SEA 2 SKY CHALLENGE ATHLETE GUIDE 2017

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THE EVENT SCHEDULE

NOTE CLOCKS CHANGE THE NIGHT BEFORE THE RACE

Friday 31st March	
3:30-6pm	Race pack pick up – The Tannery in the Atrium (refer to map within this document) The Tannery, 3 Garlands Rd, Woolston http://thetannery.co.nz/contact/getting-here-location/
Saturday 1st April	
12-3pm	Race pack pick up – The Tannery in the Atrium (refer to map within this document) The Tannery, 3 Garlands Rd, Woolston http://thetannery.co.nz/contact/getting-here-location/
Sunday 2nd April	
7:30am	Transition opens at Scarborough Domain
8:45am	CUT OFF TIME TO HAND IN RUN BAG (for athletes doing full Sea2Sky Challenge) – the bag will be given to you at pre-race registration, you must place your race number sticker on it. This bag will be transported for you to the bike to run transition at Godley Head There will a truck parked adjacent to the clock tower where you will place your run leg bags.
9:00am	**RACE BRIEFING** – excludes kids challenge
9:15am	**TEAM RUNNERS** – meet by the bike exit of transition for transport to Godley Head by mini van. You can take a bag with clothing that will be returned after the race
9:30am	**RACE START** Sea2Sky Challenge Triathlon & Duathlon including the SportsMed Teams Challenge.
10:00am	**RACE START** The Tannery "Have a Go" & Junior Challenge
10:05am	**BRIEFING (next to the steps by the swim exit)**– Kids Splash & Dash aquathon challenge
10:15am	**RACE START** – Kids Splash & Dash aquathon challenge
3:30pm onwards	Assemble for Prize Giving at Blue Smoke at The Tannery. Enjoy the food and drink and amble through the shops. The presentation of prizes and spot prizes will commence around 4:30pm **LIVE MUSIC WILL FOLLOW THE AWARDS SO STICK AROUND** **THE MUSIC WILL RUN UNTIL ~7PM**

Key information

Thanks for entering. Please remember when you are racing we try as hard as we can to make your race as straight forward as possible. Sometimes things go wrong so take these occasional incidences in your stride, respect your fellow competitors and the public and enjoy being out there on a stunning course. Remember to thank marshals and volunteers who are out there enabling you to participate.

KEY POINT – **all athletes** should bring a spare pair of run shoes just in case there are issues with the swim. If the sea is extremely rough the swim will be replaced with a run but your shoes for the 2nd run will already at Godley Head.

1. Pre Race information

You will be kept up to date via email on any race developments and any changes to the schedule outlined above.

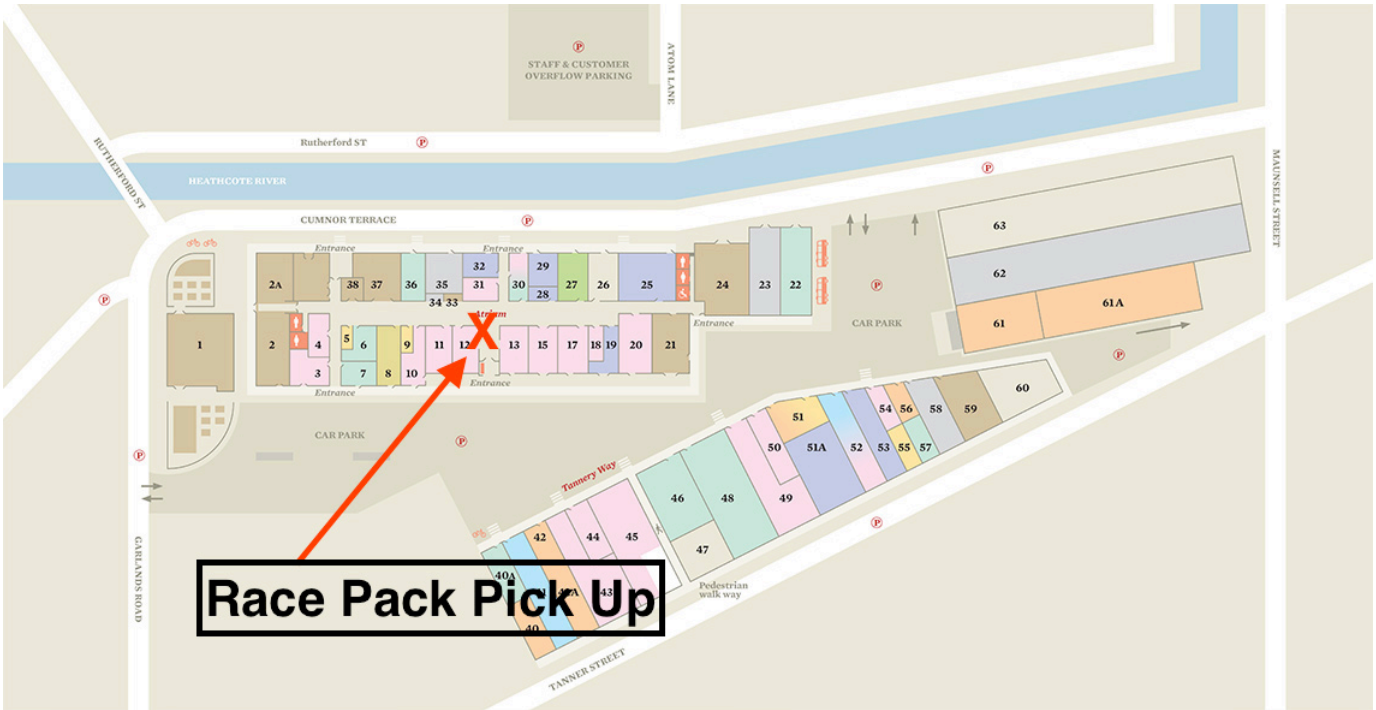
It is your responsibility to be in the appropriate physical condition for this event and do the appropriate training.
We strongly encourage all participants to practice their open water swimming prior to race day. Please note that there can be a rip down past the boat ramp at the race site at Scarborough. If you want to practice at Scarborough ensure you understand the sea conditions and never swim by yourself.

