

Kathmandu®
COAST TO COAST

WORLD MULTI-SPORT CHAMPIONSHIPS



Two Day Individual Handbook 2024

Version 12 – November 2023

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This Handbook is subject to change. Any changes will be communicated via the [event newsletter](#), [website](#), [Facebook](#) and App.

Timetable Overview

Plan B times may vary

Thursday

- 10am-4pm Registration & Sponsor Expo
Westland Recreation Centre, 83 High Street, Greymouth
- 4:30pm Athlete Panel
Westurf Hockey Ground (next to Westland Rec Centre)
- 5pm Race Briefing
Westurf Hockey Ground

Friday

- 5.00am Bike Transition opens
Kumara Transition, 32 Otira Highway, Kumara
- 6:30am Bike Transition closes
Kumara Transition
- 6:45am Pre-start race briefing
Kumara Beach, Serpentine Road, Kumara
- 7am Race Start Individuals**
Kumara Beach
- 7:20am Race Start Teams
Kumara Beach
- 2pm Mountain Run Stage cut-off Doreen Creek
- 4pm Mountain Run Stage cut-off Goat Pass
- 7pm Day 1 Highlights Video
Klondyke Corner
- 7:30pm Mountain Run Stage cut-off Klondyke Corner

Saturday

- 4:15am Mt White Kayak Transition car park open
Mt White Bridge
- 5am All support crews must have departed
Klondyke Corner for Mt White
- 6:45am Day 2 Race Start (early group)
Klondyke Corner
- 6:50am Support Crew briefing
Mt White Bridge

From 7am Day 2 Race Starts

- Klondyke Corner
- 9:20am Athletes must be on the river at Mt White
- 4:30pm Kayak cut-off Gooseberry Checkpoint
- 7pm Kayak cut-off Woodstock Checkpoint
- 8:15pm Kayak cut-off Gorge Bridge
- 8:30pm Athlete must be on final cycle stage
- Midnight Course closes

Sunday

- 10-11:30am Prizegiving
Addington Raceway, 75 Jack Hinton Drive, Addington
- 12pm Monteith's post-event yarn
Morrell and Co. 280 Lincoln Road, Addington





Compulsory competitor gear

Use these checklists when packing for the event to ensure you have all the compulsory items.

A helpful hint: stay organised by packing your gear by stage into large containers. Tape this list onto the container, you and your support crew will always know what you are meant to have and when.

This gear is the minimum requirement while competing. If you have a bad injury and need to remain in one place, especially in poor conditions, for an extended period of time you will need ALL of these items.

Take into account your speed and the conditions when choosing gear. If you are aiming to be 3-4 hours through the mountain run stage your requirements may be different than if you are planning on taking 8+ hours. The lightest gear will not be as robust or as warm as some other options, so choose based on your ability and if in doubt ask us!

On race day there will be specialist support on course. During training, however, you need to be self-sufficient and your gear needs to be suitable for all conditions.

Please note: Every year we see companies not associated with the event selling first aid kits or other items that do not meet all the requirements. It is your responsibility to check your gear to ensure it complies with event rules. If in doubt contact info@coasttocoast.co.nz

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COMPULSORY
COMPETITOR GEAR



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Cycle

Compulsory gear list

STAGES 1B, 3 & 5

Cycle checks open three weeks prior to the event at selected bike retailers around NZ (check [website](#)). You can also complete check at registration.

☐ Bicycle¹

Bicycle (mountain bike is not recommended – all cycling is on sealed roads).

Bicycle must have either standard drop style or flat mountain bike style handlebars. **NO** aero-bars, clip-ons, bar-ends or bullhorn style bars are permitted. No time trial bikes allowed.

The bike check is not a complimentary bike service, competitors are solely responsible for the maintenance and safety of your bicycling equipment and ensure your bike is in good working order for the event. Any work required to bring your bike up to standard will incur normal costs. It is recommended that you have your bike serviced prior to the event and that you check it after transit.

¹The bike check provides a basic check at that point in time. Not everything can realistically be picked up or visible at the time of inspection. An inherent risk of cycling is a failure during the ride due to a number of factors including breakage or malfunction and injury to the rider and others is a possibility. Neither the Coast to Coast or any Bike store or staff, are in any way liable for the condition of your bicycle at the event or other point in time.

☐ Cycle helmet

Must be NZ/AUS standards approved. Correctly fitted and free of defects/cracks. Any visible damage inside or out will result in a helmet failing the check.

☐ Front & rear cycle lights

Must be working and switched on during hours of darkness and comply with NZTA requirements. Battery to be fully charged or new batteries. Required on first cycle stage and final cycle stage if leaving Gorge Bridge after 6pm.

☐ Reflective ankle bands

One for each ankle – must be worn if cycling during hours of darkness. You will need these on the first cycle stage.

PRODUCT SUGGESTION:
KATHMANDU C2C SOCKS WITH BUILT IN REFLECTIVE BAND

☐ Reflective vest

Only required if leaving Gorge Bridge on the final cycle stage after 6pm.

Must have significant reflective material and be hi-vis base colour.

☐ Any competitor specific medication

This must also be recorded in your entry form so race medical staff are aware of any potential conditions or issues.

recommended items

☐ Cycle tool kit

Including pump, spare tube/tubular, tools to enable completion of road side tyre change.

☐ Drink bottles

☐ Cycle shoes



**KATHMANDU
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 COMPETITOR GEAR**

Mountain run

Compulsory gear list

STAGE 2

All gear must be correctly sized for the competitor. You can complete your gear check at select Kathmandu stores. Checks open three weeks prior to the event. You can also complete the gear check at event registration.

The compulsory gear clothing is in addition to what is being worn by the competitor when entering the mountain run stage. We allow synthetic, natural or composite thermal products. Cotton is unacceptable. A compression garment is not a thermal garment. Competitors should experiment with what best suits their needs for the activities and level of exercise they engage in.

☐ Long sleeve thermal base layer top

No specific weight requirement. This is your next to skin layer.

PRODUCT SUGGESTIONS:
 KATHMANDU POLYPRO LONG SLEEVE
 KMDACTION LONG SLEEVE TOP

☐ Long sleeved mid layer top

Fabric must have insulation properties i.e. fleece or similar. Garment weight approx. 220gsm or greater.

PRODUCT SUGGESTIONS:
 KATHMANDU RIDGE FLEECE PULLOVER

☐ Waterproof jacket with hood

Waterproof (Seam sealed and constructed of durable material, minimum 10,000mm waterproof rating) with hood.

PRODUCT SUGGESTIONS:
 KATHMANDU STORM-CHASER

☐ Thermal gloves

No specific weight requirement.

PRODUCT SUGGESTION:
 KATHMANDU POLYPRO GLOVES

☐ Waterproof pants

Waterproof (Seam sealed and constructed of durable material).

PRODUCT SUGGESTION:
 KATHMANDU POCKET-IT TWO LAYER
 RAIN PANTS¹
 KATHMANDU TRAILHEAD STRETCH
 2.5-LAYER RAIN PANTS

¹Earlier versions are water resistant due to non-waterproof pockets – acceptable for C2C.

☐ Full length thermal base layer pants

No specific weight requirement. This is your next to skin layer.

PRODUCT SUGGESTIONS:
 KMDCORE UNISEX POLYPRO LONG JOHNS
 KMDACTION LEGGINGS

☐ Thermal hat or balaclava

No specific weight requirement.

PRODUCT SUGGESTION:
 KATHMANDU LIGHTWEIGHT VECTRON
 BEANIE



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 COMPULSORY
 COMPETITOR GEAR

Mountain run

Compulsory gear list

STAGE 2

Your gear may be spot checked at any time during the run or at the finish.

☐ Running shoes

The run is rocky and you will cross the river numerous times. Choose a shoe with lots of contact surface - soles with high knobs can be very slippery on the rocks. There are not many muddy areas. Good drainage is a must. Socks are highly recommended also.

PRODUCT SUGGESTIONS:
 SALOMON SPEEDCROSS 6
 HOKA CHALLENGER ATR7
 ON RUNNING CLOUD VISTA

☐ Whistle

Attached to outside of pack or bib.

☐ Survival bag

Foil survival **BAG** - blankets are **NOT** accepted.

PRODUCT SUGGESTION:
 KATHMANDU EMERGENCY BAG V2

☐ Backpack

Must be large enough to fit all compulsory gear and food.

- recommended volume 12L+
- recommend putting clothing into Ziploc bags to keep dry
- do not vacuum gear.

PRODUCT SUGGESTION:
 KATHMANDU VEOS TRAIL RUNNING VEST

☐ First aid kit

Minimum requirements:

- 1.5m long (unstretched) roll of 5cm wide crepe bandage
- 2.5m long roll of 2cm wide strapping tape
- 10 Band-Aid strips
- Triangular bandage
- Scissors
- 4 x pain relief tablets

That can be used to treat pain in case of injury while help arrives - always follow the directions for taking medications.

- Any competitor specific medication

This must also be recorded in your entry form so race medical staff are aware of any potential conditions or issues.

☐ Drink bottles

Something to carry water on the run, bottle, bladder or cup.

PRODUCT SUGGESTION:
 CHOOSE FROM THE KATHMANDU RANGE

PRODUCT SUGGESTION:
 KATHMANDU FIRST AID KIT 1 PERSON

Kayak

Compulsory gear list

STAGE 4

Kayaking gear will be scrutineered on Saturday morning at Mt White. There is an option to have kayak gear that will be packed into your dry bag checked at Klondyke Corner on Friday between 1-6pm, items that can be checked on Friday are identified with an asterisk(*).

Note, while some gear is the same as the mountain run, you will need to have backups in case your mountain run gear is used and becomes wet. All gear must be dry at scrutineering. All gear must be correctly sized for competitor. A compression garment is not a thermal garment. The clothing items (excluding paddle jacket) must be in addition to what the competitor is wearing and must be packed into dry-bag prior to athlete departing from Mt White.

☐ Long sleeve thermal base layer top*

No specific weight requirement. This is your next to skin layer.

PRODUCT SUGGESTIONS:
 KMDCORE POLYPRO LONG SLEEVE
 KMDACTION LONG SLEEVE TOP

☐ Full length thermal base layer pants*

No specific weight requirement. This is your next to skin layer.

PRODUCT SUGGESTIONS:
 KMDCORE UNISEX POLYPRO LONG JOHNS
 KMDACTION LEGGINGS

☐ Long sleeved mid layer top*

This is your mid layer - can be lightweight fleece or similar. Insulation properties approx. 220gsm or greater.

PRODUCT SUGGESTIONS:
 KATHMANDU RIDGE FLEECE PULLOVER

☐ Waterproof pants*

Waterproof (Seam sealed and constructed of durable material).

PRODUCT SUGGESTION:
 KATHMANDU POCKET-IT TWO LAYER RAIN PANTS¹
 KATHMANDU TRAILHEAD STRETCH 2.5-LAYER RAIN PANTS

¹Earlier versions are water resistant due to non-waterproof pockets - acceptable for C2C.

☐ Waterproof long sleeved paddle specific jacket*

Waterproof (seam sealed and constructed of durable material) long sleeved **PADDLE SPECIFIC** jacket - minimum of neoprene (or equivalent) cuffs & neck. Must be in good condition (not delaminating).

CHOOSE FROM THE RASDEX RANGE

☐ Thermal gloves*

No specific weight requirement.

PRODUCT SUGGESTION:
 KATHMANDU POLYPRO GLOVES

☐ Thermal hat*

No specific weight requirement.

PRODUCT SUGGESTION:
 KATHMANDU LIGHTWEIGHT VECTRON BEANIE

☐ Thermal socks*

Synthetic, neoprene, merino or similar - for if you have to spend a period of time on the river bank.

PRODUCT SUGGESTION:
 KATHMANDU NUYARN ERGONOMICAL HIKE SOCK

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KATHMANDU COAST TO COAST COMPULSORY COMPETITOR GEAR

Kayak

Compulsory gear list

STAGE 4

Buoyancy testing of any PFDs that appear inadequate may occur at scrutineering. Competitors should check that their buoyancy vest meets the required standard before the Coast to Coast.

☐ Kayak¹

Must be suitable for the level of paddler (for 1st time entrants it **MUST** be the same level of boat as assessed for Grade 2 certificate). There may be random tests of kayaking competency and knowledge at registration using a nearby stretch of grade 2 water.

Kayak must have a grab loop or toggle at the nose of the kayak.

Any restraints/leashes that restricts exit from the kayak are prohibited (excludes back band and thigh braces). Foot straps are not encouraged by River Safety.

Waveriders, inflatable or sit on kayaks not permitted. Pods are not allowed on kayaks.

☐ Floatation/air bags

Kayak must have pillars and two floatation/air bags or extensive watertight sealed compartments that are drainable. The minimum requirement is two rear floatation/air bags of 20 litres each - correctly inflated secured in the kayak. Wine bladders are not acceptable! Kayaks using storage bulkheads as floatation **MUST HAVE** waterproof hatch cover **FITTED** before entering the river.

☐ Paddle

Wing, whitewater or touring paddles accepted.

☐ Spray skirt

Neoprene/Waterproof and sized for kayak being paddled.

CHOOSE FROM THE RASDEX RANGE

☐ Bouyancy vest (PFD)

Securely fitting, free of defects and of 50N minimum buoyancy (type 406 specialist PFD that complies with NZS standard) - must have a webbing cinch strap below ribcage.

RASDEX MULTSPORTER PFD

☐ Kayak specific helmet

Must be designed for paddle sports - bike helmets not acceptable.

☐ Repair/duct tape*

At least 10 metres. Recommend also towelling cloth for drying kayak so duct tape sticks.

☐ Dry-bag*

Must be waterproof/seam sealed and capable of keeping gear dry when immersed in water.

PRODUCT SUGGESTION:
CHOOSE FROM KMD DRY SACK RANGE

☐ Survival bag

Foil Survival **BAG** - blankets are **NOT** accepted (must be secured in PFD during kayak stage).

