

Kathmandu  
**COAST TO COAST**  
WORLD MULTI-SPORT CHAMPIONSHIPS



# Longest Day Handbook 2024

Version 12 – November 2023

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It is highly recommended you have completed the Two Day Individual event in less than 15½ hours before entering the Longest Day. There are tight cut-off times in the Longest Day. If you have any doubts about making the cut-off times, then seriously consider entering the Two Day event instead. Each year people go away disappointed because they missed a cut-off.

This Handbook is subject to change. Any changes will be communicated via the [event newsletter](#), [website](#), [Face-book](#) 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

### Saturday

4:00am	Bike transition open Kumara transition, 32 Otira Highway, Kumara
5:30am	Bike transition closes Kumara transition
5:45am	Pre-start race briefing Kumara Beach, Serpentine Road, Kumara
6am	<b>Race Start Individuals</b> Kumara Beach

### Saturday cont...

6:30am	Race Start Teams
9:00am	Aickens Transition cut-off Athlete departing transition area
10:45am	Mountain Run cut-off at Doreen Creek
12:15pm	Mountain Run cut-off at Goat Pass
2:15pm	Mountain Run cut-off at Klondyke Corner Mountain Run stage closed
3pm	Kayak cut-off at Mt White Competitors must be in their kayak and underway
4:30pm	Kayak cut-off at Gooseberry Checkpoint
7pm	Kayak cut-off at Woodstock Checkpoint
8:15pm	Kayak cut-off at Gorge Bridge
8:30pm	Athlete must be on final cycle stage
Midnight	Course closes

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

### 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

NOTE: FOR THE LONGEST DAY EVENT YOU WILL NEED SEPERATE RUN AND KAYAK COMPULSORY GEAR AS THE KAYAK GEAR WILL BE SCRUTINEERED WHILE COMPETITOR IS ON THE MOUNTAIN RUN STAGE.

**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 section 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](mailto:info@coasttocoast.co.nz)

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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.

**Note: Stage 1b is draft legal - all other cycling stages are NON-DRAFTING. You must remain 10m behind another competitor or pass within 30 seconds. Once passed, the overtaken cyclist must drop back 10m.**

### ☐ Bicycle<sup>1</sup>

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

**Aero-bars and time trial bikes are allowed in the Longest Day.**

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.

<sup>1</sup>The 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





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# 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 PANTS<sup>1</sup>  
 KATHMANDU TRAILHEAD STRETCH  
 2.5-LAYER RAIN PANTS

<sup>1</sup>Earlier 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

# 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 pack 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

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# 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 Registration on Thursday between 10am-4pm. Items that can be checked at Registration are identified with an asterisk(\*).

Note, while some gear is the same as the mountain run, you will need to have separate items as the kayak gear is scrutineered while competitor are on the mountain run. All gear must be dry at scrutineering. A compression garment is not a thermal garment. All gear must be correctly sized for competitor - the compulsory gear must be in addition to what the competitor is wearing when they set off from the start at 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 PANTS<sup>1</sup>  
 KATHMANDU TRAILHEAD STRETCH 2.5-LAYER RAIN PANTS

<sup>1</sup>Earlier 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



# 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.**

### ☐ Kayak<sup>1</sup>

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*

<sup>1</sup>River 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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# 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.

**Given the monetary prize on offer in the Longest Day event, rules will be strictly applied. Please do not put us in a situation where we must penalise you for something you OR YOUR CREW do. This applies to support crew numbers, following correct routes and locations for providing support, and includes pushing competitors through transitions. If you see something you don't think is right, inform the Race Director immediately – there is nothing we can do two weeks after the race. If in doubt, ask.**

### 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.

## Photos

The crew from [Marathon-Photos.com](http://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.

## Weather & river forecasts

Check the following websites for weather or river flow information.

[www.arthurspass.com](http://www.arthurspass.com)

[www.metservice.com](http://www.metservice.com)

[www.metvuw.com](http://www.metvuw.com)

[www.ecan.govt.nz](http://www.ecan.govt.nz)

[www.wcrc.govt.nz](http://www.wcrc.govt.nz)

[www.cwu.co.nz](http://www.cwu.co.nz)

[www.outdooraccess.co.nz](http://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 wristbands. These 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.

