

Mild Kiwi 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
- Doubles are not allowed on this course
- Cut off time 1.5 hours / 10.30am

Mountain Bike

- You must make it to Ocean Beach and have started the run leg by 1pm
- 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 & electrolyte sports drink at approx. 9km
- Please don't litter
- See compulsory gear below

10km Run

- You must leave transition by 1pm
- Stay on the marked track at all times
- There is an aid station with water & electrolyte sports drink at approx. 6km
- Please don't litter
- The final 3kms must be run as a team
- Please see compulsory gear below

The kayak leg starts directly opposite the event base at Taurikura Bay. On event day, you will have a stationary water start with an outgoing tide. You will head West, up the harbour for approximately 2km, staying close to the coastline and traveling on the inside of High Island. Travel anticlockwise around the marker and return inside High Island towards the event base.

Round the marker off Taurikura Bay and paddle East around the point to the marker at Mckenzie Bay. Travel anticlockwise around the marker again and return to Taurikura Bay to transition (where you started). There is a 200m run to the first transition.

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. This is where you will split from the full multisport athletes (you travel straight ahead and they turn left).

There is one more short sharp section on farm roads before you pop out onto Ocean Beach Road. Before you know it, you will be at the run transition on the grassed park area.

Note: The mountain bike course takes you over three 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. You'll head back up the road a few hundred meters against the flow, then up Peach Cove Track. It's a long and steady climb to the ridge line at the top so pace yourself.

The trail narrows and is moderately technical underfoot in places across the top and you may encounter some 15km runners/walkers coming other way, or 21km runners/walkers traveling in your direction on this section of the course: pass when it is safe to do so. You will travel along the top of the Whangarei Heads towards Mt Lion where the second climb begins.

From the summit of Mt Lion, descend steeply over steps that open out to grassy trail. A final dash down the hill 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.

Compulsory Gear

Depending on the weather/forecast for event day, a call will be made by event staff on Thursday as to whether we will be implementing the below options for the competitors in the Multisport (Run & MTB), 21km & 15km events. This will be communicated to you before race day, but plan to need it all, and leave out the items not required if that call is made. (Final decision to be made and communicated on event morning).

- Option 1: Nothing
- Option 2: Seam sealed jacket
- Option 3: Long sleeve top (polyprop or wool), beanie (polyprop or wool), survival blanket, seam sealed jacket.

While some of this gear may seem excessive, we ask you to bring it for your safety. You may not need it while you are running or walking but if something happens and you have to stop, you will need it. The event is on very rugged/inaccessible terrain and it can be very cold if you are forced to stay in one spot for whatever reason.