

**Rangatahi**

**Event**

**Manual**

**2018**

## **Event Details**

**Start Time 9.00am**

**Date:** Friday 30 November 2018

**Location:** Pandora Pond, Ahuriri

Napier

**RACE PACK PICK UP/LATE REGISTRATION:**

**Friday 30 November 2018:** Marquee on Pandora Road, Napier

7am-8.30am

## **Event Distances**

**Age: 13 – 17 years old**

**Swim**

500m

**Cycle**

7km

**Walk/Run**

3km

**Sponsors:** We would like to thank the following sponsors for their support



Tony, Justine, and the team, are only a short drive or phone call away. For any advice you need regarding your current or future bicycle, maintenance and any questions you may have contact the team at CRANKED CYCLES [www.crankedcycles.co.nz](http://www.crankedcycles.co.nz) or (06) 8355644 and [crankedcycles@xtra.co.nz](mailto:crankedcycles@xtra.co.nz)



You can find team Raisey's in Ford Road, Onekawa. Kane will discuss all of your nutritional needs and has been providing supplements to the endurance community for many years. He also has smaller and cheaper sample sized sachet to try before your event. Contact Kane, at RAISEY'S [www.raiseys.co.nz](http://www.raiseys.co.nz), on (06) 8356586 or [info@raiseys.co.nz](mailto:info@raiseys.co.nz)

Enjoyed training for and participating in this event? Go to [www.ironmaori.co.nz](http://www.ironmaori.co.nz) or see the appendix for our upcoming events....

## Event Timetable:

Friday 30 November 2018

| Time  | Activity   | Location  |
|---|--|---|
| 7:00AM  | Race Pack pick up<br>Late Registrations<br><b>Open</b><br><br>Transition<br><b>Open</b><br>Bike Racking Individuals and Teams<br><b>Open</b>       | Marquee on Pandora Road<br><br><br><br>Transition area  |
| 8:30AM  | Race Pack pick up<br>Late Registrations<br><b>Closed</b><br><br>Transition<br><b>Closed</b><br>Bike Racking Individuals and Teams<br><b>Closed</b> |   |
| 8:50AM  | Karakia/Race Briefing  |   |
| 9:00AM  | Event Starts   |   |
|   | Transition open for bike removal   | Race Director will advise                               |
| Estimate<br>10.45AM   | PRIZE GIVING   | Or when the last participant crosses<br>the finish line |
| <b>You must have picked up your race pack before you can enter transition</b> |  |   |

## **Competitors brief \ Helpful hints:**

### **Pre\Event Weekend & General Information**

Event updates/changes will be emailed out and posted on our facebook page, but you need to ensure you have liked our facebook page to receive them.

### **Checklist**

#### **Swim**

- Swim Suit/Togs
- Goggles
- Swim Cap (Provided in your race pack)

#### **Bike Leg**

- Bike (with safety lights is ideal)
- Bike shoes or Walking/Running Shoes
- Helmet
- Water bottle/s
- Bike hand held pump or spare tube/tyre lever
- Bike gloves (optional)
- Race number Bib (provided in your race pack)

#### **Walk/Run Leg**

- Walking/Running shoes
- Socks
- Cap / Visor
- Race number Bib (provided in your race pack)
- Race number belt or pins to attach your race number
- Sunglasses/weather appropriate clothing

## Race Pack Pick Up

Race pack pick up/late registrations will be held in a Marquee on Pandora Road.

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

Race pack pick up area hosts the event Help Desk, Information boards and course maps. This is also where you go to make changes.

## Race Numbers

Only one race number will be issued for the individual and one each for the swimmer, cyclist and walker/runner in a team. The race number needs to be **pinned to the front of your shirt** for ease of identity, safety and photographic purposes. If you wear a race belt please ensure that your number is visible in the front when you enter and exit transition at the timing points (not scrunched up)

**It is compulsory to fill out the emergency details on the back of the race number.**

Any changes to your registration details can be discussed with the registration team but please expect delays.