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.

### Kayak Gear check

Selected compulsory kayak gear can be checked at Registration. The items that can be checked are marked with an asterisk on the Kayak Gear list (p 9&10).

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 scrutineered on Saturday morning.

## 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. The race briefing will be held at the Westurf Hockey Ground (next to Westland Recreation Centre).

## 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 registration

- Download the event App (search for 'Coast to Coast')
- Mountain Run gear check (at selected Kathmandu stores)
- Bike check (at selected bike stores)





## Camping at Kumara Racecourse

Competitors and support crew can camp at Kumara Racecourse on Thursday & Friday 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 camping 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. out. No pre-purchase options. 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

## Kumara Transition - Competitors

4:00am Transition open for bike racking

5:30am Transition closes for bike racking

5:45am Pre-start race briefing at Kumara Beach

**6:00am Race Start Individuals**

**6:30am Race Start Teams**

- Flagpoles, flags or balloons are NOT allowed on the cycle stands.
- NO PARKING on the transition side of the road – it will be very busy there.
- 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.

If arriving from the East (Kumara) you must continue passed the transition and turn at the roundabout and unload along the north side of the road, opposite the transition.

If arriving from the West (Greymouth or Hokitika), unload along the north side of the road, opposite the transition.

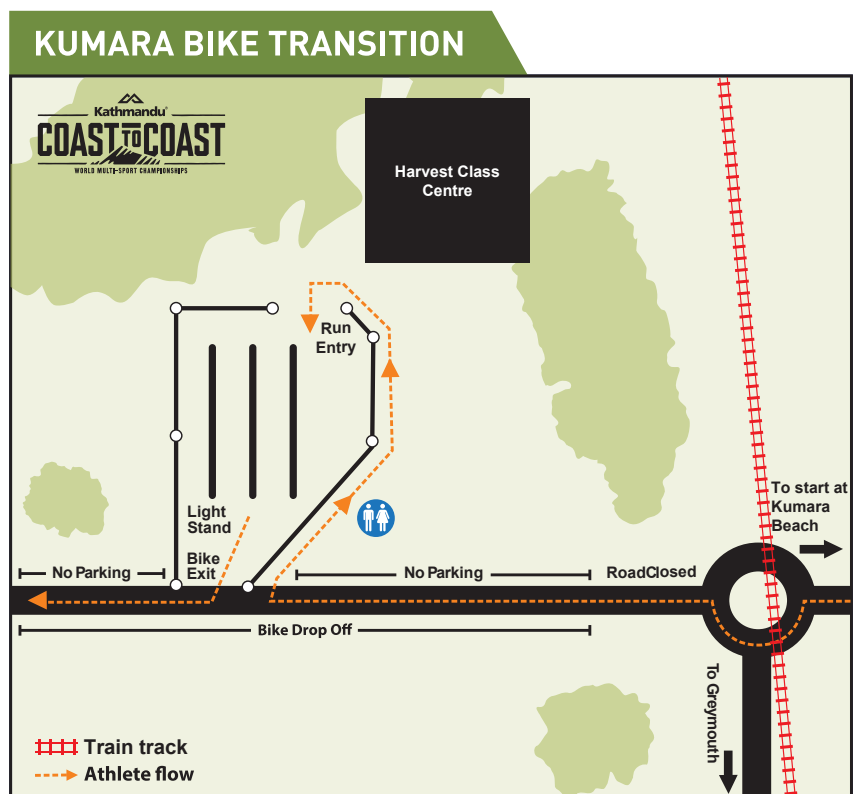
Rack your bike according to your race number in transition. Make sure you remember which row you need to run down to get to your bike.

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 New Brighton, and will be available for you (or support crew) to collect at the finish line.