2. Pre Race Registration

All athletes must pick up their race bags at race registration

Race pack pick up

- Friday 31st March 3:30-6pm @ The Tannery
- Saturday 1st April 12-3pm @ The Tannery
- VENUE The Atrium within The Tannery, 3 Garlands Rd, Woolston



3. Race Briefings

You will receive a race briefing page at registration YOU MUST read this. The briefing on race day will simply be a quick safety briefing with any important updates on course conditions.

We will <u>not</u> do a full course breakdown at the briefings on race day. We will do a safety briefing and that is it. It is the athletes responsibility to know the course.

4. Post race information

Prize giving will be held as soon as possible after the final competitor finishes.
Trophies will be awarded to category winners. There will also be spot prizes along with the big draw of the Suzuki Car!

Race Day Procedure

1. **Parking**

The best parking is on the Esplanade. Please do NOT park anywhere else on the bike course.

2. **Racking your bike**

Please rack your bike in the designated position (racks will be numbered).

3. **Run Gear (for full Sea2Sky Challenge) IMPORTANT**

When you complete your pre-race registration you will have a white bag with a draw string. This is your bag to put your run gear into. On race morning there will be a bag drop area where you deliver your bag by 8:45am

Duathletes – you will need two pairs of shoes if you are doing the full challenge. One pair for the opening run that will stay in the Scarborough Domain, the other pair you will collect at Godley Head for the second run.

4. **Bike transport from Godley Head back to Scarborough**

For athletes doing the full challenge we will transport bikes back to Scarborough. Please ensure you have your bike number sticker on your bike & helmet. We will do our best to get bikes back as quickly as we can and improve on last year. We expect the first bikes to be in before 11:30am. Thanks to Allied Pickford for supplying the blankets.

COLLECTING YOUR OWN BIKE? YOU MUST PUT THE RED STICKER ON YOUR BIKE NUMBER THAT GOES AROUND YOUR SEAT POST If you wish to collect your own bike you will need to wait until the last rider has made their way out to Godley Head.
Unless absolutely necessary we would prefer that you do not collect your bike.

5. **TEAM DETAILS**

Team Cyclist – you will finish your ride at Godley Head. It will be your responsibility to make your way back to Sumner (ie spin along to the Top of Evans Pass and drop into Sumner). Please note: you will need to be extremely careful as there will be cyclists coming towards you.

Team runner – you are required to meet at 9:15am by the bike exit point to be transported to Godley Head. You can take gear with you in your race bag. There will be a bit of a wait at Godley Head. We expect the first riders to arrive ~10:20am

6. **Briefings**

As outlined in the schedule above all events will have a race briefing before race start. YOU MUST ATTEND THIS BRIEFING. The briefing will be held by the clock tower

7. **Toilets**

There are toilets at Scarborough domain next to the transition area.

8. **Food & Hot Drink / Ocean Cafe & Bar Scarborough**

The team at Ocean are happy for our event to be taking place, however, Sunday's are their busiest day of the week, especially if sunny! Please respect their business and other customers. Generally, they will have a selection of muffins, cheese scones & date scones available but please don't be disappointed if they sell out! Ocean will be serving their usual a la carte breakfast & lunch so please feel free to dine in an enjoy the atmosphere. For the event, they are going to provide a BBQ from 9.30am beside the Ocean Kiosk (ice cream shop!) serving up Bacon Butties for $5 - cash only.

- Takeaway Hot Drinks .... once you have ordered please wait beside the Ocean Kiosk - there are picnic tables available for us to use whilst waiting for your Bacon Buttie or Hot Drink. You'll be able to watch the action from there! Please note at certain times of the day, weather dependant of course there could be a 20 minute wait on Hot Drinks & with the extra numbers for our event it could be longer....so please be prepared to wait.
- Please do not sit on the wall in front of the cafe as this will disrupt their regular diners view!

Race Timing

Individuals

1. Race number – you will have a race number in your race bag. This is to be worn on the front for the run (it can be on your front or back for the bike if you are using a race belt).
2. Timing chip - strap you timing chip to your **Left** Ankle using the Velcro strap provided
3. Please ensure your Timing Chip is handed in when you have finished. Failure to do so will result in a $25 fee to cover the cost of a replacement.
4. If you have to withdraw from the race at any point please ensure that you hand your Timing Chip to one of the Timing Team at the Finish Line

Teams

1. Race number – You will receive two numbers. One for the cyclist to be worn on their back and one for the runner to wear on their front.
2. Timing chip – this acts as your baton in a relay. The swimmer wears it and hands it over to the cyclist and the cyclist hands it over to the runner. All the time wearing it around your left ankle (you will have Velcro straps – ensure the strap is well secured before you start your section of the race).
3. Please ensure your timing chip is handed in when you have finished. Failure to do so will result in a $25 fee to cover the cost of a replacement.
4. If you have to withdraw from the race at any point please ensure that you hand your timing chip to one of the timing team at the finish line.