PRODUCT SUGGESTION:
KATHMANDU EMERGENCY BAG V2

☐ Whistle

Attached to outside of PFD or bib.

☐ First aid kit*

Minimum requirements:

- 1.5m long (unstretched) roll of 5cm wide crepe bandage
- 2.5m long roll of 2cm wide strapping tape
- 10 Band-Aid strips
- Triangular bandage
- Scissors
- 4 x pain relief tablets (that can be used to treat pain in case of injury while help arrives - always follow the directions for taking medications).
- Any competitor specific medication (this must also be recorded in your entry form so race medical staff are aware of any potential conditions or issues).

PRODUCT SUGGESTION:
KATHMANDU FIRST AID KIT 1 PERSON

¹River specific surf skis may be used but must gain clearance from the River Safety team at least two weeks prior to the race to ensure suitability. Surf skis must satisfy the following criteria to be considered;

- Dedicated over-stern rudder.
- River specific, single skin construction on hull.
- River specific venturis - highly recommended to have bailer style drain (venturis **must** have bungs for venturi ports in case cowlings are damaged in shallows).
- Competitor must also have an extra lower body layer - either dry-pants, wetsuit, Sharkskin or similar.



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 COMPETITOR GEAR

Camping

Suggested items

☐ Tent

PRODUCT SUGGESTION: CHOOSE FROM THE KATHMANDU RANGE

☐ Sleeping bag

Suggest comfort of around 0°C.

PRODUCT SUGGESTION: CHOOSE FROM THE KATHMANDU RANGE

☐ Camping gear

Check out all your camping gear and clothing at Kathmandu online or instore

- Camp chair
- Cooking equipment
- Sleeping mat

PRODUCT SUGGESTION: CHOOSE FROM THE KATHMANDU RANGE

☐ Extra items

- Drinks
- Food
- Cash
- Rubbish bags
- Toilet paper
- Cellphone & car charger
- Torch/headlamp
- Keep cup for coffee
- Water containers
- Sand-fly repellent
- Sunscreen
- Sun hat
- Towels
- Down jacket
- Rain jacket
- Crew notes

General

Athletes must read and understand the full event rules on the [website](#). Key stage rules are included in this Handbook.

Competitors must understand the running, kayaking and cycling stages – see descriptions in this Handbook.

Download the latest Handbook before the race as updates may occur.

No responsibility is taken by the Race Director, staff, volunteers or sponsors for any loss of or damage to property of competitors, support crew, or friends during the Kathmandu Coast to Coast. Competitors and support crews should have their own personal property insurance.

Officials are an important part of the Kathmandu Coast to Coast safety system. Instructions by officials to competitors and support crew must be followed; failure to do so will result in time penalties or disqualification.

Race Bibs

One bib and timing transponder is provided per individual. Bibs must not be altered in any way and must be worn throughout the event. The bib must be your outermost garment, even over thermals, jackets, PFD etc. Bibs can be worn under a running backpack, but you must attach the supplied number to your running pack so officials can see your number from behind.

Failure to display your number as requested will lead to you being stopped until officials can accurately determine your bib number.

Medical Services

Medical teams will be available at every transition for general medical support and emergency response. Providing specialist paramedic staff and equipment, they integrate with, and complement our river and mountain safety teams. There are also medical crews on cycle stages.

Support Crew

Support crew are an integral part of the event and should be briefed by the competitor for their role. Competitors may only have **two** official support crew (choose carefully, you are not allowed to swap the wristband between support crew).

There is no limit on supporters, but they won't have access to transitions or assist with your transitions, except for specific tasks outlined in stage descriptions including having the kayak scrutineered.

Support crew must be ready to manage the competitor's equipment at the end of each Stage. Timely removal of equipment is crucial due to space constraints.

Support crew should be capable of handling the kayak; don't rely on officials for assistance.

Support crew cannot follow their competitor or offer assistance on any stage, except in transitions. Support crew are not allowed to enter any part of the running or kayaking stages except at transitions.

Competitors must provide a contact number for their Support crew that can be used to contact Support crew during the event (required during entry process).

Support crew are advised to study the transition areas and prepare their competitor's equipment, clothing, food and drink well in advance. Transitions sometimes take place in paddocks and in the dark, support crew should wear sturdy footwear and bring a torch or headlamp. Be prepared to walk up to a kilometre from your car with competitor gear.

Expect to get in the water at the kayak put-in and take-out points. It is likely your competitor will need you to hold their boat steady – a spare pair of shoes and some shorts will come in handy! Supporters who are not essential at Mt White Transition are encouraged to go directly to Gorge Bridge due to limited parking.

Familiarise yourself with the course and area; use maps and GPS for guidance. Remember to obey all officials instructions at the different areas.

Ensure your competitor does not over-train. Keep a balance between training and family, social, and work relationships.

Try to remain cheerful. Remember that your competitor will become "possessed by the devil" during the event, totally irrational, and if things get really bad, may even blame support crew for their mistakes. Humour them at the time – then make their lives hell while they're recovering.

Be kind to officials, as many of them are volunteers. A smile goes a long way.



Toilets

Portable toilets are located along the course at various venues. We try and position them to meet demand, but at times we'll never have enough and you may have to queue.

The toilets are serviced to ensure they remain clean, fragrant and stocked, so at times will be unavailable. If you find that toilets need servicing or are short of supplies, please let the staff know. Toilets do not have lighting, so if you're using them at night, take a torch. While we endeavour to keep them stocked with toilet paper it is highly recommended you bring a back up supply!

Toilets are located at:

Kumara Racecourse - permanent toilets, adjacent to the kitchen.

Kumara Town - permanent toilets located at the rugby field.

Kumara Bike Transition - portable toilets

Kumara Bike Transition to Kumara Beach - portable toilets at various locations on the way to the beach, all near the road on the northern side. Some toilets located on the beach side of the checkpoint.

Aickens Corner transition - portable toilets. You pass them on your left as you drive to the car park. There are also toilets in the car park. Please do not 'go' in the trees.

Aickens Corner transition competitors only - there is a toilet reserved for competitors only, located between the cycle finish and the timing point.

Klondyke corner - portable toilets located across the shingle road on the grass (south of the finish chute) as well as a permanent Department of Conservation toilet on the edge of the bush.

Klondyke Corner camping - portable toilets placed around the camping area, plus toilets on a trailer. The towable toilets will remain on site until the last Two Day competitor has departed for Mt White on Saturday.

Mt White turn-off - portable toilet placed near the highway. Support crews must not stop to use it as you drive down to Mt White Bridge.

Mt White Bridge - portable toilets located just over the bridge on the left hand side.

Mt White Bridge catering - portable toilets located between the parking area and the bridge, near the catering.

Woodstock checkpoint - toilet located on river left, where marshal and timing point will be positioned.

Waimakariri River Gorge Bridge - portable toilets located in the riverbed, bike transition and car park. There are permanent Selwyn District Council toilets on the left hand side of the shingle road down to the river.

Waimakariri River Gorge Bridge cycle stands - portable toilet for competitors only, adjacent to the cycle stands.

Finish - portable toilets under the south ramp of the pier, and at various points around the finish area.

Temporary Traffic Management

An extensive approved traffic management plan is in operation and is updated annually. A variety of signs are used along the course. Some that you need to know for parking areas are:



Site access 150m - entrance to a car park on your right, approximately 150m ahead, followed by ...



Site access - entrance to a car park on your right, approximately 75m ahead



No stopping or waiting even for just a minute! Do not park between the signs or on the road shoulder or grass verge behind the signs.

Weather & river forecasts

Check the following websites for weather or river flow information.

www.arthurspass.com

www.metservice.com

www.metvuw.com

www.ecan.govt.nz

www.wcrc.govt.nz

www.cwu.co.nz

www.outdooraccess.co.nz

If you want to phone the Department of Conservation Waimakariri Area office for weather and track information, please ring after 9:30am. The office is open 7 days per week, opening at 8am and closing at 5pm until Christmas and then closing at 6pm after Christmas



Registration, Greymouth

Welcome to Greymouth, West Coast, South Island, New Zealand.

Thursday

- | | |
|----------|---|
| 10am-4pm | Registration and Sponsor Expo
Westland Recreation Centre, Greymouth. |
| 5pm | Race Briefing
Westurf Hockey Ground (next to Westland Rec Centre) |

During registration competitors will be provided with:

- Kathmandu race bag (doubles as gear bag)
- Race bib
- Timing transponder
- Race stickers for bikes and kayak. These must be applied before starting the race. Remove all old stickers and event numbers from the kayak.
- Run number to be attached to the back of the backpack for the Mountain Run stage
- Competitor wristband. This must be worn at all times during the event
- Kathmandu Coast to Coast t-shirt
- Support crew vehicle sticker (1)
- Support crew wristbands (2). Must be worn to allow support crew access into transitions and to collect competitors equipment. No wristband = no gear collection. Support crew will only be able to collect gear corresponding to the wristband number
- If a GPS tracker was ordered, collect at registration

Compulsory checks

We recommend completing your gear and bike checks prior to registration. There will be checks available at registration, however these will be busy. Please ensure you complete your checks prior to collecting your race pack.

NOTE – kayak equipment will be scrutineered on Saturday morning at Mt White kayak transition. Some kayak items can be checked at Klondyke Corner on Friday (refer to Kayak checklist for full details).

Cycle crews will be in attendance for repairs at registration on Thursday, but note that the bike mechanics will be busy, with bike checks as their priority. Repairs are at the cost of the competitor.

Race Briefing

A copy of the race briefing will be available to download from the website before the event. The briefing will be split into two parts – the first will cover the safety-related information and key times, it is compulsory to attend this portion of the race briefing. The second part is optional. It will explain the race from start to finish and be an opportunity for participants and crew to get more information about what to expect during the course of the race and to ask any questions.

Strapping

Motus Health will tape/strap ankles at registration. No pre-bookings are taken. The price is \$15 for one ankle or \$25 for two ankles. Will strap most other things as well. Eftpos available.

Parking

Free parking available on the streets surrounding the Westland Recreation Centre.

Registration checklist

Before going to Westland Recreation Centre, Greymouth

- Download the event App (search 'Coast to Coast')
- Mountain Run gear check
- Bike check

Camping at Kumara Racecourse

Competitors and support crew can camp at Kumara Racecourse on Thursday night, including campervans. No powered sites are available. The cost is \$60 per vehicle per night, and spaces must be pre-purchased through the Coast to Coast website. This serves as a fundraiser for the Kumara Racing Club and Kumara Community.

Access to the camping area opens at 12 pm on Thursday. To enter, you must have collected your camping pass from Registration.

Athletes comping here must cycle to Kumara Transition on race morning (5km); support crew cannot drive from the Racecourse to Kumara Transition. Cyclists from Kumara Racecourse must wear high-vis vests and lights.

Kumara Racecourse facilities

- Campsite
- Showers
- Water
- Toilets
- Camp kitchen

Kumara Food Stalls

A unique, fun and tasty Kumara experience for all! The Kumara Community will be serving a variety of delicious, local, fresh food options on Thursday from 5.30pm at the Kumara Racecourse. Stalls will offer vegetarian, meat and gluten free options, with more servings available after the amazing support they received last time. Cash is preferred, but EFTPOS will be available. Food will be available from 5.30pm until 8pm or when the food runs out. No pre-purchase options.



Kumara Transition - Competitors

5:00am Transition open for bike racking

6:30am Transition closes for bike racking

6:45am Pre-start race briefing at Kumara Beach

7:00am Race Start Individuals

7:20am Race Start Teams

- **Use the drop-zone, NO PARKING outside of the drop-zone.**
- Flagpoles, flags or balloons are NOT allowed on the cycle stands.
- You must have front and rear lights on your bike.
- Reflective ankle bands must be worn.
- Only competitors to be out of vehicles at the drop-zone, any competitors with support crew seen out of their vehicles will receive a penalty.

There will be a dedicated drop-zone to the east of transition on the left hand side of the road, this area will be signposted and marshalled, this is the ONLY area competitors are able to exit vehicles and unload bikes, vehicles will be directed into this area when space is available. Please be patient, follow marshals directions and wait until you are within the drop-zone for competitor to exit and unload gear. Any competitor seen exiting and unloading outside of the drop-zone will receive an instant time penalty.

If arriving from the East (Kumara) you must continue passed transition and turn right at the roundabout, back passed transition to the drop-zone.

If arriving from the West (Greymouth or Hokitika), drive passed the transition entrance and unload in the drop-zone to the east of transition.

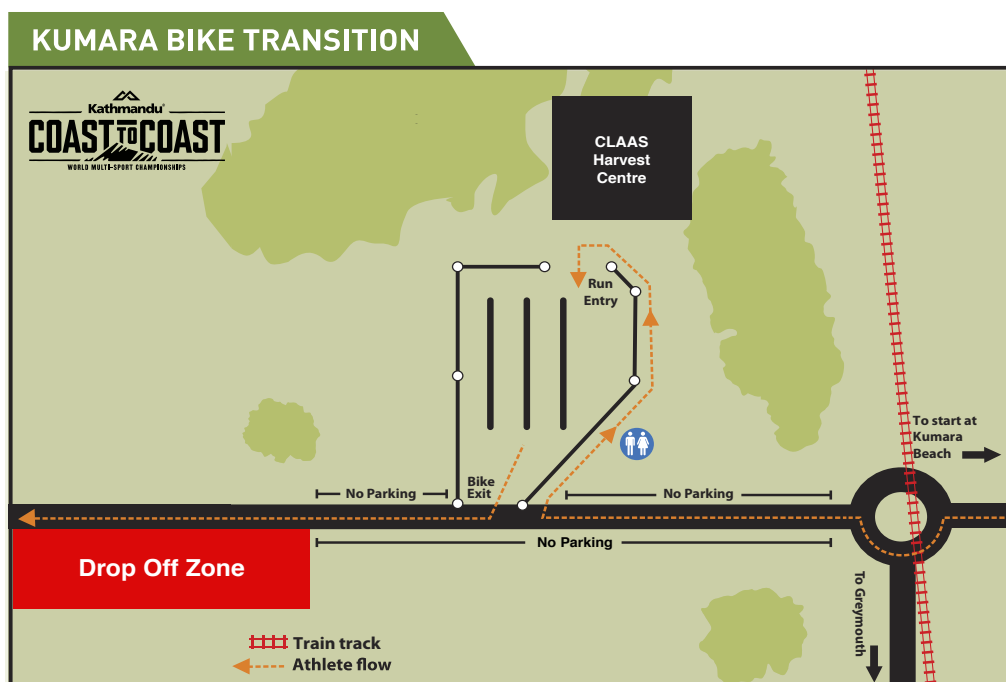
Rack your bike according to your race number in transition. Make sure you remember which row you need to run down to get to your bike.

