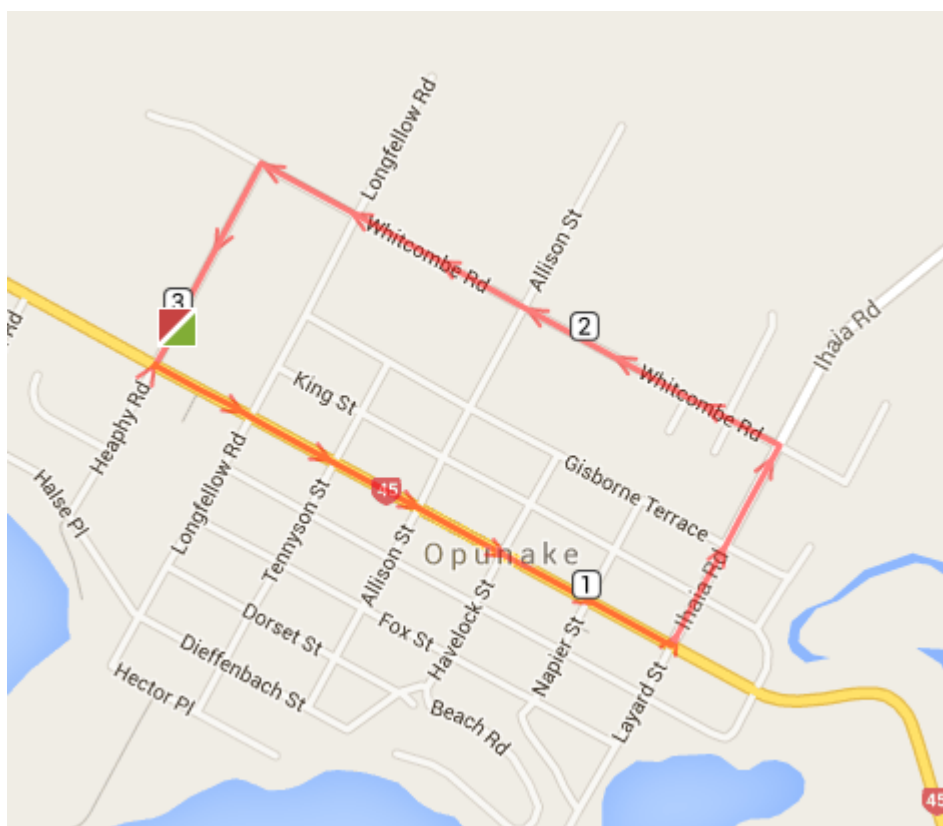
Participants are responsible for knowing the course. Course maps are highlighted below:

The diagram illustrates the layout of the swimming pool and surrounding areas. At the top, an **Office** is located. Below it, the **Swim Course** is defined: **Long Course** consists of 24 lengths of the Pool, and **Short Course** consists of 12 lengths of the Pool. Swimmers are required to do the swim course 4x. The **25m Pool** is shown with red arrows indicating the swim course. To the left of the pool is the **Changing Rooms** and **Participants Assemble Here**. To the right is **Spectator Seating**. The **Swimming Pool** is shown with a yellow arrow indicating the **Swim Entry** and **Swim Exit**. Below the pool is the **Court Yard**. A yellow arrow indicates the path from the pool to the court yard, labeled **Head Across the field to Transition**. An **Emergency Exit** is also shown.

Short course (12km)
Long course (24km)



Run course: (1 lap for short course – 3km / 2 laps long course 6km)



HEALTH AND SAFETY

- **All roads remain open**

Important note: all roads remain open at all times during the event. Normal road rules apply.

- Cyclists - Traffic Management and/ or marshals will be located throughout the cycle course. Please ensure that you listen to and comply with all marshal instructions. Ensure you stay left at all times. Do not cross the centre line. Do not have your supporters come out on to the course and follow you as you cycle, as this would be dangerous for everyone, including yourself.
 - Walkers/Runners - Traffic Management and/ or marshals will be located throughout the Walk/Run course. Please ensure that you listen to and comply with all marshal instructions. Walkers/runners should keep left at all time, use footpaths and grassed fringes and avoid running on the road.
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- **Musical Devices**
Please note that ipods, MP3 players or musical devices that require you to use ear plugs are **NOT** permitted on the cycle or run course, as they pose a safety risk.

PARKING

Parking will be available around the venue. Please do not park in an area which might impede participants as this may create a major safety hazard, particularly on Heaphy and Whitcombe Rd.

PARAKORE (Zero Waste)

Taranaki Toa has a policy of Parakore (zero waste) for the Mounga Tri Series events. Rubbish and recycling bins/bags will be provided. Littering is against all race rules. All rubbish and recycling must be brought back to transition and discarded in the rubbish bins/bags provided.

SMOKE-FREE / ALCOHOL-FREE

The Mounga Tri Series event venue is smoke-free and alcohol-free.

PRIZE GIVING

Prize giving will be held beside the transition area, directly after the last walker/runner has completed the event. As the Mounga Tri Series is a non-competitive event, no prizes will be given for placings. However, there a number of great spot prizes to be won including bikes. All registered participants are eligible to win spot prizes. Prize winners must present their race number/ID to collect their prize.

EVENT IMAGES

Images and photos of the event will be posted on the Taranaki Toa Facebook Page.

ENQUIRIES

If you have any queries or issues, please contact race director Alf Robson, on 021 220 9484

Good luck whanau – most of all have fun out there 😊

Ngā mihi nui ki a Koutou katoa