SEA 2 SKY CHALLENGE – COURSE DETAILS

THE SWIM 750m OR RUN 2km

The swim will be either an open rectangle course from the beach or an open triangle from the boat ramp depending on sea conditions. Given the time of the year it is advised that wetsuits are worn.

Procedure

1. All athletes will have a swim cap issued to them in their race bag.
2. The start will be a deep water start just off the boat ramp the area protected by the breakwater.
3. Subject to entry levels the start will be one mass start, please seed yourself accordingly. If entry levels are high we will split the start into 2-3 waves.

Water Safety
There will be an IRB and other safety craft on the course.
If you get into danger raise your arm and one of the lifeguards will come to your aid.

If you do not complete the swim course it is **CRITICAL** that you report in to the timing staff by the finish line and hand in your timing chip.

OUR CONTINGENCY PLAN FOR THE SWIM

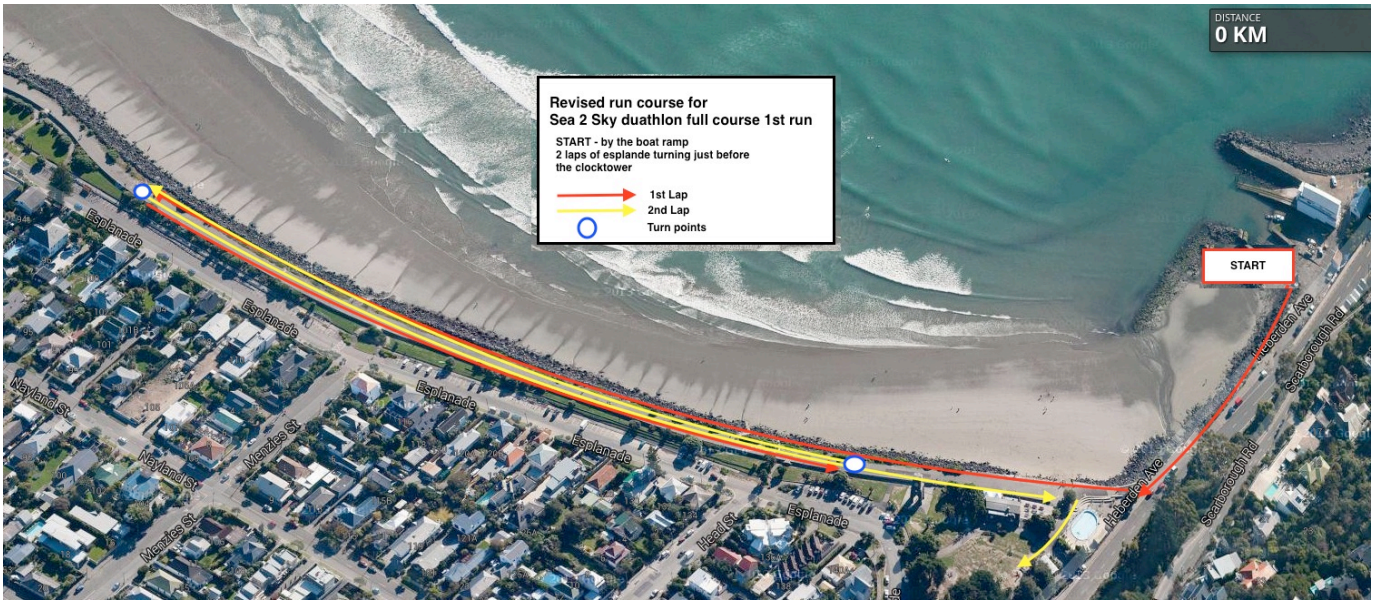
1. If athletes have a change in heart with the swim, you can switch to the duathlon option before the race start but you need to notify the registration team.
2. Ocean conditions
    a. If the swim is a bit rough the swim will go ahead but athletes will have the option of switching to the duathlon
    b. If the swim is deemed to be unsafe the event will be switched to a duathlon. PLEASE ENSURE ALL TRIATHLETES HAVE A 2nd PAIR OR RUN SHOES INCASE THIS HAPPENS.

Duathlon Run Option

Athletes will start behind the boat ramp. The course will run up to the promenade and complete two laps to the turn point about halfway down the main straight. Note you do not run back to the boat ramp to complete your laps the turn point is ~50m before the finish line to start your second lap.

Please keep to your right at all times making left hand turns at turn points.

Entry into transition is the same as for the swimmers exiting the swim leg.



BIKE 18km

IMPORTANT CHANGE FOR 2017

When you reach the Evans Pass intersection after descending down the Summit Rd from the Mt Pleasant turn ALL athletes must stop and unclip one foot. Place that foot on the ground, give way to any cyclists or vehicles then proceed across the intersection. You must give way to other competitors that are still coming up Evans Pass
FAILURE TO STOP WILL RESULT IN DISQUALIFICATION – WE ARE SERIOUS ON THIS MATTER. There were a number of near misses last year that cannot be repeated.