You must wear your timing transponder, bib, reflective ankle bands and cycle helmet for the 2.2km walk to the beach and the run to the cycles. It will still be dark while you're walking to the beach.

Bring the gear bag that came with your race pack to put your warm-up clothes in prior to the start. This gear will be collected at the start line and taken to Klondyke Corner, and will be available for you (or support crew) to collect at the end of the Mountain Run stage.

You should use running shoes for the run from the beach to the transition. Leave shoes at the bike racks - officials will collect and take to Klondyke Corner for collection. Make sure shoes are numbered.

Please minimise the amount of gear you take to the beach and make sure it all fits in your supplied gear bag. No extra bags please, space is limited.



Kumara Transition - Support crew

Support crew are not allowed to be out of cars at the drop-off zone, any competitors with support crew seen out of their cars will receive a penalty.

Once you have dropped your competitor off, drive to the end of the first cycling stage at Aickens Corner and park in the designated car park. Do not delay - leave early! Support crew cannot follow their competitors or offer assistance on any cycle stage.

NOTE: There is a road closure on Friday from the Kumara roundabout through to Jacksons. Officially this starts at 6am but you will be able to drop your competitor off and continue through this route as long as you leave the Kumara Transition area by 6:30am. The transition closes for bike racking at 6:30am.

STAGE 1a - Run 2.2km

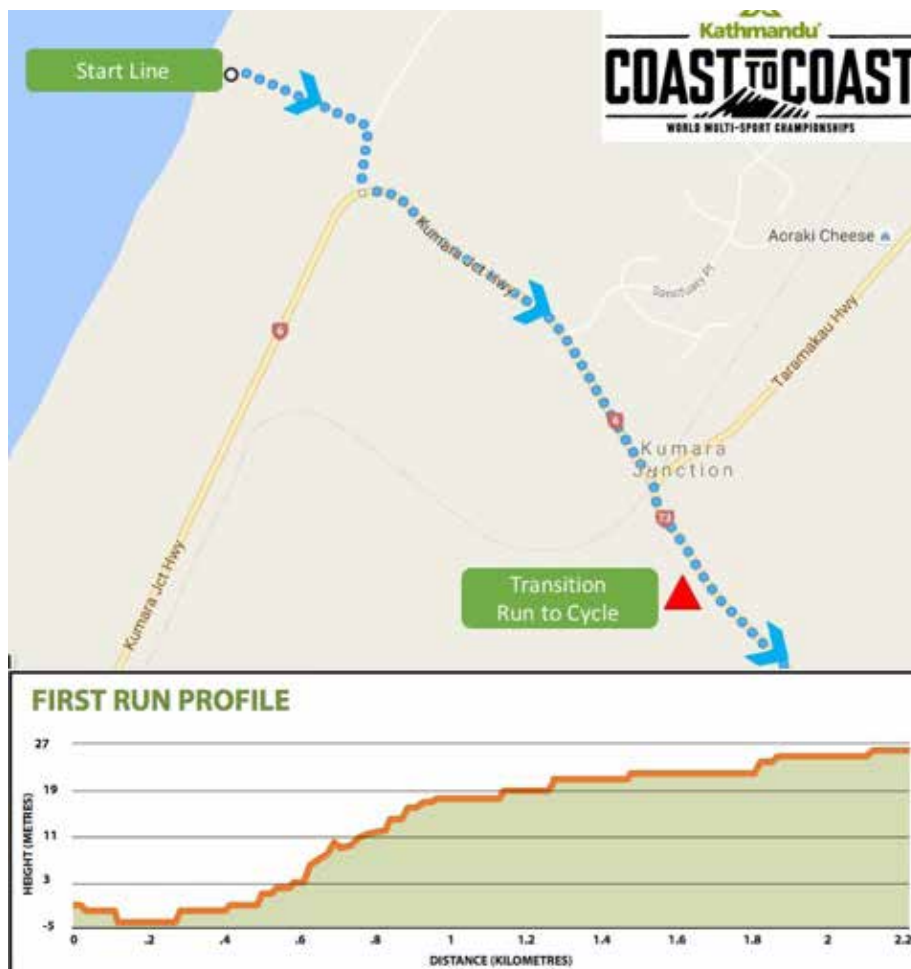
Kumara Beach

There is no start order on the beach. There will be two flags set back as far as practical on the beach or road (depending on access to beach) and you will have to start between these. Please be sensible and seed yourselves, if you anticipate taking 3 hours on the ride don't start at the front, you will get run over!

The course

Run up the gravel road and turn left onto the main road, there is a slight rise before you reach Kumara Junction. Head straight through towards the cycle transition. Turn right into the transition area and run all the way around the outside of the bike racking area and enter on the far-right hand corner. From here you can go directly to your bike.

DO NOT ride in the transition, run with your bike to the exit point and mount your bike where the sign indicates you can do so.



STAGE 1b - Cycle 55km

Kumara Transition to Aickens Corner

- Drafting off other competitors is allowed (no drafting off non-registered cyclists or vehicles)
- No support crew on the cycle course
- No personal audio devices are to be used. The competitor must be able to hear other riders and instructions from officials.
- Cyclists must not ride more than two abreast.
- Normal road code applies
 - Be aware of traffic in both directions
 - Keep to the left, don't cross the centre line
 - Stop for trains

This cycle stage is 55km, following the Taramakau valley towards the Main Divide. The route is flat or undulating and has a net elevation gain of 250m. There is one railway crossing and several one-lane bridges – if you're in the bunch please indicate to cyclists behind of approaching bridges or hazards. There are several very fast downhill and large bunches often form on this ride, please be very careful in bunches – this is often the most dangerous part of the race.

There is a road closure from Kumara Junction to just before Jacksons (10km to go). **Do not count** on it working.

You **MUST** obey all road rules and keep to the left, **DO NOT** cross the centre line under any circumstances. There will also be media and official vehicles on the road and it is highly likely you will also encounter local traffic. **KEEP TO THE LEFT!**

There is a railway line between Jacksons and Aickens (approximately 2km to go). Road rules apply - stop for trains. The crossing has an uneven surface between the tracks – take **EXTREME CAUTION** and be especially careful if you are in a bunch.

There is a one lane bridge between Jacksons and Aickens. Please obey the road rules and give way to traffic.

The transition is on the left-hand side about 2km after the railway crossing. You will see a gravel run-off heading into a paddock and the transition are. Follow the signage and instructions from officials.

Dismount where indicated, then run with your bike through to rack your bike. Exit the racking area to the far left of the transition and run down the chute to your crew. Individual crews will be set up on the left side of the chute – make a plan of where to find them. Be aware of other competitors running through. Collect your running gear and ensure you are wearing your bib before departing onto the Mountain Run stage. The timing point is after the transition under the inflatable arch as you head out onto the Mountain Run stage.



Aickens Transition - Support crew

Cycle to Run

- Park where directed by officials, NOT on the road side.
- **No stopping** on the side of the track to the car park.
- No parking in the Taramakau Valley DoC car park.
- No flags on sticks or sharp objects allowed within the transition.
- Support Crew are not allowed to offer assistance or enter any part of the Run stage except at transition.
- Support crew cannot enter the running chute – competitors must go to their crew.
- Support crew cannot leave the Aickens car park until after 9am. Don't panic, there is plenty of time!
- Support crew must not stop at the Deception Footbridge and must not use the Deception Footbridge.

On arrival at Aickens Corner, turn left and take the vehicle track to the riverbed car park. Prepare your competitor's Mountain Run equipment.

Competitors will finish cycling, (last 100m is on gravel), dismount before the farm gate, run under the transition banner and rack their bikes before running through to the transition change-over area. Please keep gear bins and deck chairs away from the main transition chute area, set them up behind the change-over area.

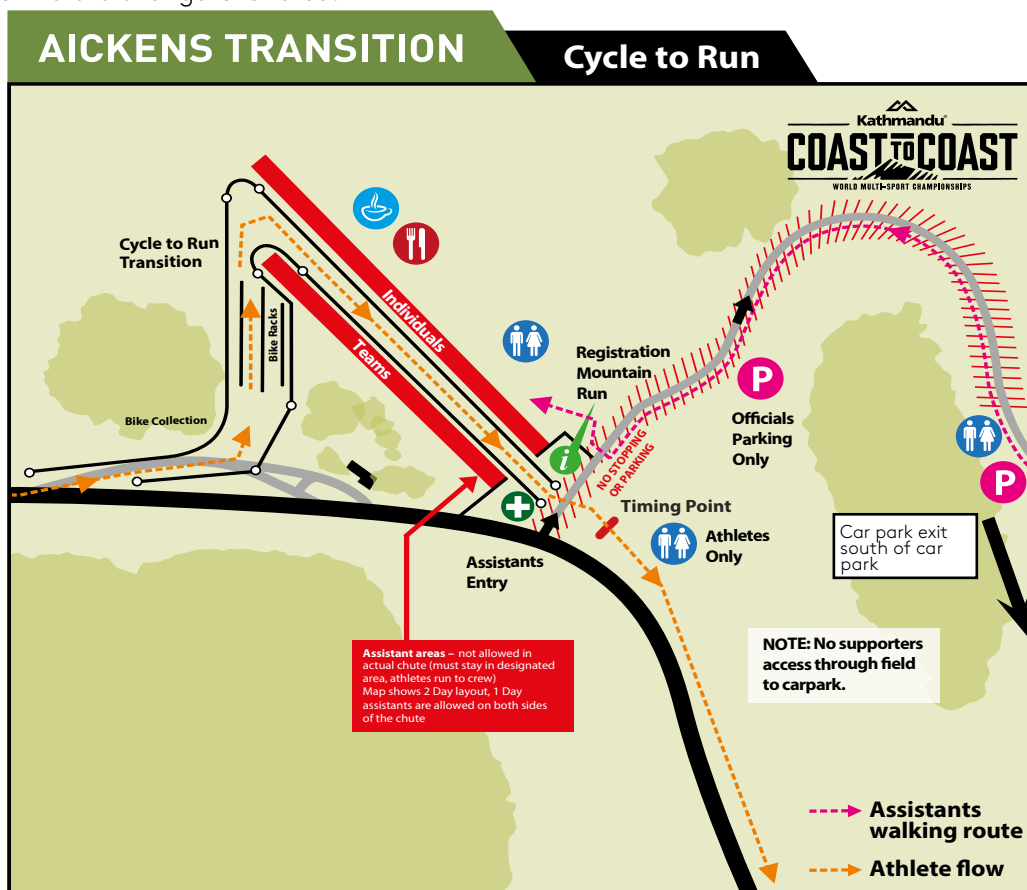
You must set up on the left-hand side (as competitor see it) of the chute (teams will be on the right-hand side). There will be bib number ranges signposted indicating where to stand and wait for your competitor. Make sure your competitor has their backpack with compulsory gear, bib and timing transponder before they exit onto the mountain run stage.

Once your competitor has left on the run, gather up all cycling and transition gear. Collect the bike from the transition once officials advise the transition is open to do so – it will be possible to collect bikes in between waves of competitors coming through. Please be quick. You will need your Support Crew wristband to collect the bike. You will only be able to collect the competitor's bike that corresponds to the number on your wristband.

Officials can make spot checks of competitor's compulsory mountain safety equipment at any time. Do not discard any equipment, it could be spot checked at any time. Penalties or disqualifications will be given to all competitors not carrying correct equipment - make sure your competitors are organised and have everything.

Breakfast

Lake Brunner School will have breakfast for sale at the Aickens transition – whitebait patties, bacon, eggs, Blackball sausages, omeletes, hash browns, coffee, tea and milo. Bring cash for payment. This is a fundraiser for the School.



STAGE 2 – Mountain Run 30.5km

Stage cut-offs:

2pm Doreen Creek (competitors will return to Deception Footbridge)

4pm Goat Pass

7:30pm Klondyke Corner

Key stage rules (full rules located on the [website](#))

- Compulsory mountain run equipment must be carried, see page 7 & 8.
- Officials can randomly check competitors' equipment anywhere on the mountain stage including at Klondyke Corner.
- It is forbidden for any competitor to run on railway lines (except when directly crossing them), including the Bealey River railway bridge. Be aware trains are scheduled to be running during the event.
- No personal audio devices are to be used. Phones are OK to use for photos – there is no cellphone coverage on majority of the run stage.
- Do not drop rubbish – carry all rubbish out.
- Mountain running shoes must be cleaned, to Biosecurity New Zealand standards, before and after the event or when moving between waterways during the event. You must also do this before and after any training on the course.
- Detergent footbaths are provided for Didymo control at Goat Pass. Competitors must immerse both shoes in the baths.
- It is the competitor's responsibility to have adequate skills to negotiate and avoid the hazards on the mountain running stage. The Otira, Deception, Mingha and Bealey Rivers are steep and bouldery and can change conditions rapidly.
- Support crew must not run down the riverbed with competitors or take equipment from them or assist them in any way.
- Hiking poles are not permitted.

Course notes

WARNING: The run course is very rough and there are many places where most people simply cannot run. If you haven't been over the course, prepare yourself by doing a lot of training on the roughest ground you can find. See the race YouTube channel for some footage from the running section. Expect **A LOT** of running on rocks with no track. It is a wilderness run. There are only two ways out, on foot or in a helicopter (which can only fly during daytime and in good weather). There are potential charges for non-emergency helicopter extractions of \$500 per person.

