



**WAITARA RACE BRIEFING**  
**SATURDAY 24 MARCH 2018**

**Event Schedule**

Friday, 23 March

Time	Detail
4.00pm – 6.00pm	Race pack pick up Pennington Park Scout Hall, Leslie St Waitara Late registrations

Saturday 24 March

Time	Detail
7.30am – 8.15am	Race pack pick up Pennington Park Scout Hall, Leslie St Waitara
7.30am – 8.30am	Bikes to be racked
8.00am – 8.30am	Marshalls Briefing
8.30am	Karakia/ Race Briefing Scout Hall Pennington Park
8.45am	Participants move from park to pool
9.00am	Event starts in the following order: <ul style="list-style-type: none"> <li>• Individual Long Course Swimmers</li> <li>• Team Long Course Swimmers</li> <li>• Individual Short Course Swimmers</li> <li>• Team Short Course Swimmers</li> </ul>
12.00pm	Event Close
12.30pm	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. You are welcome to view the transition area and set up when you pick up your registrations. All individual and team cyclists are to rack their bikes on the morning of the event.

**RACE NUMBERS**

Individuals will receive one race number, and teams will receive two race numbers – one for the runner and one for the cyclist. The number needs to be pinned on the front of your shirt, for identification purposes. The swimmer receives a swim cap.

## TOILETS

There will be no toilets on the cycle and run course but toilets are available at transition (in the Scout Hall) and at Waitara Swimming Pool.

## 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. They will also decide whether you will be able to continue. Their decision will be discussed with the Race Director before a final decision is made.

## TEAMS

Team runners and cyclists 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 walk their bike out of transition. A marshal will tell them where they can mount their bike and start the cycle course. When the cyclist returns to transition, they will rack their bike and then run to the designated area where their team runner/walker will be waiting. The runner/walk will run out of transition and onto the run course. The team completes the race when the runner/walk crosses the finish line.

## SWIM COURSE

The swim for all events will be held at the Waitara Pools. It is a 33 metre outdoor heated pool. Participants should attempt to complete the swim without stopping or walking.

**Short Course** - For the short course you will swim nine (9) lengths of the pool.

**Long Course** - For the long course you will swim two (2) x nine (9) lengths of the pool (a total of 18 lengths). This means that after nine (9) lengths, you get out of the pool and then swim another nine (9) lengths.

It is important that you have trained for the swim. Once your swim is complete you will exit the pool and head towards transition through the front gate of the pool and out on to Pennington Park.

## CYCLE COURSE

One lap of the cycle course is five (5) km (please refer to course map).

- **Short Course** – For the short course, you will cycle two (2) laps of the cycle course (a total of 10kms).

- **Long course** – For the long course, you will cycle four (4) laps of the cycle course (a total of 20kms).
- **Flat Tyres** – It is advised that cyclists know how to change a tyre and also have a spare tube with you.

#### RUN COURSE

One lap of the run course is two and a half kilometres (2.5km).

**Short Course** – For the short course, you will walk/run one (1) lap of the run course (a total of 2.5kms).

**Long course** – For the long course, you will walk/run two (2) laps of the run course (a total of 5kms).

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 line. We encourage all team members to cross the finish line together.

You will receive a certificate for completing the event.

#### EVENT START TIMES

The mihi whakatau and karakia will be at 8.30am, in the transition area, at Pennington Park, followed by a race briefing. Participants will then head to Waitara pool for the swim start.

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

#### COURSE MAPS

All course maps are now on the website <https://www.taranakitoa.co.nz>

Participants are responsible for knowing the course.

#### 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.

- **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 at Pennington Park, via Seymour Street (off North Street).

As Leslie Street is the venue for the event course - the transition/finish area and the swim venue (Waitara Pools) - parking along this section of road is a major hazard. Therefore, the roadway on Leslie Street, must be kept clear - from the corner of Leslie Street and North Street, to the corner of Leslie Street and High St East. Marshals will be present to ensure this section of Leslie Street is kept clear.