Please feel free to come and check out transition set up so that you are taking responsibility to understand the transition flow before your race begins

## Getting to the Venue and Parking

The Venue is located at Pandora Pond, Ahuriri, Napier

We have arranged for you to park your car in the following two designated areas:

Meanee Quay: There will be a gate opened to park on the grass just after the Pandora Bridge.

There is a car park directly next to the Wrightsons Woolshed on Pandora Road. Please ensure you leave the driveway next to the fence line clear as this is the back entrance that leads to the apartments.

Please ensure you let your whanau and support people know where they can park and respect local businesses by not parking in their business car parks, driveways or on the footpaths. Any car found parking in these areas will be towed at the owner's expense

## Event Weekend

**St Johns Medical team**, services will be onsite.

### Hydration Stations

Due to the short nature of the course, we will have two water/hydration stations. One will be at the turn around point on the walk/run course and another will be located at the finish line. These stations will be providing water only.

### Start Time

Please make sure you have taken note of your start time and briefing time in the Timetable above. When planning your day please keep in mind you will need time to pick up your race pack, set up your gear and leave transition before the event opening.

### Transition

**PreRace:** Check out the course maps or alternatively go onsite and view the course, during the week lead up to the event. Failure to follow the designated course may result in personal injury or accident, you do so at your own risk and may result in disqualification.

Transition will be set up on Friday morning. If you want to come over see how this works, feel free to do so but remember that it is your responsibility to understand the transition flow on race day.

Place your bike on the rack and set up your race equipment to the right (chain side) or underneath your bike. Bike racking is for Individuals and Teams.

Ensure you remove any non-race equipment (including bags) away from the bike racks before leaving transition.

## Transition Access

- Only competitors are allowed in transition area. No spectators or supporters are to enter transition. There is plenty of spectator space close to transition and around the venue.
- Jumping any transition fences will lead to disqualification.
- After your event finishes, and to make the day safe and fair for all, bike collection may not be available at all times.
- Spectators or supporters **are not** allowed to remove your bike, you must do this yourself to avoid loss of equipment.
- Please listen for announcements for times that bike collection is available and/or follow marshal instruction.

## Timing

This event is not timed as it is a participation event only

## Knowing the Course and Laps

Please see Course Maps below to familiarize yourself with the course directions, location of turns and general course information.

The table below outlines the distance and laps for each event:

| Event                | Swim | Bike | Walk/Run |
|----------------------|------|------|----------|
| Individual and Teams | 500m | 7km  | 3km      |



## Individual

### Swim Course

You will be walked to the start of the swim course, which is on the other side of Pandora Pond.

The course is a 500m swim directly across the Pond to the transition area where you will exit by the wooden steps.

### Cycle Course: 7km (This is one lap only)

Leaving transition on Pandora Road, head towards State Highway 2. Turn left on to State Highway 2 and head towards the Prebensen Drive roundabout. Take the first exit off the roundabout on to Prebensen Drive, heading toward Mitre 10. Turn left in to Severn Street, then right in to Thames Street. Turn left on to Pandora Road and head back towards transition, **you will only complete one 7km cycle lap.**

### Lead vehicle/Tail End Charlie

There will be a vehicle leading out the first cyclist to ensure that they are taken onto the correct course. There will also be a vehicle following the last cyclist to ensure they get back safely and also to release the marshals.

NO DRAFTING is allowed during the cycle. If you are not aware of what drafting is a basic explanation is as follows:

Do not follow too closely behind the wheel of the person in front of you. This gives you an advantage and saves your energy while you are letting the person in front do all the hard work!

**Please note that Ipods, mp3 players or musical devices that require you to use earplugs are NOT permitted on the cycle course.**

Traffic Management and/or marshals will be located on every corner.

Road rules will apply at all times, do not cross the centre line and ensure you stay left at all times. There are no road closures so please ensure you listen to marshal's instructions.