Drink - many competitors choose to drink directly out of the rivers. The water is generally very good and safe to drink but we cannot guarantee this. However, when you get close to the stopbank and power lines towards the end of the run you will cross the Bealey River, Giardia is present, do not drink water from the Bealey River.

There is some race-specific course marking, but competitors are responsible for their own navigation over the course and should familiarise themselves with the terrain. Competitors who have not been over the course should consider carrying a map (**Topo50 Map BV20-Otira**) and compass or GPS. Email info@coasttocoast.co.nz for a downloadable GPS route file.

The course marking is a mix of DoC marking and race-specific marking – it is a fast, efficient route but it is not compulsory to follow, you may self-navigate.

Head out of the Aickens Corner transition and through the timing point under the arch. Follow a farm track for about 2.5km until you reach the Deception Footbridge. Continue straight ahead for about 15m before turning left through the trees, down the bank and into the river. Cross to the far side and start up the Deception Valley.

You don't have to follow a set route but generally follow a mix of rough tracks and the main riverbed up the valley – there are multiple river crossings.

After about 13.5km, there is a succession of bush tracks that mark the start of the upper Gorge, here the valley steepens significantly and the next 4km to Goat Pass take even the quickest athletes close to 40 minutes. This is one of the most stunning sections of the run and has many routes – following the wet footprints is usually a safe bet.

About 500m from Goat Pass you turn right up a smaller creek and scramble and wade your way up the final part of the climb. Goat Pass elevation is 1070m so you will have climbed around 800 vertical metres and run about 17.5km from Aickens transition to this point.

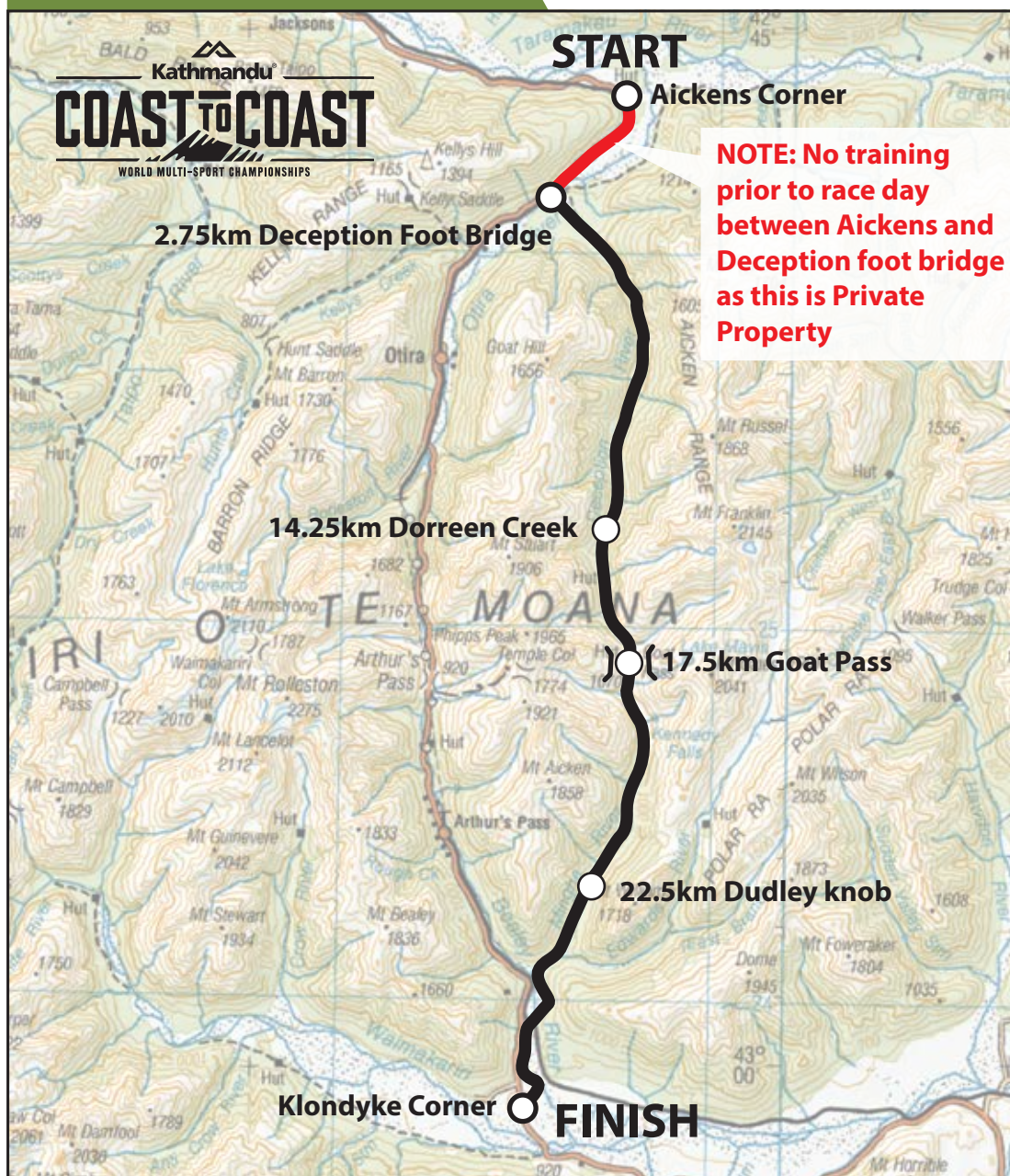
From Goat Pass it is around 13km to Klondyke Corner, the track is generally much better formed and includes some boardwalks over fragile ground. It is also mainly downhill with the exception of a few short, sharp climbs, the largest being Dudley Knob where you will often find race photographers.

The final 5-6km is flat but is some of the roughest riverbed to run over. When you reach the stopbank you get some respite for about a kilometre, then the final 1.5km is real ankle-rolling stuff, especially if you are tired. Concentrate and focus on getting safely to the cheering crowds waiting at the finish of the stage.

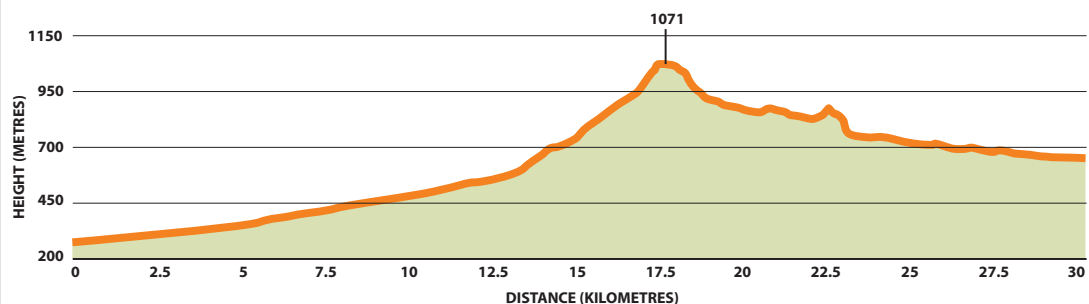
Remember: Take sufficient food and wear sun protection.



MOUNTAIN RUN 30.5KM



PROFILE



Klondyke Corner - Support crew

Rules

- Take all rubbish away with you
- No open fires or solid fuel barbecues
- Dogs are not allowed in the National Park (not even in your car)
- Don't drink from the Bealey River, Giardia is present.
- Pedestrians must take GREAT CARE when crossing the State Highway and cross at the designated cross-ing point.
- Do not park in long grass, hot exhausts can start fires
- **DO NOT PARK ON THE ROAD VERGE OF STATE HIGHWAY 73 UNDER ANY CIRCUMSTANCES**

Parking

On arrival at Klondyke Corner, from the West Coast, turn right off the State Highway to the parking area. Park your vehicle in the designated mown areas and where directed by the officials. All competitors and support crew, even if you are not camping, are required to park in the camping area. Keep emergency access ways (4m wide lane) clear. Please do not exceed 5kph. Campervans are allowed at Klondyke Corner, please note the camping & parking areas are a paddocks. Caravans are not permitted.

Camping

Camping is free and does not need to be pre-booked. You can set up camp from 3pm Wednesday, please check in with an official before setting up or you may be required to move. Campers must supply their own tents and camping equipment. Space is limited, please be considerate of others with your setup.

Drinking water

Water is available from a water tanker, but we recommend that you fill up water containers prior to arrival at Klondyke Corner. There isn't enough water to replenish campervan showers and toilets.

Meals

Sheffield School will have lunch, dinner and breakfast for sale at Klondyke Corner. Have cash available. This is a fundraiser for the School.

Gear bags

Competitor's gear bags from the start line and running shoes from Kumara transition will be available at Klondyke Corner for collection. Make sure running shoes are labeled pre-start with the competitor's race number.

Sponsor expo

There is a sponsor expo, information point and a big screen for people to watch the progress of their competitor through the Mountain Run. There will be live-feed cameras and timing points on the Mountain Run stage. There is limited cellphone coverage. At 7pm there will be a highlights video of Day 1 on the big screen.

Medical services

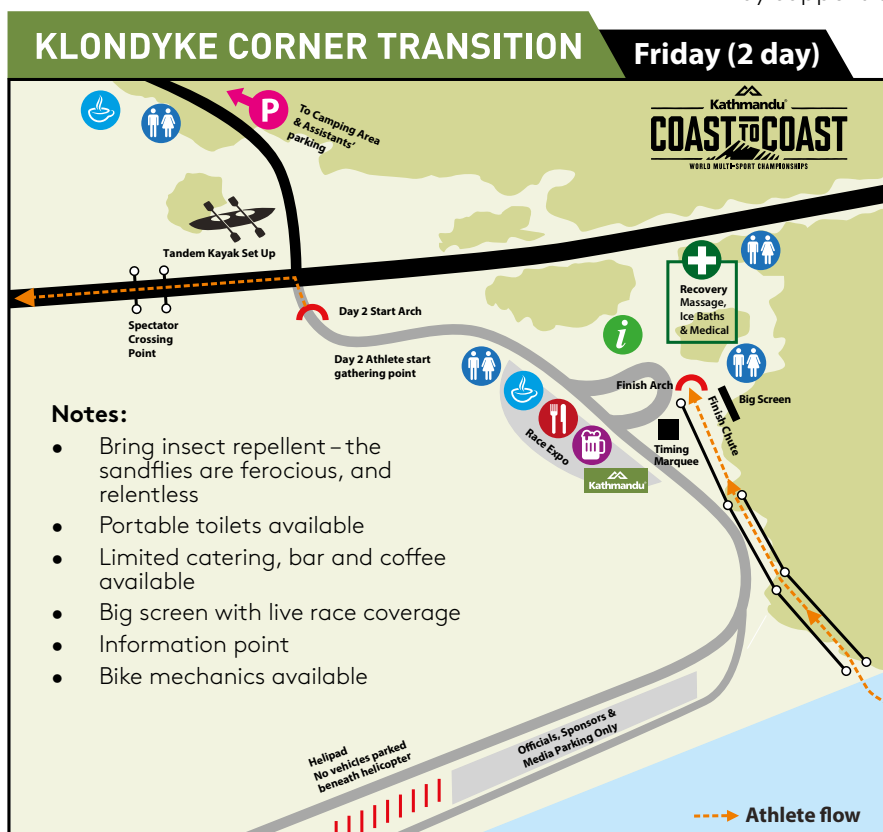
Medical and physio available. Medical services are available overnight for those camping at Klondyke Corner. Contact 021 221 9711.

Massage

Massages available, \$45 for 20 minutes (no double bookings). Bookings can be made by phoning Motus (03) 966-6555 from 3 January 2024. Eftpos available.

Kayak Gear check

Selected compulsory kayak gear can be checked at Klondyke Corner between 1-6pm (check can be completed by support crew).



The items that can be checked are marked with an asterisk on the Kayak Gear list (p 9&10). You are welcome to bring helmet and PFD for review however, these will not be officially 'checked off' until Saturday morning. Once the gear has been checked the dry bag will receive an identifying tag. Once checked, no gear may be removed from the bag prior to the start of the kayak stage. At kayak scrutineering on Saturday morning you will need to show the marshals the dry bag with identifying tag. All other kayak items must be checked on Saturday morning.

Saturday timetable (Day 2)

Plan B times may vary

- 4:15am** Car Parking open at Mt White Bridge
- 5am** All Support crew must have departed Klondyke Corner for Mt White
- 6:30am** Early group report to startline, Klondyke Corner
- 6:45am** Day 2 Race start (early group)
All other competitors must report to startline
- 7am** **Day 2 Race Starts**
- 9:20am** On river cut-off at Mt White
- 4:30pm** Kayak cut-off at Gooseberry
- 7pm** Kayak cut-off at Woodstock
- 8:15pm** Kayak cut-off at Gorge Bridge (off river)
- 8:30pm** Athlete must be on final cycle stage
- Midnight** Course closed

STAGE 3 - Cycle 15.5km & Run 1.3km

Klondyke Corner to Mt White

Key stage rules (full rules located on the [website](#))

- NO WARM-UP CYCLING ON THE ROAD
- Drafting off other competitors is allowed (no drafting off non-registered cyclists or vehicles).
- No support crew on the cycle course
- No personal audio devices are to be used. The competitor must be able to hear other riders and instructions from officials.
- There are three one lane bridges on this ride. Please obey the road rules and give way to traffic.
- There is a railway crossing at Mt White Bridge.
- Cyclists must not ride more than two abreast.
- Normal road code applies
 - Be aware of traffic in both directions
 - Keep to the left, don't cross the centre line
 - Stop for trains

There is limited shelter at Klondyke Corner. Please do not take cycles inside the marquee, or lean them against marquee walls or poles or block access ways.

Leave your warm-up clothing in your numbered gear bag with the officials at Klondyke Corner. Don't leave valuables in it. This bag will be taken to the finish line at New Brighton. Officials will take all care, but no responsibility.

There will be a start at 6.45am for competitors who finished Day 1 after 6pm or for other special circumstances, anyone in this wave will be unranked. If you wish to be considered for the early start please visit the Information Point at Klondyke corner on Friday.