#### 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 / DRUG FREE

The Mounga Tri Series event venue is smoke-free / alcohol-free / drug 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 a bike.

All registered participants are eligible to win spot prizes. Prize winners must present their race number/ID to collect their prize.

#### EVENT IMAGES

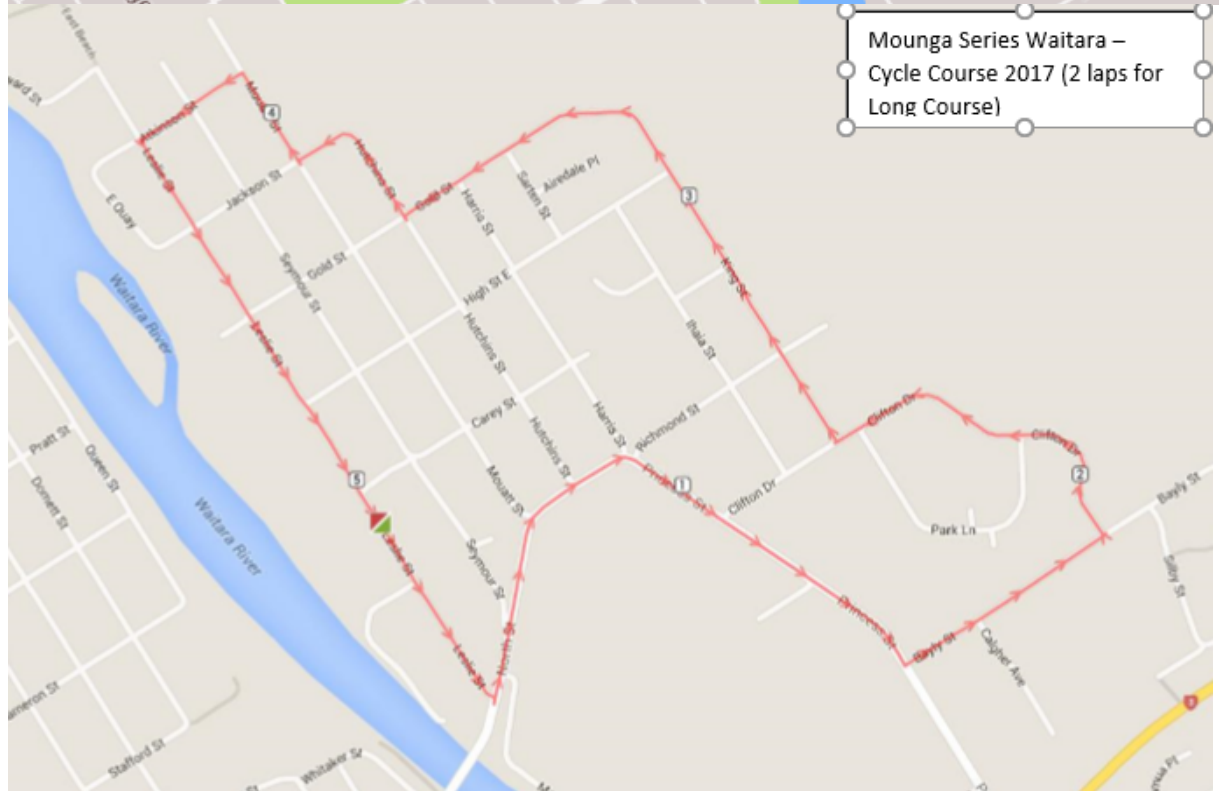
Images and photos of the event will be posted on the Mouna Tri Series/Taranaki Toa Facebook Page.