Key Points

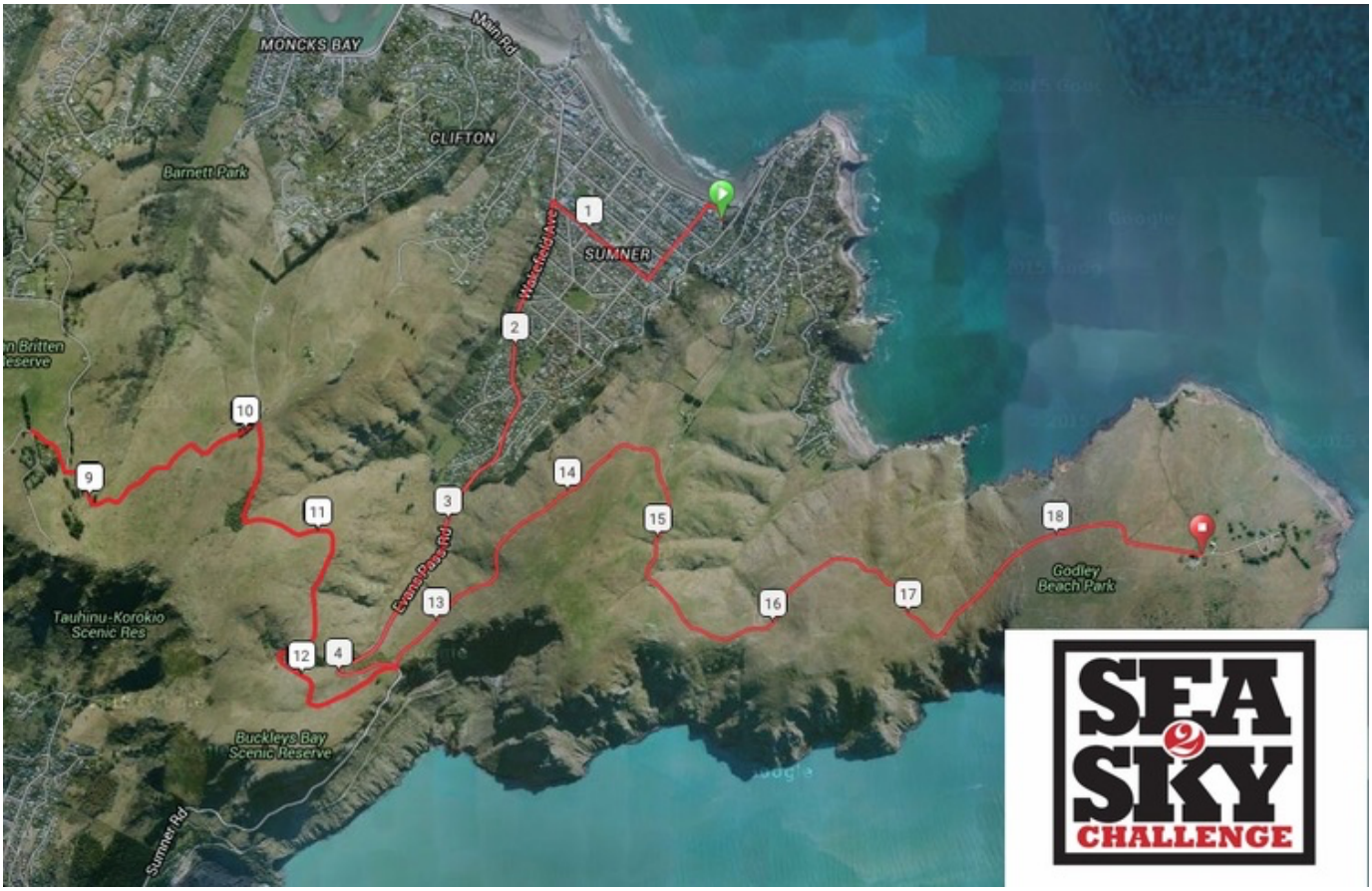
- Under no circumstances can you cross the centre line of the road
- Keep left at all times. NB there is no centre line from the top of Evans Pass to Godley Head but you still need to keep left of the centre of the road.
- Bikes will be carefully transported for you back to transition from Godley Head. This is included in the race entry fee.
- On the descent from the top of the Summit Rd down to Evans pass there are some fast corners. We will sweep the corners but there may still be some shingle so please be careful.
- Between Evans Pass and Godley Head there are several cattle stops. We have built some covers to ride over but they only cover part of the grate. There will still be a lip on them so please ride with caution. We accept no responsibility for broken equipment.

Link to bike map http://ridewithgps.com/routes/11676174

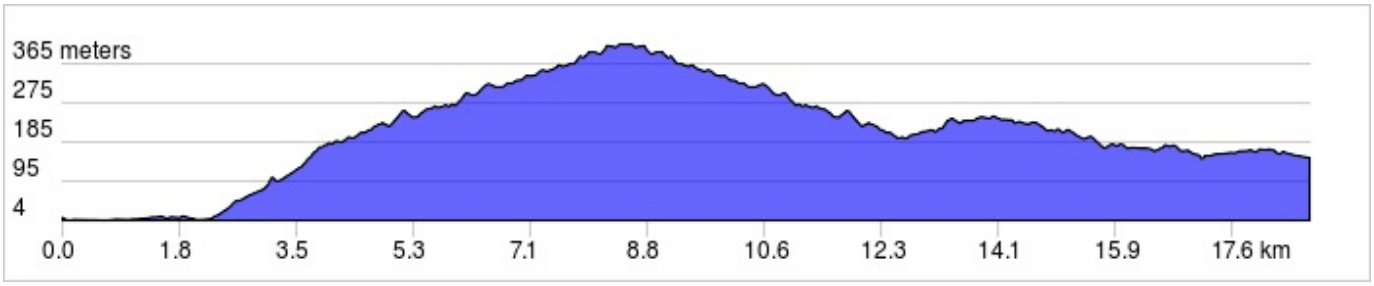
Bike Route (note the slight change at the start of the ride from 2016)

- Out of transition you will cross the road and turn right into Heberden Ave
- Follow the road to the right around the corner into Nayland
- Left into Head St
- Right into Colenso
- Left into Wakefiled
- Up Evans Pass
- Right onto Summit Rd at the top of Evans Pass
- Turn just past the Mt Pleasant turn off on the Summit Rd (the turn will be at the high point with a lovely view over the city)
- Return on the Summit Rd – through the top of Evans Pass (stopping and giving way)
- Proceed out to Godley Head