All competitors must be in their start group by 6.55am. No exceptions. You can keep your warm-up gear on until the last minute - the bag drop is close to the start line.

Competitors (except for Early Start wave) will start in order from Day 1, with the fastest competitors off first in groups of 15, at intervals of 2 minutes.

NOTE: Individuals, Two and Three Person Relay teams will start together in order of finishing from Day 1. Tandem teams will start after that.

There will be a short briefing with any updated information prior to the start. You will line up in your wave, then start behind the arch and roll forward across the timing mat as your wave is released.

The course

Turn left and cycle along the main road for 15km to the Mt White turn-off.

The one-lane bridge near the start is marshaled, follow their instructions.

The ride is undulating with several very fast downhill – please take extra care if it is wet, windy, or you are in a bunch. Also be aware of the steep downhill, after the bluffs, is often in poor condition and should be treated with extra caution.

Once you reach the Mount White turn-off, turn left onto the gravel road, dismount, and **run with your bike** for 1km~ down to the river. It is highly recommended you carry some running shoes or sturdy river booties to put on, or use mountain bike shoes for this stage – it is not a pleasant run in socks, bare feet or road cycle cleats!

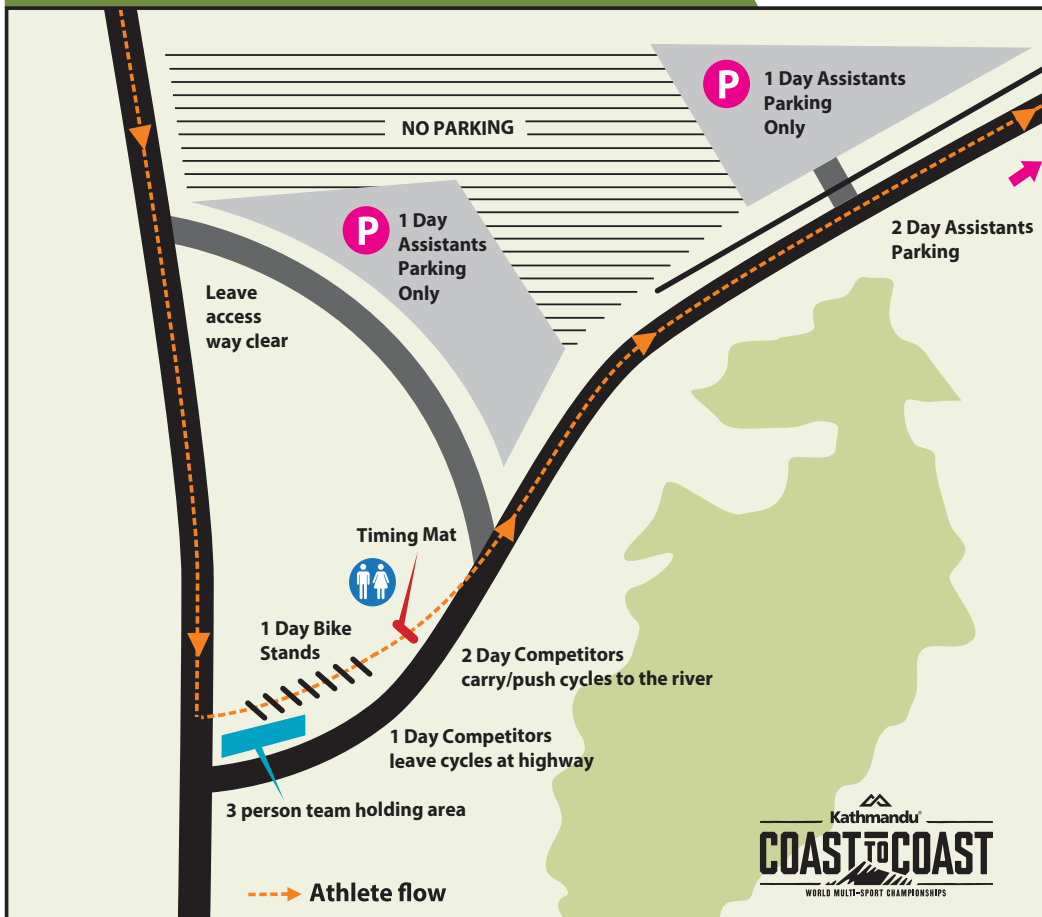
At the bottom of the road is a railway crossing – you must obey the marshals here, if a train is coming you must STOP. Failure to obey marshals will result in disqualification. Once it is clear, you cross the bridge and rack your bike on the left-hand side of the road where your crew can also meet you.

Continue running to the right along the road to the kayak put-in area. This area changes yearly depending on the path of the river, it is possible you will still have up to 300m~ to run until you reach your kayak.





MT WHITE HIGHWAY TRANSITION



Mount White - Support crew

- 4:15am** Mt White car parking open
- 4:30-6:40am** Kayak scrutineering
- 5am** Support crew must have departed Klondyke corner
- 6:50am** Support crew briefing, scrutineering area, Mt White
- 7am** Riverbank must be clear of support crew

Rules

- **Only ONE support vehicle per athlete, identified with supplied vehicle race sticker.**
- Campervan access is restricted. If your only form of transport is a campervan you must arrive no later than 5am. The terrain is not the most suitable for campervans.
- **Support crew briefing at 6:50am**
- No camping at Mt White.
- No support crew are to walk from the Highway to Mt White Bridge.
- No stopping of vehicles to unload kayaks until you are parked. You must walk with the kayak on the riverside of the gravel road to the scrutineering area.
- You must present your competitor's kayak and all compulsory equipment for scrutineering at Mt White Bridge **before 6:40am.**
- The riverbank area must be cleared of support crew by 7am.
- No support crew are to wait at the highway for their competitor. No support crew are to wait on the railway side of Mt White Bridge or on Mt White Bridge.
- Support crew must wait at the designated assembly area (no waiting next to the kayak). Support crew can only move towards the kayak once **athlete is on the bridge.** This may require support crew to run with athlete to the kayak.
- Your competitor must not take their bib off until they have reached their kayak. You must not take the kayak to the water until your competitor has their bib on and is ready to paddle.
- Any cars departing Mt White Bridge with a kayak (either a spare or withdrawn competitor) must stop and be cleared by a kayak official.
- You must remain at the river until the last Two Day competitor has reached their kayak. Do not delay your departure! Leave as soon as you're cleared to go!

Support crew must leave Klondyke Corner by 5am to drive to Mt White Bridge. You must leave your competitor behind, with bib, cycle, cycle helmet and timing transponder (and shoes for the run down to Mt White Bridge, if needed). Competitors should have warm-up clothing while waiting to start the cycle at Klondyke.

To ease congestion, support crews should avoid returning to Klondyke campsite after Mt White transition. Please ensure your campsite is packed before departure.

If you don't need to be at Mt White Bridge don't drive down. Some support crew opt to leave a vehicle at Klondyke Corner so their competitor can stay warm. Vehicles left at Klondyke Corner must wait until the last Two Day competitor reaches Mt White (about a 40min cycle) before they can leave Klondyke Corner to drive directly to Waimakariri River Gorge Bridge (kayak exit).

Parking at Mt White Bridge will open from 4.15am. First cars will be parked closest to the transition.

Do not pack equipment into the boat before scrutineering - officials need to check it is all there. Have it on display, and then pack it after it has been scrutineered. All compulsory equipment must remain in the kayak once checked.

Once scrutineered, you will place the kayak in numerical order on the north bank of the river, and re-pack all compulsory equipment. **Ensure the dry-bag is correctly sealed so it remains waterproof.**

It is highly recommended that competitors have additional warm clothing to put on for the kayak stage - it can be very cold* on the river, especially if they have a swim. **Do not underestimate the river and remember all compulsory thermal gear is in addition to what is being worn by your competitor when they leave Mt White.**

At the Mt White Bridge turn-off on Highway 73, competitors dismount and carry or run with their cycles for 1km~ down to the river and across Mt White Bridge where they rack their cycle on the left-hand side of the road after crossing the bridge, and where you must collect their cycle afterwards.

Competitors may use running shoes for the cycle and/or run to Mt White Bridge - in this case they must carry their shoes with them from Klondyke Corner - no assistance is allowed at the Mt White Bridge road turn-off. If a competitor or support crew is asked by an official to stop for a train, you must do so.

Help your competitor with their kayaking equipment, and launch them onto the river. Check that their PFD is done up correctly (& firmly!), competitor must be wearing PFD correctly. Check they have their bib over the top of their buoyancy vest. Kayaking helmets must be worn.

After your competitor has left make sure you collect all their gear including bike, shoes and helmet before proceeding to the Waimakariri River Gorge Bridge transition. You must remain at the river until the last Two Day competitor has reached their kayak. You should not return to Klondyke Corner and must go directly to Waimakariri Gorge Bridge. Be aware of One Day Support Crew walking down the road.

*Talk about this with your competitor before the race - if you are in a down jacket it is very likely your competitor will need more than a cycle top!

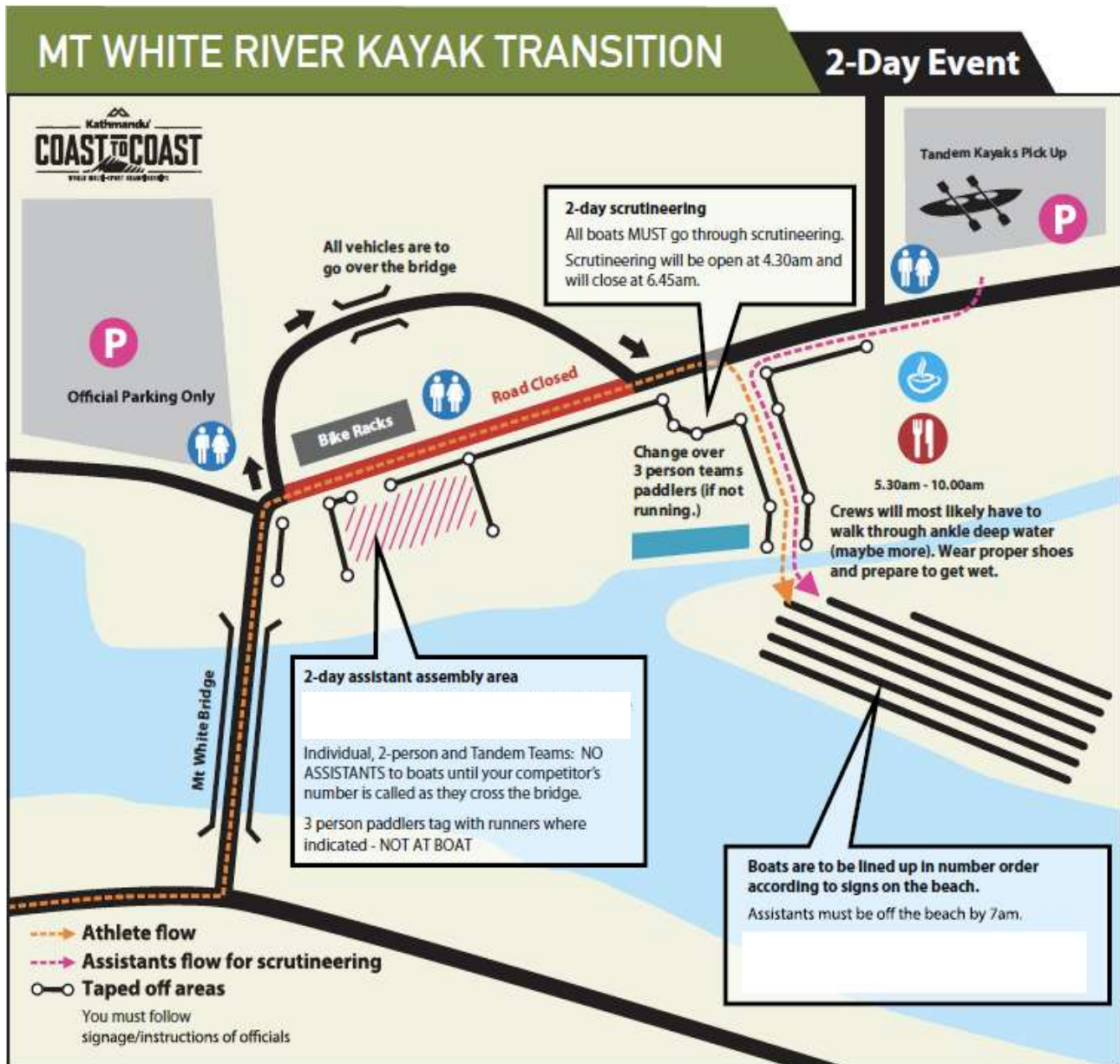


Checklist

- Kayaking gear scrutineered and loaded in the boat
- Food and drink for the expected duration, plus a bit more
- PFD done up correctly
- Competitor bib over their PFD
- Kayak helmet on, done up
- Paddle, spraydeck on, drink system connected
- Sunblock (keep it off the paddle)
- Collect all transition gear, cycling gear, bike

Breakfast/lunch

Springfield School will have breakfast and lunch for sale at Mt White Bridge between 5-10am on Saturday. Have cash available. This is a fundraiser for the School.