### Note to Whanau

Please do not drive behind your cyclist, it is very dangerous, and the fumes from your car will affect other cyclists. We need to keep our Rangatahi safe out there. Please obey all marshals' requests. It would be preferred that you stay at transition and support your cyclist as they come in.

## Walk/Run Course

You **MUST wear shoes** for the **cycle** and for the **walk/run** for safety reasons. If a child presents with no shoes on the bike or the run course they will not be allowed to take part in the event.

You exit transition on Pandora Road, cross the bridge and follow the lime track until you get to the Westshore car park, which is directly opposite the Westshore Hotel, here you will turn around and head back towards transition. Enter transition and head straight to the finish line.

## Team Tag Area

Team members are to wait in the transition area on Pandora Road for their swimmer, who will then tag their cyclist.

Once they have completed their cycle they will then tag their runner and we encourage you all to cross the finish line together.

As soon as you cross the finish line, you will receive your medal.

If your parent, guardian or support person wishes to put your medal on they must wait at the finish area and let the organizer know that they wish to do this. Due to number of participants we ask you clear the finish area as soon as possible.

## Prize Giving

This will be held at the Event Site on Pandora Road, Napier (Pandora Pond) as soon as the last competitor has completed their event.

In line with the Ironmaori Kaupapa the event area and prize giving is a smokefree/alcohol free venue.

## Littering

Littering is against all race rules so all litter needs to be carried back to transition. There will be rubbish bins provided at transition and also at the hydration stations.

## Positive or Constructive Feedback

If you wish to provide any positive or constructive feedback please do so by emailing [info@ironmaori.co.nz](mailto:info@ironmaori.co.nz)

Any further queries should be directed to the Event Director Heather Skipworth:

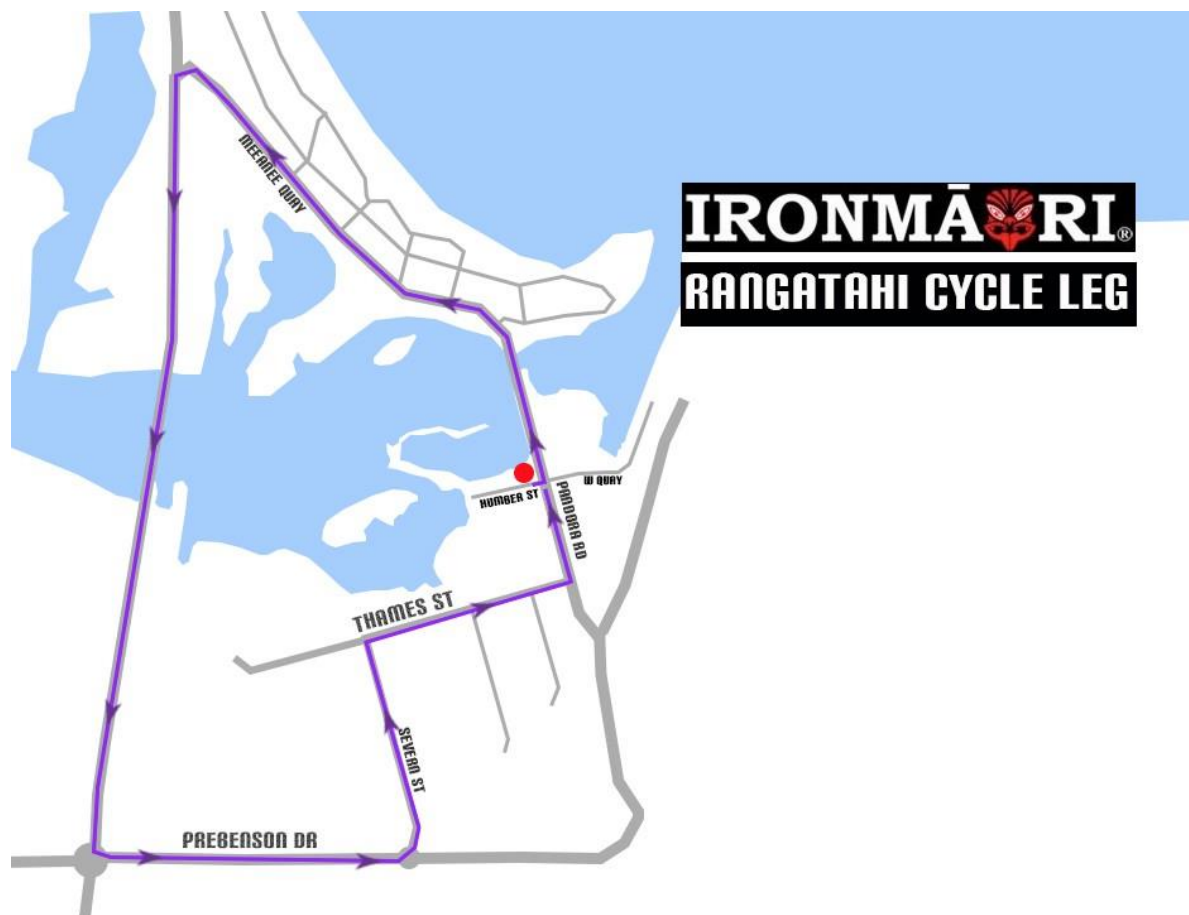
heatherskipworth@ironmaori.co.nz

# MAPS

## Swim Course



## Cycle Course



## Walk/Run Course



**IRONMARI®**  
**RANGATAHI & TAMARIKI**  
**RUN COURSE**

## Car Parking

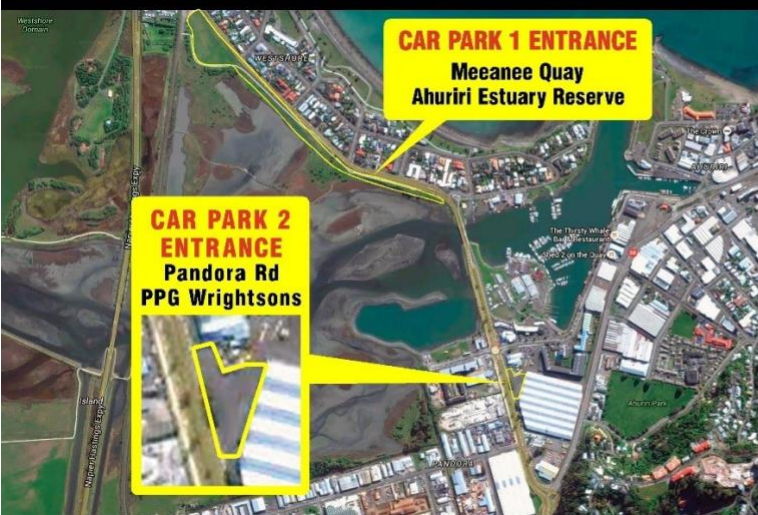
Humber Street car park will be closed to the public

All competitors and spectators are asked to park elsewhere for the safety of the participants and to ensure the residents can leave and enter their buildings.

We have arranged for you to park your car in the following two designated areas.

- Car Park 1: Pandora Road there will be a gate opened to park on the grass just after the Pandora Road Bridge.
- Car Park 2: The car park directly next to the Wrightsons woolshed in Pandora Road is also for parking in.

**Please do not park in the businesses car parks**



**IRONMAORI®**  
**CAR PARKING**

Vehicle parking areas will be sign posted.

Vehicle parking directional assistants will be on duty.

Please do not park over any walk way in Car Park 1.

Parking infringement wardens will be operating throughout the event, please respect others and park responsibly.

**[For better quality and to enlarge maps please go to www.ironmaori.co.nz](http://www.ironmaori.co.nz) and go to the Rangatahi Event section**

**All of our events are open to everyone! Come and participate, spectate and enjoy the whanaungatanga!**