THE ROADS ARE NOT CLOSED TO NORMAL VEHICLE TRAFFIC AND THE NEW ZEALAND ROAD CODE RULES MUST BE OBEYED AT ALL TIMES



Bike course profile



THE "Frontrunner Colombo" RUN 7.5km

be the FRONTRUNNER
New Zealands original sports shoe specialists

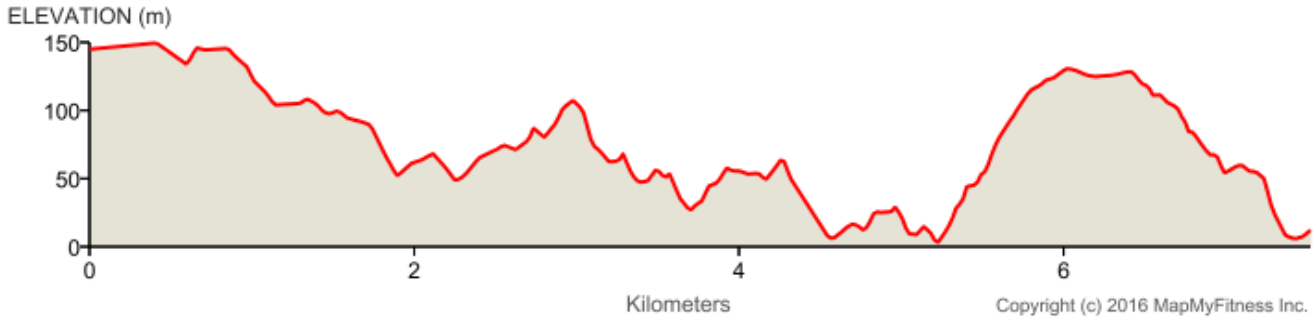
Course map link http://www.mapmyrun.com/routes/view/953808959
We strongly encourage all athletes to run the section from Taylors Mistake to the finish in a training run to familiarise yourself with the route.

Please ensure your run shoes are in the numbered bag that you were given at the pre race registration. You must hand in your shoe bag by 8:45am.

When you reach the bike to run transition you will rack your bike first. Your numbered bags will be lined up numerically just beyond the bike racks. Put on your run gear and place your helmet and any other loose gear you take off back into your numbered bag.

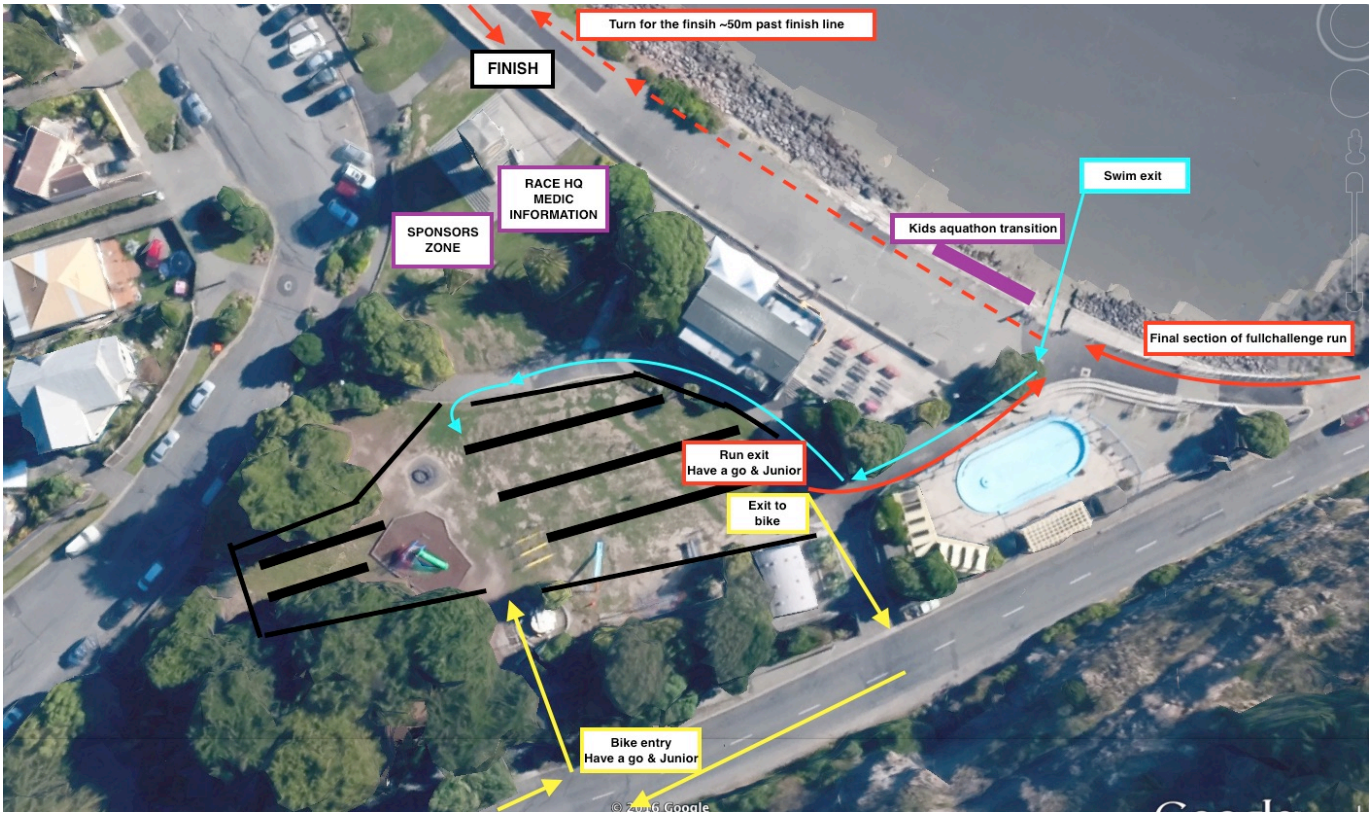
Run route:

- Out of transition the run heads straight ahead towards to the gun emplacements.
- You will then turn left after ~500m to join the Godley Head Track which takes you all the way to Taylors Mistake.
- Just before arriving at Taylors Mistake you will turn right down some rocky steps to join the beach.
- Proceed along the beach following the cones, turn left to run in front of the portacom surf club buildings.
- When you reach the road turn right and run to the end of the street. Here you will join the Taylors Mistake track.
- As you climb along the track you will encounter some steps and steep pitches on this narrow track. Sadly we cannot continue all the way along the track (due to earthquake damage) so you will join Taylors Mistake Rd for a short section. You will run on the road before joining the footpath – KEEP RIGHT staing off the road on the verge.
- Over the top of the climb you are on Taylors Mistake Rr. Where the road turns left (becoming Scarborough Rd) you will enter Nicholson Park and follow the track down the hill – this is very narrow with plenty of zig zags with steps. At no point can you cut corners through the grass.
- At the end of the track you will hit Scarborough Rd. Turn sharp right and follow the cones, staying outside the cones on the footpath at the hairpin corner.
- Proceed past the lifeboat ramp, run past the finish line (~50-100m), then turn left at the cones and run down the finish chute to complete your day.



Aid Stations
There will be an aid station at Taylors Mistake by the surf club.

TRANSITION LAYOUT



THE TANNERY
HAVE A GO & JUNIOR TRI / DUATHLON

SWIM 150m / RUN 1km

The swim will be either a triangular course from the beach or an open triangle from the boat ramp depending on sea conditions.

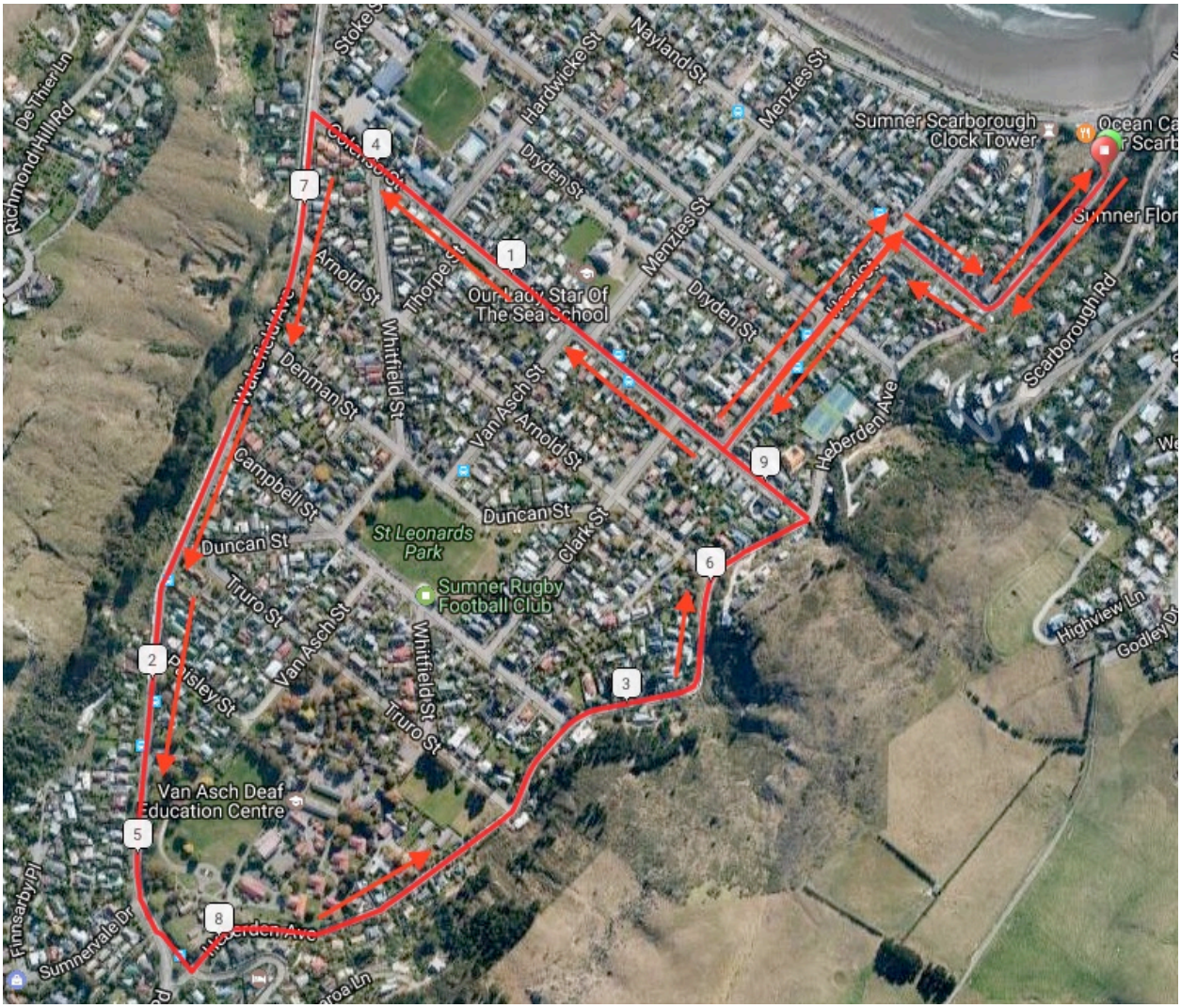
Duathlon option: The 1st run will be 500m up and down the promenade. Starting from the steps by the swim exit. Refer to map below.