STAGE 4 – Kayak 70km

Mt White Bridge to Waimakariri River Gorge Bridge

Cut-off times (signalled by air horn):

4:30pm Kayakers must be past Gooseberry Checkpoint

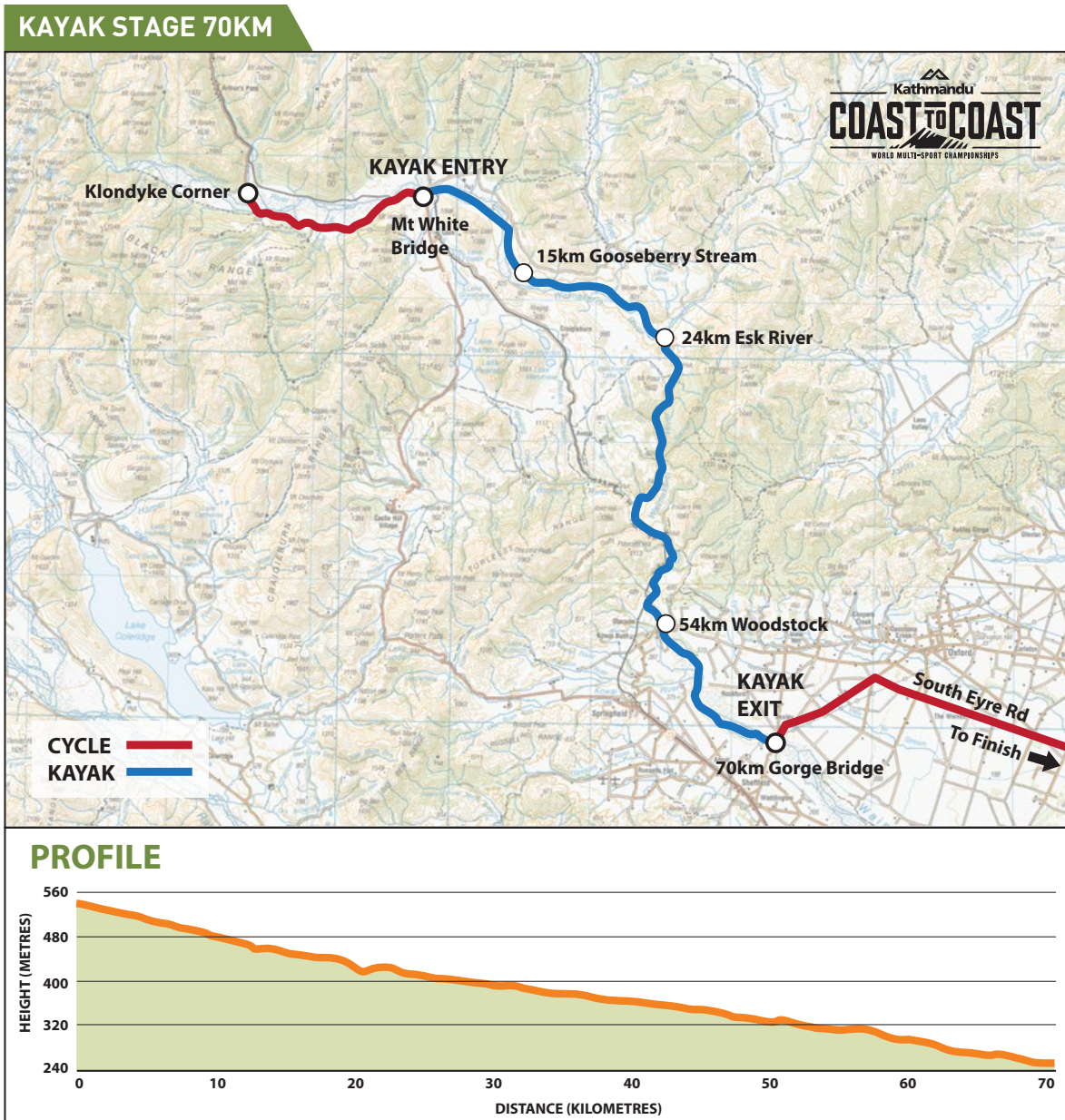
7pm Kayakers must be past Woodstock Checkpoint
(15km above Gorge Bridge)

8:15pm Competitors must have reached the
Waimakariri River Gorge Bridge.

**Officials will remove competitors from the river
after the cut-off times.**

Key stage rules (full rules located on the [website](#))

- Compulsory kayak equipment must be carried, see p9&10 for checklist.
- If you see signage or are directed by an official to take a particular route, you **MUST** do so – failure to follow instructions could put you outside of the safety managed area and put you at risk.



Course Notes

The river is typically low around the race date. 35-70 cumecs as measured at the Otarama Gauge - The race day river flow cut-off is technically 180 cumecs, but also depends on associated weather factors.

The river is classified as Grade 2 with braided river and gorge characteristics. You are likely to encounter wave trains, strong eddy lines, bluffs, braids midstream rock hazards and tree hazards.

From the put in, paddle downstream on generally easy grade 1 riffles with multiple braid options. Good river reading skills will help you take the most efficient and fastest lines. After about 30 minutes you will reach 3-4 Rock Garden Rapids. These change annually, but usually involve a mixture of manoeuvring around boulders and punching larger waves.

At 15km you pass the Gooseberry Stream Checkpoint. This is the last opportunity to exit the river prior to committing to the Gorge. Another 10km of braided style river will see you at the Esk Checkpoint and the beginning of the Waimakariri Gorge. The gorge is about 30km long and consists of larger wave trains, bluffs and boily eddy lines.

If the river is higher there are more options, often with 'chicken routes', but as the river drops in volume the options become fewer and the rapids more technical. The Gorge is absolutely stunning and if you are comfortable in your boat it will be one of the highlights of the race. Significant landmarks to look for are Hamilton Rapid at the mid-point of the kayak stage, and the Red Staircase Viaduct which is two thirds of the way through the gorge.

The Woodstock Checkpoint marks the end of the gorge and the beginning of the final 15km braided section. Willow tree hazards are prevalent in this section. Stay focused on good route choice and avoiding tree hazards.

The exit is on the river right immediately downstream of Gorge Bridge. Get out of your kayak, leave it with your support crew and cross over the timing mat. Run up the track that starts near the bottom of the gravel road on the right by the permanent toilets, go around the outside of the trees in the centre of the transition area to your bike. Your support crew must not cross the timing mat - they must go around the outside.

River Safety Notes

- If you are expecting to swim you should be paddling a more stable boat or getting more time on Grade 2 water. A swim will cost you 15 mins, a lot of energy and exposure to unnecessary risk. Your 'faster' boat will need to have an outboard to make up that swim time!
- River safety personnel are stationed at known trouble spots on the course. They are not everywhere, and are primarily there for emergencies. - expect to self-rescue if you swim. If you see someone in trouble, please help them whilst ensuring you don't put yourself in danger. Communicate any issues you see to next downstream river safety personnel.
- Having an understanding of international river signals is important. Officials may use them to communicate hazards or direct you to preferred lines
- Jet boats are used as part of our safety management system. They are important for the transportation of officials, rescuing competitors, radio communications and evacuations of injured competitors. Jet boats require less water and produce less wake when going fast.
- Verbally communicate your bib number to check point officials and/or paddle close to enable a clear view of your number. Paddle between bouys at timing mats.
- Look for and follow signage. This is aimed to keep you away from hazards and within the managed river braids.



Waimakariri River Gorge Bridge - Support crew

- Flagpoles, flags or balloons are NOT permitted within the cycle stands.
- No parking on the northern side of the bridge.
- Support crew cannot assist competitor to run up track from the river to the cycle stands, to help them onto their bike, or push them up the road.
- Support crew cannot cross over the timing mat – go around the outside.
- Follow directions of the marshals
- Use designated crossing points to cross the road.
- **Support crews and competitor supporters are not permitted on the Gorge Bridge, our priority is keeping the bridge clear for cycle competitors and other traffic. Any competitor whose support crew or associated supporters are found on the bridge will receive a penalty.**

Support crew (1 vehicle) access the parking area by turning right at the milk shed about 1500m before the Waimakariri River Gorge Bridge. There may be the opportunity later to drive down and park on the river bed (conditions dependent) to pick up kayaks only.

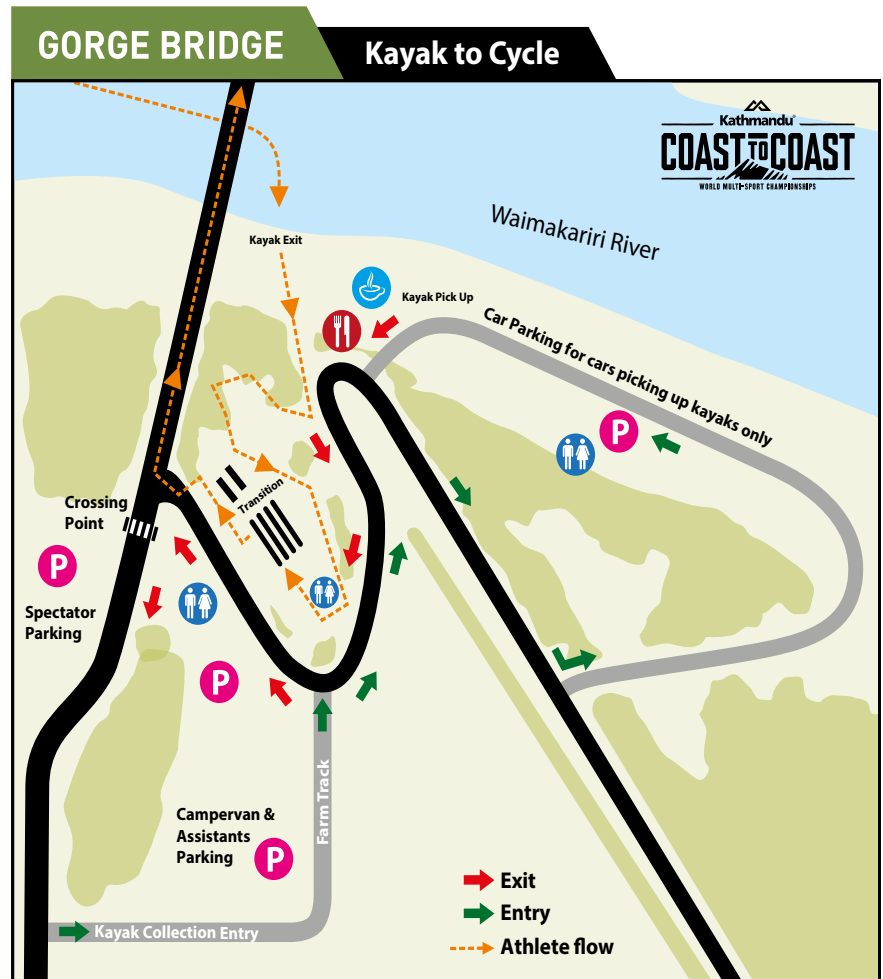
Spectator and other support vehicles will continue towards the bridge and be directed to park in a paddock on the left-hand side.

After parking, place your competitor's bike and cycling gear in the cycle racks (first-in first-served – no numerical order). Don't delay, but also don't panic, the first kayaker will not appear until around midday.

Please be on the riverbank when your competitor arrives – there will be a timing display with a list of competitors as they pass through the various Checkpoints on the river.

When possible competitor numbers will be announced when they are about 5 minutes from transition. Timing information will also be on the App. Note: Cellphone coverage is patchy on the riverbed.

When your competitor arrives, help them out of their kayak – often their legs won't work and they'll need some support. If you wish to help your competitor with their cycle transition before loading the kayak, make sure the kayak is carried well away from the beach and outside the transition area. A non-banded support crew may remove the kayak as long as they don't have any other involvement in the transition process. Please help out crews who are flying solo.



DO NOT cross over the timing mat with your competitor – you must go around the outside and meet them on the other side of the timing arch. Only support crew with wristbands may run up the track with competitors and give any support in the transition. Please limit the number of people running up the small track with competitors – especially if there is a bunch of them.

Lunch

The Oxford Lions will have lunch for sale from 11am. Have cash available.

Overdue competitors

If your competitor is overdue, approach the information point for further information. Do not set off looking for your competitor. The team will advise you if your competitor has had to pull out and where to collect them.

Woodstock Access (final kayak cut-off point)

If you are driving to Woodstock to access the Waimakariri River please be considerate of other road users, vehicles, children, stock and pedestrian. Inconsiderate behaviour may jeopardise future access. We have fielded complaints from the local run holder regarding excessive speeds on the shingle road down to the river. Sections of the road are on private land. Slow down. The last part of the road is rough with tight turns and is more suitable for 4WD's. No campervans or trailers.

STAGE 5 Cycle 69.5km

Waimakariri River Gorge Bridge to New Brighton

Key stage rules (full rules located on the [website](#))

- Drafting off other competitors is allowed (No drafting off non-registered cyclists or vehicles).
- Cyclists must not ride more than two abreast.
- Keep to the left, don't cross the centre line and obey the road code. Be aware of traffic both approaching and overtaking from behind.
- No personal audio devices are allowed. The competitor must be able to hear other riders and instructions from officials.
- No support crew allowed on the cycle course.
- Stop for trains.
- Follow instructions from officials.
- If leaving Gorge Bridge transition after 6pm you must have:
 - Front & rear cycle lights attached and switched on. Helmet mounted lights may be used in addition to cycle mounted lights.
 - Reflective high visibility vest must be worn as the outer layer of clothing, visible from 100m.
 - Reflective ankle bands.

The course

After completing your transition from kayak to cycle, take your bike to the south-western corner of the transition (will be signposted) to a small track that will take you out onto the sealed road.