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 New Brighton 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 Kumara drop-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, not on the roadside. Please do not park in the Taramakau Valley Department of Conservation (DoC) 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 Saturday from the Kumara roundabout through to Jacksons. Officially this starts at 5am but you will be able to drop your competitors off and continue through this route as long as you leave the Kumara Transition area by 5:30am. The transition closes for bike racking at 5:30am.**

## STAGE 1a - Run 2.2km

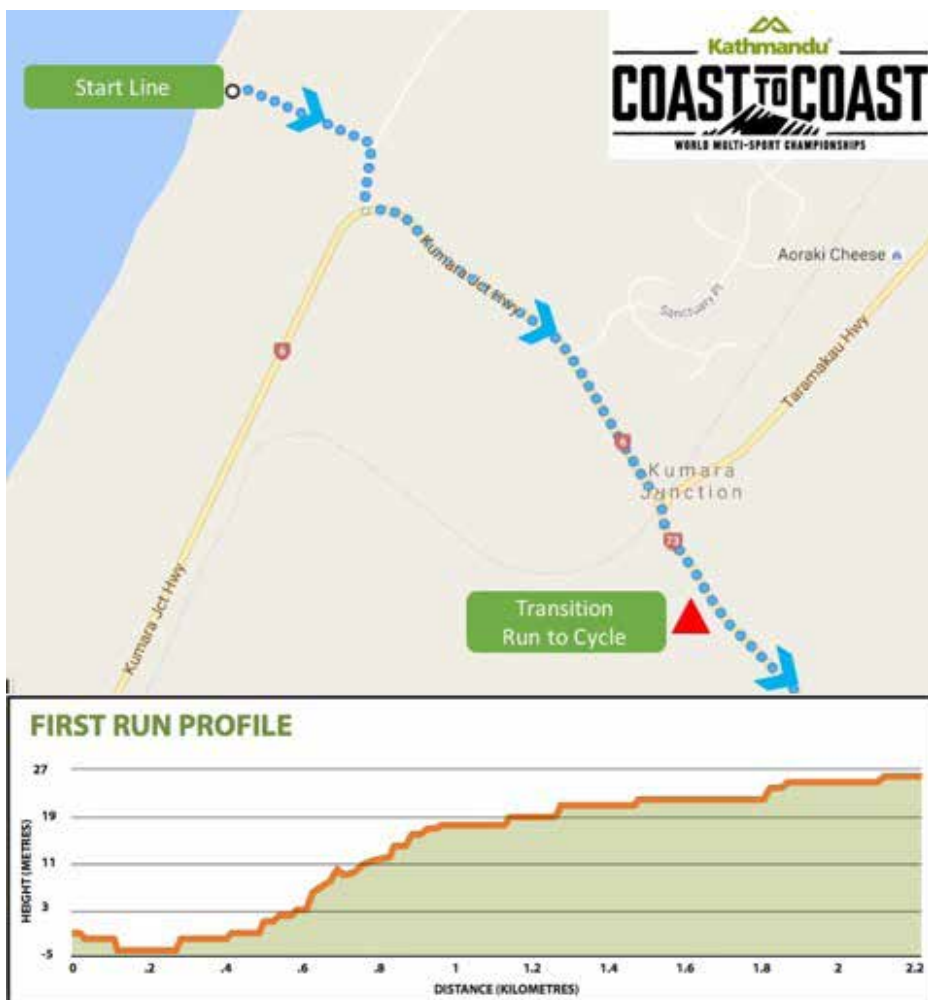
### Kumara Beach

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 2 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 (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 until 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 – if we see you do this we will disqualify you.

There will also be media and race 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 bike transition. You must follow the signage and instructions from officials.

Dismount where indicated, then run with your bike through as far as possible and rack your bike. Exit the racking area to the far left of the transition and run down the chute to your crew. Elite and Team crews are set up on the right-hand side (as competitors see it) and Age Groupers on the left-hand side. Be aware of other competitors running through. Make sure you collect your running gear and you are wearing your bib before departing onto the Mountain Run stage (and leave your cycle helmet behind). 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

On arrival at Aickens Corner, turn left and take the vehicle track to the riverbed car park. Park in the car park, not on the roadside. **No stopping** on the side of the track to the car park. Prepare your competitor's Mountain Run equipment well before the event. Please do not bring any flags on sticks or sharp objects to the transition area to attract your competitor's attention.