BIKE 9km

The bike is essentially riding up to Colenso St, completing 3 anti-clockwise laps of the triangular course (Colenso, left into Wakefield, left into Heberden, left into Colenso) then returning back to transition.

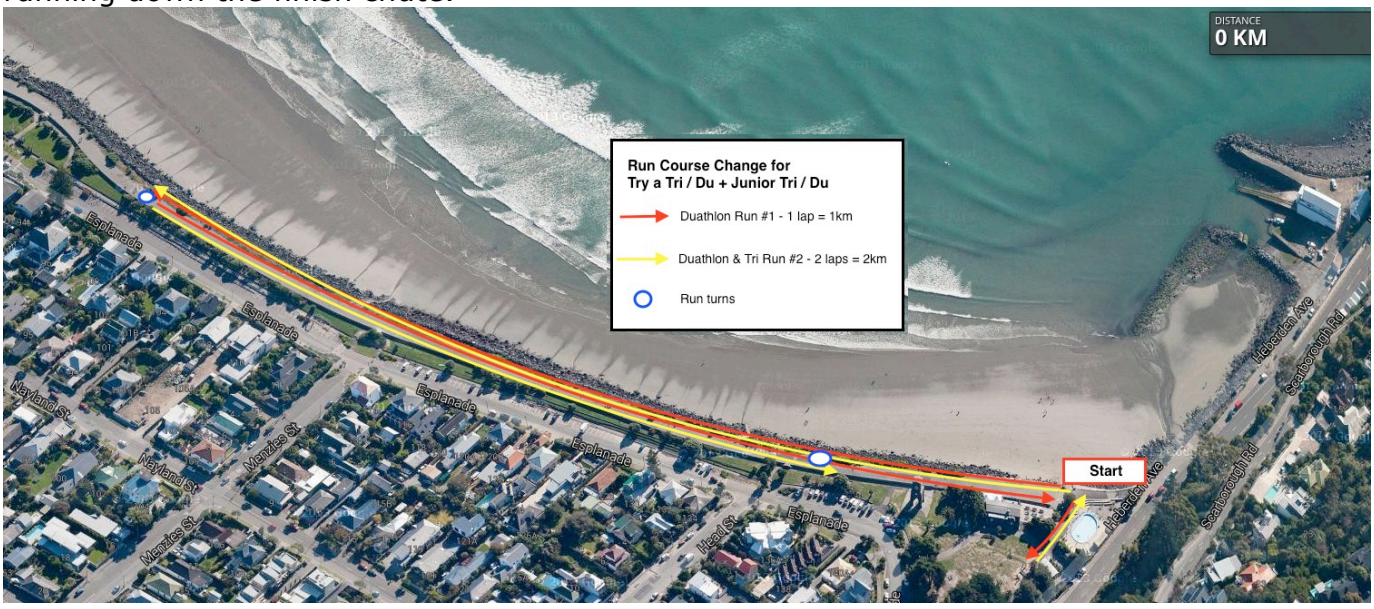
Link to course map www.ridewithgps.com/routes/19024545

- Right out of transition on Heberden
- Right into Nayland
- Left Head St
- Right into Colenso
    - 3 laps
        - Along Colenso
        - Left into Wakefield
        - Left into Heberden (over a small hill) - this road is narrow
        - Left into Colenso
- After completing 3 laps of the above "triangle"
- Right into Head St (you must give way to traffic when turning right). There is a small chance you may be crossing cyclists here if you are a tail end athlete.
- Right into Nayland which veers left into Heberden
- Left into transition



RUN 2km

Exit transition and proceed to the promenade.
Run past the finish line and complete two laps of the run course keeping to the right before running down the finish chute.



KIDS SPLASH & DASH (AQUATHON)

Our kids event will be a fun swim/run race. **All the kids will get times** and will show up in results just like all the other athletes.

SWIM

Subject to conditions the swim will be a two lap run through the water at waist depth. We'll encourage kids to swim but they will not be out of their depth

Transition – the kids will have the shoes lined up along the concrete steps across from the café (see transition map below). They should have a towel to dry their feet.

RUN 1km

The run will be up 500m to a turn point on the promenade then straight back to the finish like

TEAM INFORMATION

Timing Chip / Race Number

1. Race number – You will receive two numbers. One for the cyclist to be worn on their back and one for the runner to wear on their front.
2. Timing chip – this acts as your baton in a relay. The swimmer wears it and hands it over to the cyclist and the cyclist hands it over to the runner. All the

time wearing it around your Left ankle (you will have Velcro straps – ensure it is well secured before you start your section of the race)

3. Please ensure your Timing Chip is handed in when you have finished your race or a penalty fee of $25 fee to cover the cost of a replacement..
4. If you have to withdraw from the race at any point please ensure that you hand your Timing Chip to one of the Timing Team at the Finish Line

Team Tag

a. Swim to Bike – the cyclist will stand by their bike which is racked in the numbered position. The change over of the timing chip happens where the bike is racked
b. Bike to Run – the cyclist will dismount and rack their bike first then run over to the runner who will be waiting in the team tag area alongside where individuals run gear is stored.
c. Finish – all 3 team members are allowed to run down the finish chute but please respect other athletes who might want to finish fast

Medical

If you suffer from any medical conditions that may, in any way, affect your participation in the event you must have indicated this condition at time of entry.