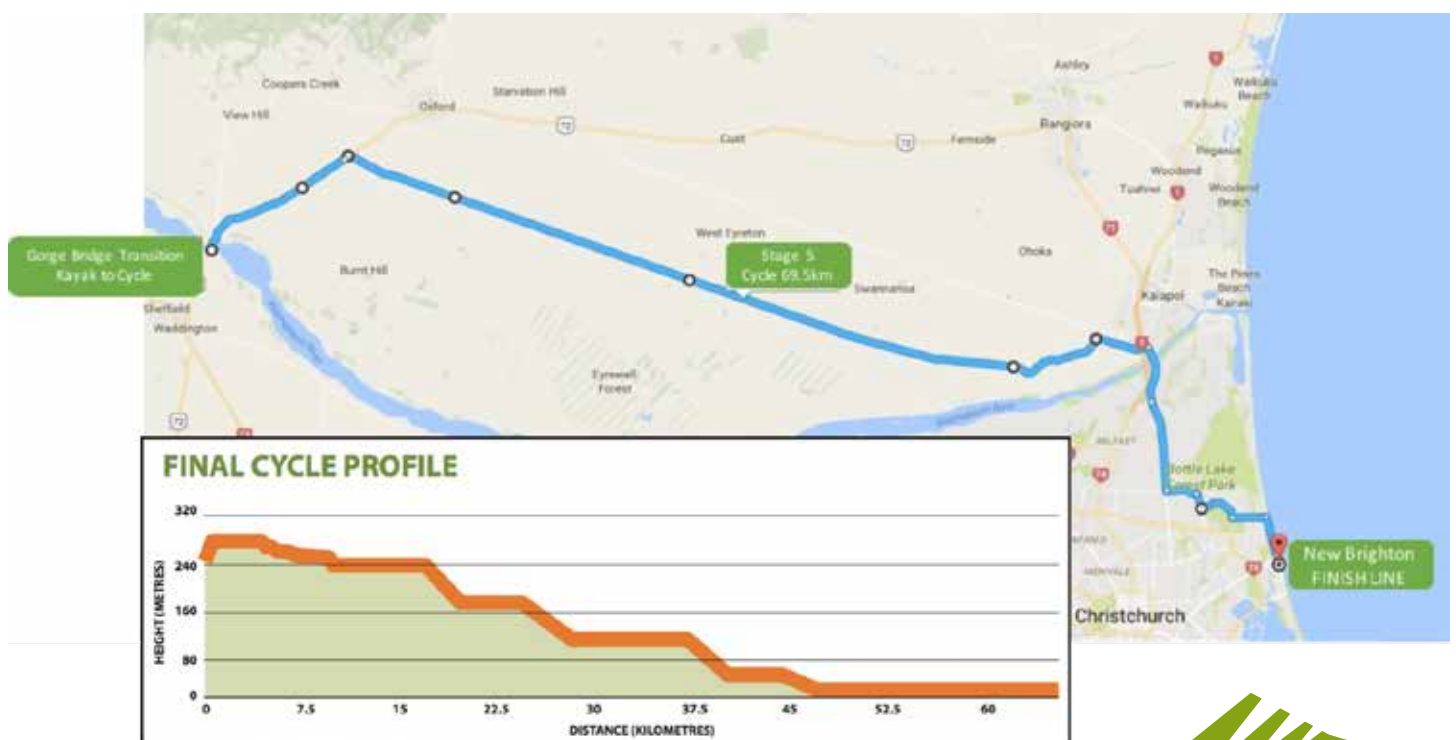
Turn right and cross the one-lane Gorge Bridge and head up the small incline, which is the only climb on the final cycle. After 8.8km on the main road, turn right onto South Eyre Road. Continue down here for 41.2km (including 26km without a turn).

Turn right onto Tram Road and follow the road over the bridge that crosses State Highway 1 for 2.75km. Turn right onto the Main North Road and follow this, across the Waimakariri River, for 2.9km to a large intersection and continue straight onto Marshland Road, there is a railway line crossing after this intersection, obey road rules and stop for trains. Continue for another 4.8km to reach Prestons Road, where you turn left and ride for 2.5km (Prestons Road follows onto Burwood Road) and then turn left into Mairehau Road. Continue for 2.2km then turn left into Beach Road for 1.75km. The road turns to the right and becomes Marine Parade - and the finish is within sight.

Ride 2.3km down Marine Parade before dismounting directly in front of the New Brighton Pier, hand your cycle to the waiting marshals and run across the sand and up the steps to the finish.

NB some major intersections are controlled by traffic management, do not rely on them being there, if they are not, normal road rules apply. There are cone lanes at some light controlled intersections. Cyclist must stay to the left of the cones.

NB There are a number of pedestrian crossings on the cycle ride through to Christchurch. Normal road rules apply - give way to pedestrians!



New Brighton Finish

There is an athlete recovery area, food, drink and medical services at the finish line, as well as your transition bag from Klondyke Corner. Your crew (with wristbands) will be able to meet you behind the finish line and you will also have direct access to the beach so you can walk down, touch the water and complete your journey from Coast to Coast.

Support crew

After you have loaded the kayak onto your vehicle at Gorge Bridge, you must proceed immediately to the finish at New Brighton Beach. You must travel from Waimakariri River Gorge Bridge to the New Brighton finish by SH73 (the Old West Coast Road) – will be signposted.

You must not follow any competitor on the course through to New Brighton. You cannot offer assistance to the competitors during any cycle stage or give splits to your or other athletes – please help keep a level playing field for everyone. Support crew must not wait at sites along the cycle course through Christchurch.

The police have warned competitors and support crew to be vigilant with security of their cars and equipment.

There will be a finish festival at New Brighton with a big screen, entertainment and a variety of food and beverage stalls. Event sponsors will also have an expo set up where you can purchase event merchandise.

Competitors dismount their bikes just to the south of the New Brighton Pier, an official will rack their bike for them, and they run through the finishing chute (a mix of tarseal and then sand). Wristbanded support crew will be allowed into the finishing area to welcome your competitor to the end of their Coast to Coast journey.

Final notes:

- Collect cycle from the racks – you will need to show your wristband
- Food and drinks available

Prizegiving

Sunday Addington Raceway, 10am (all welcome)

Monteith's Yarn party

After prizegiving, the Monteith's Yarn will be held at Morrell & Co Bar, 280 Lincoln Road Addington, Christchurch. It is the perfect time to sit back, relax, listen to some good music and tell everyone how good you were!

Photos

The crew from Marathon-Photos.com will be photographing the race. Your photos will be available online within 24 hours of the race and include a range of options. You can also pre-purchase your photos, keep an eye on the event newsletter for pre-sale opening dates.

Withdrawals & non-completion

Any competitor withdrawing from any stage must report to an official at the end of that stage, hand in their timing transponder and fill in a withdrawal form. This is critical because a search and rescue operation will be triggered if you are unaccounted-for!

If you withdraw on the last cycle leg into Christchurch, please phone or text the Race HQ, give them your competitor number, name and tell them that you have withdrawn (contact number available at registration).

If you are evacuated from any part of the course by helicopter or jet boat, you must report to an official immediately on disembarking. Do not try to find your support crew, team member or family until our officials have checked you off the course. This is very important.

If you seek independent medical attention for any incident in relation to the Coast to Coast please inform the race medical team or post-race through info@coasttocoast.co.nz. It is very important for us to know what medical issues people are encountering so we can assess and monitor these, and put preventive measures in place, if required, for future events.

Complaints

Any competitor or support crew who wishes to make a complaint about another competitor must do so in writing to a race official within an hour of the complainant finishing. The Race Director's decision regarding the complaint is final.

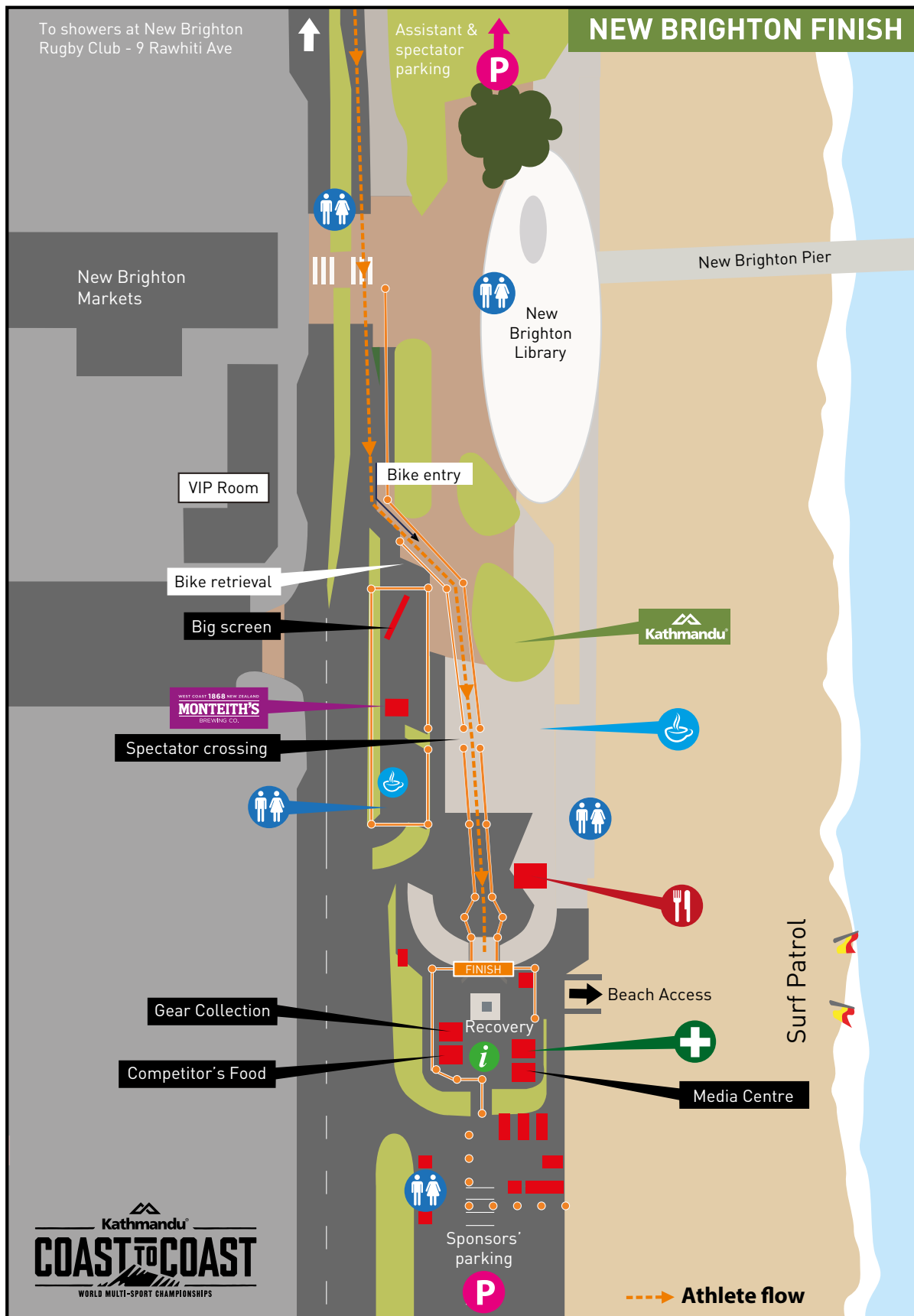
Lost Property

Any lost property gathered up or handed in will be located:

- Saturday – Information Tent, Finish Line, New Brighton.
- Sunday between 8-10am – at Addington Raceway.

If none of the above options are suitable for you, please contact info@coasttocoast.co.nz. Lost property will be kept for one month and then either disposed of or given to charity. A fee of \$30 will be charged for items not collected in person that require postage within NZ. Larger items and items requiring international postage will incur additional costs.





Plan B - Bad weather alternatives

Mountain Run Stage Alternative Course

If the Mountain Run stage is affected by bad weather and/or high river flows, then a running stage (31km) will be used which will be a mix of river bed, farm tracks, sealed road and DoC single track via Arthurs Pass, finishing at Klondyke Corner.

From Aickens Transition follow the normal route to the Deception Footbridge, at the footbridge merge onto State Highway 73. After 2.5km enter Kellys Creek. From Kellys Creek follow a mix of farm and single track to Otira township.

From Otira township exit at the Fulton Hogan yard onto State Highway 73 to run across the viaduct (approx 9km).

From Temple Col you will be directed onto the Arthurs Pass Nature Walk, you will follow this to the Arthurs Pass Village where you will be directed into the Bealey River bed. You will follow the Bealey River bed to Klondyke Corner.

There will be water stations at;

- Goat Creek (6.5km approx)
- Temple Col (14km approx)

Reflective high visibility vest must be worn as the outer layer of clothing (run pack can be worn over top of vest).

The alternative course is subject to changes. Full details will be supplied at Race Briefing, if required.



Kayak Alternative Course

If the route down the Waimakariri River is affected by bad weather and/or high river flows, the following alternatives may be in place, competitors will be advised accordingly.

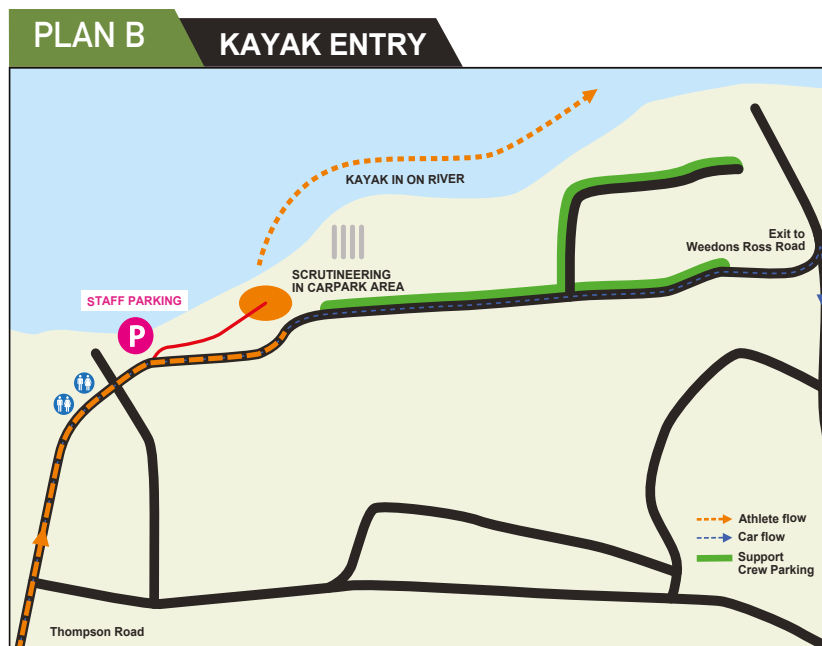
Kayak Plan B

If the lower Waimakariri River is unaffected by the weather and/or river flows, there will be a 112km cycling stage from Klondyke Corner to Thompsons Road (cycling down the Old West Coast Road) to transition to the kayak. The kayak stage will run downstream to between the two State Highway bridges on the lower Waimakariri River. The kayak/cycle transition will be on the river left. Competitors will then cycle to New Brighton to the finish (approx. 12km). Note the main dangers on the lower Waimakariri are trees alongside and in the river – it is highly likely that there will be some compulsory portages around high consequence areas. Any route directions, either by officials or signposted, are compulsory.

