



SEA 2 SKY RUN CHALLENGE ATHLETE GUIDE

A huge thanks to our event sponsors



THE EVENT SCHEDULE

Friday 15 th March	
2-6pm	Race pack pick-up Venue: Waltham Pool
Saturday 16 th March	
12-3pm	Race pack pick-up Venue: Waltham pool
Sunday 17 th March	
08:10am	2 nd Leg Team Runners to meet by the registration tent to be taken to Godley Head by bus
8:30am	RACE START Sea2Sky Challenge Triathlon & Duathlon + Teams Challenge.
8:40am	RACE BRIEFING – RUN CHALLENGE – at Sumnervale reserve
9:00am	RACE START – RUN CHALLENGE – from Sumnervale reserve
11:30am	Prize giving – on site at Scarborough If athletes are still on the course we will cheer them in as they finish.

KEY INFORMATION

Thank you for entering, we hope you have a great day. Please remember when you are racing, we try as hard as we can to make your race as straight forward as possible. Respect your fellow competitors and the public whilst enjoying being out there on a stunning course. Remember to thank marshals and volunteers who are out there enabling you to participate.

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.

Pre Race Registration

All athletes must pick up their race bags at race registration BEFORE RACE DAY! The only exception to this is out of town athletes who can collect race bags on race morning.

Race Briefings

This document acts as your race briefing. **There will be no race briefing on race day**

Post race information

Trophies will be awarded to category winners along with medals to the top 3.
Prize giving will be held at 11:30am regardless if there are still athletes on the course
Note that age is taken as of 31/12/24

RACE DAY PROCEDURE

1. Parking

NOTE – Trail Run Challenge athletes need to make their own way to the run start at Sumnervale Reserve which is ~2.1km away from the finish/transition area
<https://goo.gl/maps/MDtnLWZiTgrAZ9GU9>

2. Run Gear

When you complete your pre-race registration you will have a red bag with a draw string – please place your bag sticker on your bag.

On race morning there will be a bag drop area in your meeting zone at Sumnervale park. These bags can be collected post race at Sumner School

3. Toilets

If you do require a toilet stop during the race there are toilets at Godley Head by the car park and in Taylors Mistake (turn left when you reach the aid station by the surf club and run through the car park)

RACE TIMING

1. Race number – you will have a race number in your race bag. This is to be worn on the front for the run
2. Timing chip - strap your 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 \$50 fee to cover the cost of a replacement.
4. If you 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.

Sea2Sky RUN Challenge course details

The Sea2Sky Run Challenge starts from Sumnervale Reserve:

Access to Sumnervale Drive - note there are two sections of Sumnervale Drive. The correct location is to turn right into Sumnervale Drive off Wakefield Ave (opposite Van Ash College) **not off Evans Pass.** At the end of the road and you will find the reserve

Race start procedure: To avoid congestion on the track we will have a rolling wave start

- Athletes will be called to the start line up in groups of ~10 based on your estimated time for a half marathon with faster athletes starting first.
- 10 athletes will start approximately every 30 seconds.
- Your time will not start until you pass a timing matt around 100m into the run

COURSE MAPS



TRANSITION #2



FULL CHALLENGE RUN COURSE



Course map: <https://www.plotaroute.com/route/2396157?units=km>

Course description:

The trail run challenge will start at Sumnervale Reserve. As you exit the reserve up the hill you will cross over a Cul de Sac to rejoin the track. The course will follow the Captain Thomas track climbing to the intersection with the Summit Rd. At the Summit Rd turn left down to the Evans Pass Intersection.

At the intersection there will be a timing matt just before the stop line, there will be another near the cattle stop on the other side of the intersection. This is a neutralised zone. This means however long it takes to get over this intersection will be taken from your finish time

eg if you cross the finish line at the same time as someone else but you waited for 5 seconds while they waited for 1 minute you will have different total times. We hope for the majority of you it will simply be a stop, check for traffic and go when instructed by the marshal.

Once over the Evans pass intersection proceed over the first Cattle Stop. Just after the cattle stop you will be directed to cross the road to join the Crater Rim track. You will need to give way to cyclists.

Crater rim track to Godley head (new for 2024)

- ~2/3 of the track to Godley head is narrow single track which is rough in places
- The first section is step and rocky, ensure you follow the Crater rim track which heads over the Lyttelton side of the hills (always veer right) not the mountain bike track which stays on on Summit Rd side of the hills. Follow the orange cones and orange tape.
- The middle section has some descents with steps so mind your footing. There has been a lot of cut grass on the track but we hope to have this largely cleared by race day as it is slippery
- The final section to Godley Head is a DOC track which is wide and smooth
- As you approach Godley head you will enter the back of the car park running around the edge joining onto the Godley Head track merging with the triathletes/duathletes.

From Godley Head you will join the beautiful Godley Head track to Taylors Mistake before the slog over Scarborough Hill via the Taylors Mistake track, down the Scarborough track to the finish at the Clocktower.

Route from Godley Head:

- Follow the alternate track down the hill following the small orange cones. This diversion joins the normal track near one of the gun emplacements.
- You will then turn left 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 before turning left to run past the right side of the surf club.
- When you reach the road turn there will be an aid station, 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.
- Follow the track all the way to Nicholson Park (not turning up the steep section to the road as in previous years)
- Enter Nicholson Park and follow the track down the hill to Whitewash Head Rd (not turning left through the zig zag section amongst the houses as in previous years)
- At the end of the track you will reach Heberden Ave / Scarborough Rd. Turn sharp right onto the foot path.
- Proceed past the lifeboat ramp onto the Promenade to complete your day.

Aid Stations

- There will be a self serve aid station at Taylors Mistake by the surf club. .

Taylor's Mistake section of the run



TEAMS

- **Runner #1** starts with individual runners at Sumnervale reserve. When you reach Godley Head you will need to wait until ~10:15am for the bus to return you to Scarborough (leave some clothes with your other team member)
- **Runner #2** – at 8:00am you must meet the marshal at the registration tent who will take you to the bus to transport you to Godley head. You will have a reasonable wait at Godley head but you can stay on the bus. You can also start cheering on the lead triathletes & duathletes as they arrive at Godley Head :-)
- At the change over point runners exchange the timing chip which acts as your baton.

MEDICAL

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

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 the run challenge: under 20 years, open (20-39), vet (40-59) and super vet (60+)

RESULTS

Results will be posted on www.sea2skychallenge.com within 24hrs of the race finishing.

EVENT RULES

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. Individual competitors cannot enter as part of a team.
4. Support crew are not allowed to assist competitors in any part of the race.
5. No refund will be given on non starting of the event.
6. 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.
7. Medical personnel have the right to remove any competitor from the race.
8. The race director's decision is final.