In addition to the surf lifeguards that supervise the swim there will be medical personnel for any medical issues.

If you have a problem please approach the officials by the finish area. The medical team will be in the Tri Club tent.

Prize Giving

Trophies will be awarded to

- the winners of each category of the full Sea2Sky Challenge (we have changed age categories to 10 year group this year so there are more trophies on offer)
- Overall winners of the Try a Try & Duathlon and Junior Race
- Overall winners of the kids challenge

There will also be spot prizes as well as the big prize of a Sukuki Car

Results

Results will be posted on www.sea2skychallenge.com within 24hrs of the race finishing.
All entrants will also be emailed results

Contingency Plan

Should the weather force changes to the event the following decisions will be made

1. If the swim leg is cancelled each event will become a Duathlon with a 2km run replacing the swim leg for the full Sea2Sky or a 1km run for the Have a go Tri & Junior Challenge.
2. If there is wind or rain that make riding on the Summit Rd too dangerous the event will change to a shorter race on the flat (ie the Try a Tri course) or athletes would turn left at the top of Evans Pass and proceed directly to Godley Head.
3. If the swim and the bike are cancelled the event will become a run only event (team swimmers and bikers will be eligible to run)

Event Rules

SWIM COURSE

1. Each swimmer must wear the cap provided at registration. This cap must be worn on the outside of any other caps worn by the swimmer.
2. No fins, paddles, snorkels, flotation devices of any kind are permitted.
3. Swim goggles or face masks may be worn.
4. No individual paddlers or escorts allowed. The course will be adequately patrolled by safety vessels and surfboard paddlers.
5. Swimmers may be required to have race officials mark their race number on their arms and calves
6. Wetsuits are optional but strongly encouraged for the 750m swim.
7. After the swim, competitors must dress for the bike section of the race in the transition area only. No outside assistance is allowed

BIKE COURSE

1. No tandems, recumbents, fairings or any device designed exclusively to reduce air resistance are permitted to be used.
2. Handle bar ends must be plugged, tyres well glued to prevent rolling, helmets and seat posts tight and wheels true. Each wheel must have a brake.
3. Helmets must be worn at all times during the cycle section. Leather or vinyl hairnet helmets will NOT be allowed. Competitors not wearing approved helmets with a chinstrap and properly secured during any section of the bike leg will be disqualified.
4. Each participant will be INDIVIDUALLY RESPONSIBLE for repair and maintenance of his/her own bike. Assistance by anyone other than official technical support personnel will be grounds for immediate disqualification. This disallows the use of spare wheels and back-up bikes and requires that each competitor be prepared to handle any possible mechanical malfunction.
5. Participants may run / walk their bike if necessary but must have their helmet securely fastened when in contact with their bike.
6. Competitors are individually responsible for following the New Zealand traffic road code and are solely responsible for the consequences of any infractions. KEEP TO THE LEFT. DO NOT UNDER ANY CIRCUMSTANCES CROSS WHITE OR YELLOW CENTRE LINES – this will result in immediate disqualification.
7. Blocking or restricting the ability of cyclists to pass is prohibited. Cyclists must ride as close to the left hand side of the road as possible, unless passing.

8. All riding is on left side of the road. The "normal lane" is that on the left and the "passing lane" is between the normal lane and the centre line. The passing lane should only be entered for passing or safety reasons. After completing a pass the rider must return to the normal/left lane and remain there until again trying to pass another rider.
9. **No drafting is permitted**. The cycle draft zone is a 10 metre by 3-metre rectangle which must be maintained between riders and only entered into when the rear rider wishes to overtake. When overtaking, a competitor has 20 seconds to pass through this zone. The cyclist that has been overtaken then has 20 seconds to drop out of the draft zone. If the manoeuvre fails because the lead rider speeds up, the challenging rider must immediately drop back out of the zone and may not challenge again until 20 seconds has lapsed. If you are seen blatantly drafting your number will be taken and 1 minute will be added to your finish time. A board will display drafting infringements at the prize giving. In summary the zone requires a rider to ride single file with around 4 bike lengths (10m) between the lead and the following bikes; measured from the rear wheel of lead bike and front wheel edge of following.

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RUN COURSE

1. No form of locomotion other than running or walking are allowed.
2. Runners must wear the race number at all times on the course. Race number must be placed on the front of the runner's upper clothing (or on a race belt) where it is clearly visible and must not be obscured from view.
3. All runners must wear appropriate footwear during the run section of the event, no barefoot running sorry.

GENERAL RULES

1. It is the responsibility of the competitor to know the course .
2. **Wearing of any headphones during this event is not permitted**.
3. Drafting will not be permitted on the cycle leg.
4. Individual competitors cannot enter as part of a team.
5. Support crew are not allowed to assist competitors in any part of the race.
6. No refund will be given on non starting of the event.
7. There is no road closure for any part of this event, all road rules, directions from race officials and police must be obeyed at all times.
8. The minimum age to compete in the full sea2sky challenge is 14 years old.
9. Cycle helmets must be approved to Snell, or NZ standard and be worn at all times during the cycle leg.
10. Cycle helmets must be fastened before your cycle is removed from the rack and remain fastened until your cycle is returned to the rack.
11. Medical personnel have the right to remove any competitor from the race.
12. The race director's decision is final.

CANTERBURY TRIATHLON CLUB