Kayak Plan C

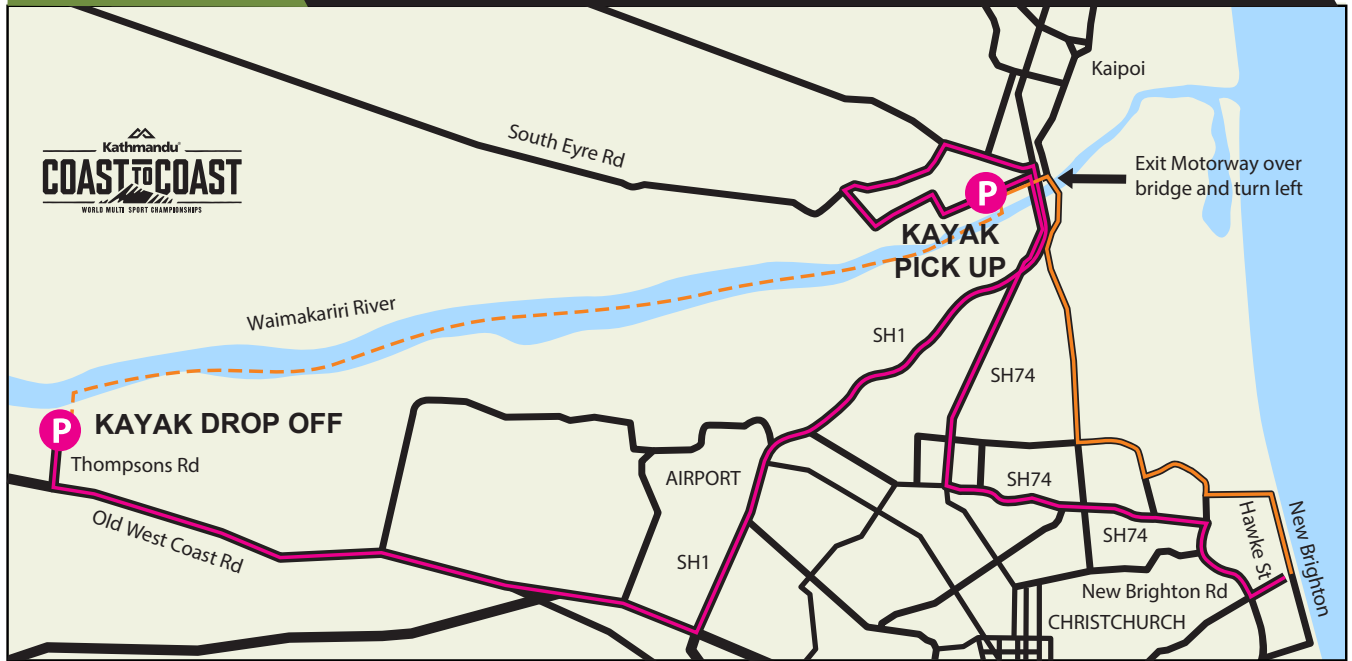
Should the entire Waimakariri River be affected by bad weather and/or high river flows, there will be a cycling stage (86km) from Klondyke Corner to Waimakariri River Gorge Bridge, followed by a further cycling stage (69km) from Waimakariri River Gorge bridge to New Brighton, Christchurch on the standard cycling route and then a run to the finish.

The Race Director reserves the right to close stages and alter official cut-off times for safety or other reasons.



PLAN B

SUPPORT CREWS KAYAK DROP OFF AND PICK UP



PLAN B

SUPPORT CREW PARKING AND PICK UP



Railway Lines & Crossing Safety

There are railway line crossings on the cycle and run stages. If alarm bells are sounding or the Official requests that you stop, you must stop. If a competitor does not stop they will be disqualified from the race immediately.

TRACKS ARE FOR TRAINS

NEVER walk down tracks or close by tracks. Only cross a railway track at a place set aside for crossing. Tracks are for trains!

TRAINS ARE QUIET

ALTHOUGH trains are noisy up close they are hard to hear from a distance. Trains can surprise car drivers and people walking near tracks. Make sure you look both ways as well as listen for trains.

TRAINS TAKE A LONG TIME TO STOP

EVEN if a driver can see you, they cannot stop a train quickly. Trains are heavy and can weigh up to 1,500 tonnes, the same as 1,000 cars. They can also travel at high speeds. Even a small train can take four rugby fields to stop! Trains take a long time to stop.

LEVEL CROSSINGS RULES

A TRAIN driver is on full alert when approaching a level crossing. Make the driver's job easier by obeying the signal and level crossing rules. Look for signs, barrier arms and flashing red lights and listen for the warning bells. If you are in a car be sure to tell the driver to stay well back from the tracks, behind the marked lines.

STAND WELL CLEAR

If YOU see a train coming stand well away from the tracks. Be aware and stand well clear.

DON'T JUMP ONTO TRAINS

TRAINS are fun to ride but only as a ticketed passenger inside a carriage. Even when a train is traveling slowly you should never try and jump onto a moving train. Always wait until a train has stopped before getting on or off.

YOU CAN'T OUTFRAN A TRAIN

NEVER walk on a rail bridge or through a rail tunnel. You can't outrun a train, and tunnels and bridges are only wide enough for trains. You will have nowhere safe to go.

SHOCKING RESULTS IN STORE

SOME trains are powered by electricity, sent through power lines above the tracks. It is dangerous to go near these lines or let any object like a ball or kite go near them. These lines carry huge amounts of electricity and you will get an electric shock.

STONES CAN FLY LIKE BULLETS

NEVER leave things on railway tracks or throw stones at trains. You could derail the train and look out if you're close by! Those stones can fly like bullets and could really hurt you!

KEEP YOURSELF SAFE

YOU NEED to keep yourself safe. No matter what your friends say you need to be very careful around trains, tracks and crossings. Stand up, be smart and stay safe!

REMEMBER: TRACKS ARE FOR TRAINS

Two Day Support crew timetable

This is an example of the logistics for Two Day support crew over the four days. Modify it for your own needs.

Pre-departure:

- Support crew and competitors to read and understand handbook, e-newsletters, the website and event rules. Then re-read them!
- Download the Event App to your mobile phone or tablet and print or download this Handbook – make sure it is the latest version.
- Understand the transitions and what needs to happen in them – it is highly recommended that competitors provide a spreadsheet of their gear and expectations at each transition for their crew.
- Make sure your competitors know what you will be wearing and where you expect to be set up (e.g. towards the end on the left-hand side, etc.) Think about having unique or brightly coloured clothing and hats to be visible at transitions.
- Cycles and cycling gear serviced and officially checked before the event, if possible, to avoid queuing at registration.
- Mountain run gear officially checked before the event, if possible, to avoid queuing at registration.
- All other gear is checked and serviced (kayak, shoe laces, etc).
- Buy food for support crew or provide them with cash.
- Everyone to check they have all compulsory gear plus any extra gear the competitor might need in worst case scenario – (e.g. if they feel much colder than anticipated on arriving at the river, pouring rain, blazing sun).
- Everyone to go over roles and responsibilities.
- Carry out Didymo treatment - running shoes, kayak and kayaking equipment.
- Write race number on competitor's shoes, bags, warm-up gear.
- Check emails, App and website for any last minute updates.
- Don't bring any dogs – they are not allowed in the National Park!

Wednesday

- Pack all your gear.
- Fill up cars with fuel.
- Fill up water containers.

Thursday

- 10am** Register at Westland Recreation Centre, Greymouth. Collect race pack. Get competitor's ankles strapped if needed. If you want to buy merchandise it's a good idea to get it here as some may sell out.
- Complete gear checks of the mountain running and cycling stage if not done prior.
- Catch up with your mates and tell them how good you/your competitors are going to be.
- Pack compulsory run gear so it is easy to access - multiple zip-lock bags are good for this.

4:30pm Athlete Panel at Westurf Hockey Ground.

5pm Race Briefing at Westurf Hockey Ground (next to Westland Recreation Centre).

6:30pm Return to accommodation or have dinner at Kumara Racecourse. Set up gear for morning including compulsory gear, drink bladders, gels etc. Agree morning shower routine, etc. Check bike tyre pressures. Organise cycle to run transition gear and set alarm.

Friday

4:45am Alarm! Everyone to organise their own breakfast food and drink. Showers. Final gear check. Remember – bib, transponder, reflective ankle bands, cycle lights, helmet, etc.

5:35am Deliver competitors to Kumara Transition.

5:45am Support crew drive to end of cycle stage (start of run) at Aickens Corner and park. Get breakfast from food vendor at Aickens Corner (cash).

6:30am Kumara Transition closes for bike racking

7am Race start - Individuals

7:20am Race start - Teams

8:45am Support crew in bright coloured jackets or clothing at Aickens Corner. Competitors will arrive shortly and will meet support crew in the transition area. Support crew take cycles to car in car park and secure cycle to car. Support crew travel to Klondyke Corner.

11am Set up camp at Klondyke Corner. Buy lunch from Sheffield School catering marquee (cash). Locate running shoes from first run (organisers will bring shoes to Klondyke Corner for collection).



12pm Runners start to arrive. Recovery formula ready. Massages operating. Ensure someone has responsibility for bib and transponder! Physio and medical services available.

1-6pm Support crew can get selected compulsory kayak gear checked. Refer to Kayak Gear list (p 9&10) for further details.

7pm Support crew to provide and cook meal. Support crew also to go over setup for kayaks – fluid system, etc., and practice transitions. Confirm arrangements for the morning within the team, Check compulsory gear. Check bikes.

7pm Highlights video of Day 1 on the big screen.

Saturday

5am Check that cycles, bibs and transponders stay with the competitor at Klondyke Corner! Support crew drive to Mt White Bridge for kayak setup. Breakfast from Springfield School at Mt White Bridge (cash).

6am Competitor stays at Klondyke Corner for cycle stage start. Expect it to be cold. Have warm gear and gear bag to leave warm gear at the start.

6:45am Early start Day 2

6:50am Support Crew briefing at Mt White (Kayak start)

7am Main start Day 2, competitors (except for early start group) will start in order from Day 1, with the fastest competitors off first in groups of 15, at intervals of 2 minutes. Tandems will be in groups of 20 at intervals of 2 minutes. It is roughly a 35-45 minute cycle plus a 5 minute run for the majority of competitors from Klondyke Corner to Mt White.

8am Competitors run with their cycles downhill and over Mt White Bridge, and rack their cycles just over the bridge on the left. Support crew guide their competitors to their kayak. Competitors change into kayak gear and support crew takes kayak to river. After competitor has departed, support crew collect cycle and gear and carry them back to the vehicle. Drive to the Gorge Bridge transition. On route to Gorge Bridge buy lunch in Springfield or Sheffield. At Gorge Bridge, set up cycles on the cycle stands at the top of the hill. Place towels or some sort of cover over the tyres to keep them cool if it's a hot day.

12pm Kayakers should arrive at Gorge Bridge over the next few hours. Competitors run/walk up the track, and get cycling! Don't assist them up the track – you don't want the competitor to get disqualified. (You can lead them to their bikes and help them change gear at the cycle racks).

Empty the kayak out and take it your vehicle. Collect paddles, drink systems, safety gear and any other competitor gear from the kayak.

Collect towels, shoes and kayaking gear from cycle stands.

Head to the finish line at New Brighton with recovery formula and fluids.

2pm Cyclists should arrive over the next few hours depending on their condition, the time leaving Gorge Bridge, the wind, and if there was anyone to cycle with. Finish line – cheer your competitor in and give them recovery drinks, etc.

Sunday

10am Prizegiving at Addington Racecourse

12pm Monteith's post event yarn – time for competitors to buy support crew a well-deserved drink!

Support crew feedback

Your views are very important to us. Support crews see the event from a unique perspective and your comments can guide us for future events.

Have your say by emailing us at info@coasttocoast.co.nz and help ensure we exceed your expectations the next time you assist or enter the Coast to Coast.

- We'd appreciate hearing your comments and feedback on anything you feel is worthwhile bringing to our attention:
- Any comments about the event, especially things that could help us improve the event from either the support crew or competitor perspective.
- Any practical ideas around how to achieve these things
- Any other matters that come to light – especially around safety or amazing stories & people from the event that we may have missed.



7 LEAVE NO TRACE PRINCIPLES

Leave No Trace is a global movement whose mission is to protect the outdoors by teaching people how to enjoy the outdoors responsibly. Follow these principles to minimise your effect on the environment.

1 PLAN AHEAD AND PREPARE

- Know the route well or have appropriate maps, compass or GPS.
- Plan for worst-case scenarios.
- Check the weather forecast and ensure it's suitable for your trip.

2 TRAVEL AND CAMP ON DURABLE GROUND

- Camp on durable ground or stay in huts.
- Reduce your impact on soil and vegetation.
- Stick to the marked track through Goat Pass (where it exists).

3 DISPOSE OF WASTE PROPERLY

- Carry all rubbish out and bury toilet waste.
- Try to minimise packaging.
- Separate recycling and waste with bins provided.

4 LEAVE WHAT YOU FIND

- Familiarise yourself with the course route.
- Don't mark the course with cairns or by marking vegetation.
- Leave didymo behind! Clean all kayak equipment and shoes.

5 MINIMISE THE EFFECTS OF FIRE

- No open fires or solid fuel barbeques.
- Do not park in long grass - hot exhausts can start fires.
- Never leave your stove unattended.

6 RESPECT WILDLIFE AND FARM ANIMALS

- Never feed the kea.
- Never leave your stove unattended.
- No dogs in Arthur's Pass National Park or on private land.

7 BE CONSIDERATE TO OTHERS

- Respect other trampers on the Mingha Deception route.
- Try to keep noise to a minimum.
- Respect private property.