#### ENQUIRIES

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

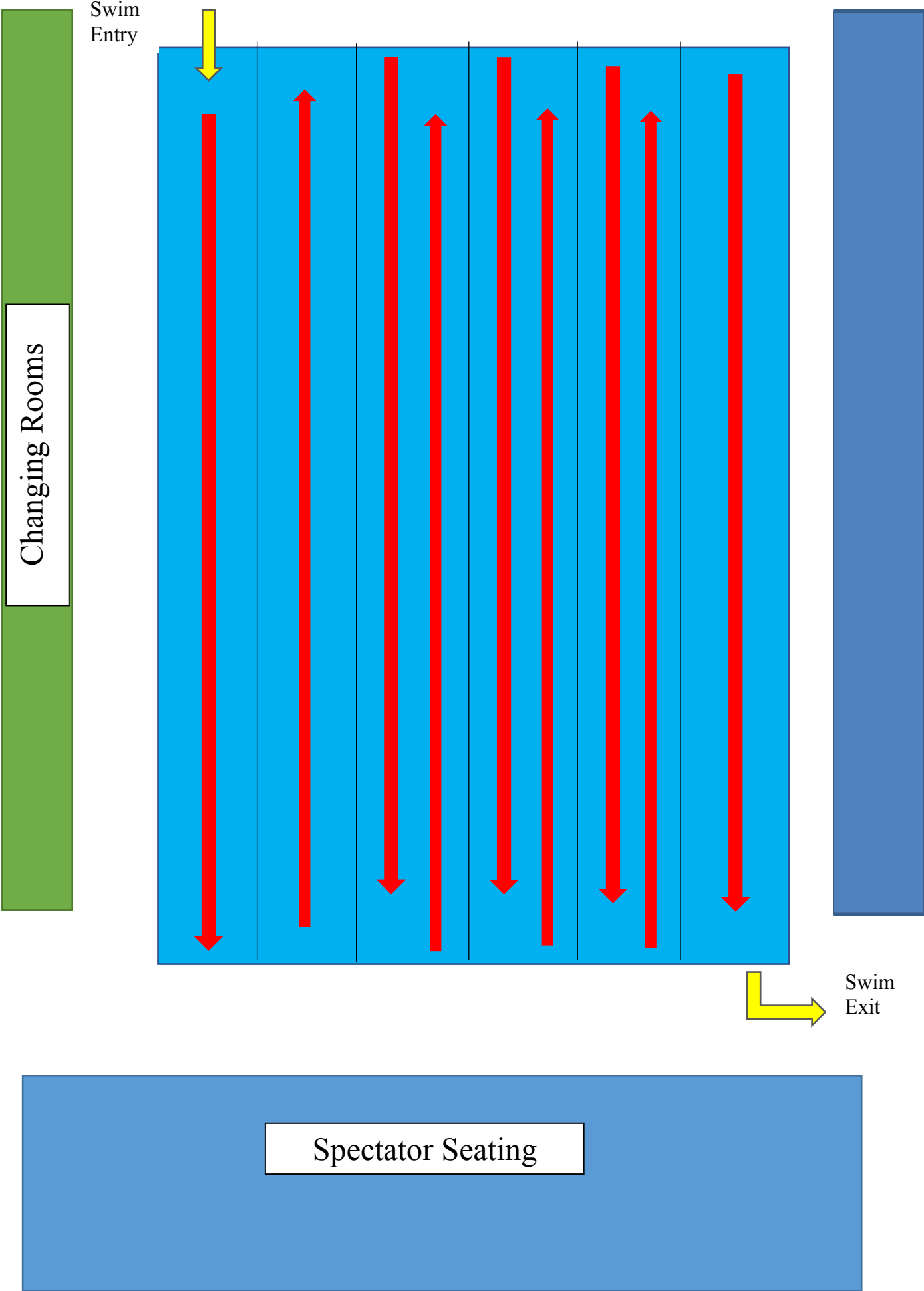
If you have already started training, keep going. If you have yet to start, get training whānau!  
Ngā mihi nui ki a Koutou katoa

# COURSE MAP



# Short Course Swim

Short Course consists of 9 lengths of the Pool.  
Swimmers are required to do the swim course 1x.



# Long Course Swim

Long Course consists of 18 lengths of the Pool.  
Swimmers are required to do the swim course 3x.

