

# Multi-Sport Individuals and Teams

## Kayak

- **LIFE JACKETS (PFDs) ARE COMPULSORY FOR ALL PADDLERS-** yes, even SUPs and Waka Ama!
- Kayakers should be competent at paddling (and practice in) their selected craft in harbour conditions, and have the ability to self-rescue in the event of a capsize
- A vertically raised paddle is the recognised help signal
- If you choose to withdraw from the kayak leg, you will be assisted back to transition 1 and allowed to continue with the race, but you or your team will not be ranked
- Kayakers should understand basic boating rules and regional bylaws

## Mountain Bike

- You must make it to Ocean Beach and have started the run leg by 2pm
- Stay on the marked track at all times
- Ride within your skill limit
- Obey the normal road rules at all times, roads are open
- There is an aid station with water & loaded electrolyte sports drink at approx. 18km
- Please don't litter

## 14km Run

- You must leave transition by 2pm
- Stay on the marked track at all times
- There are two aid stations with water & loaded electrolyte sports drink at approx. 7km & 11km
- Please don't litter

The kayak leg starts directly opposite the event base at Taurikura Bay. On event day, you will have a beach start with an outgoing tide. Head up the harbour for approximately 3km, staying close to the coastline and travelling on the inside of High Island.

Just around Lort Point there will be a buoy marker for the turnaround point. Return the same way, pass the start point and paddle towards Whangarei Heads. Paddle past McKenzie Bay, staying between the coastline and marker buoy's: the turnaround point at Urquhart's Bay will be marked with another buoy. Return to the start at Taurikura Bay to meet your support crew for the first changeover.

### **Transition 1.**

Mountain bikes will be racked behind the tennis courts. After a short 300m climb over farm land, enter Ody Road and put the pedal to the metal on a speedy gravel road stretch. Cut left through a farm gate and onto private farm land. Follow blue Total Sport tape and red corflute arrows over grassy farm land and gravelly dirt farm roads. After approximately 14km join Robinson Road and keep left, following it all the way to the end.

A steady climb over open farm land brings you to a fantastic vantage point overlooking the coast and views over to the run leg. Cut down onto Robinson Road where you may encounter two-way traffic: keep left. Approximately 20km into the leg, turn left onto private farm property: the ensuing 2km climb will keep you honest! The views at the top are simply superb.

A short, bone-shaking descent soon opens out to the last farm section. Pop out onto Ocean Beach Road and before you know it, you will be at the run transition on the grassed park area.

**Note:** The mountain bike course takes you over four private farm properties that are **ONLY** accessible on event day. Please **DO NOT** attempt to ride these sections outside of event day.

### **Transition 2+3.**

Time to rehydrate at the aid station and don trail running shoes. A short sandy section sends you straight into a big challenging climb on Bream Head Track. Gravelled steps eventually take you under the tree canopy for some welcome shade. The trail narrows and is moderately technical underfoot in places. You may encounter some 21km runners/walkers on this section of the course: pass when it is safe to do so. Take care at the junction to continue along the top towards Mt Lion - do not go down Peach Cove Track.

From the summit of Mt Lion, descend steeply over steps that open out to grassy trail. A final dash around the headland brings you to the last transition for the team's event. Join your team mates to run the last 3km of sealed road to the finish line.