Support Crew are not allowed to offer assistance or enter any part of the Run stage except at transitions. Competitors will finish cycling, (the last 100m is 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 main change-over area. Support crew cannot enter the running chute – competitors must go to their crew. Elite & Team support crew are to set up on the right-hand side (as competitors see it) of the transition chute and age groupers on left-hand side. There will be bib number ranges signposted along the chute indicating where to stand and wait for your competitor. Make sure they have their backpack with safety gear, bib and timing transponder before they go.

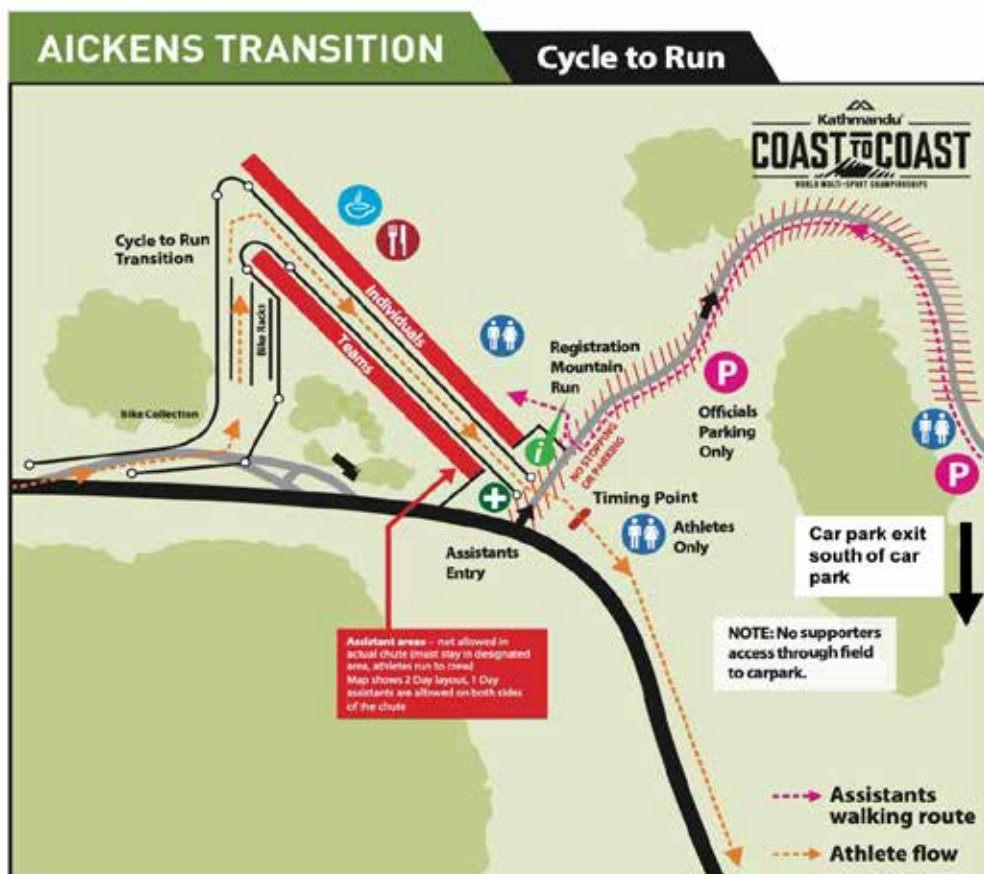
Once your athlete has left on the run, gather up all cycling and transition gear, and don't forget to collect the bike. Collect the bike from the transition entry point once officials advise the transition is open to do so – it will be possible to collect bikes in between waves of competitors coming 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.

Support crew cannot leave the Aickens car park until after 8am. Don't panic, there is plenty of time! Support crew must not stop at the Deception Footbridge and must not use the Deception Footbridge (by DoC request).

### 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. These meals are not included in the entry fee, bring cash.



## STAGE 2 – Mountain Run 30.5km

### Stage cut-offs:

<b>9:00am</b>	Aickens Transition
<b>10:45am</b>	Doreen Creek
<b>12:15pm</b>	Goat Pass
<b>2:15pm</b>	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.

**NOTE: There is no access to the run course for any supporters or crew on the Friday while the Two Day event is taking place. If support crew are caught on the run course their competitor will be disqualified.**

### 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](mailto: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.

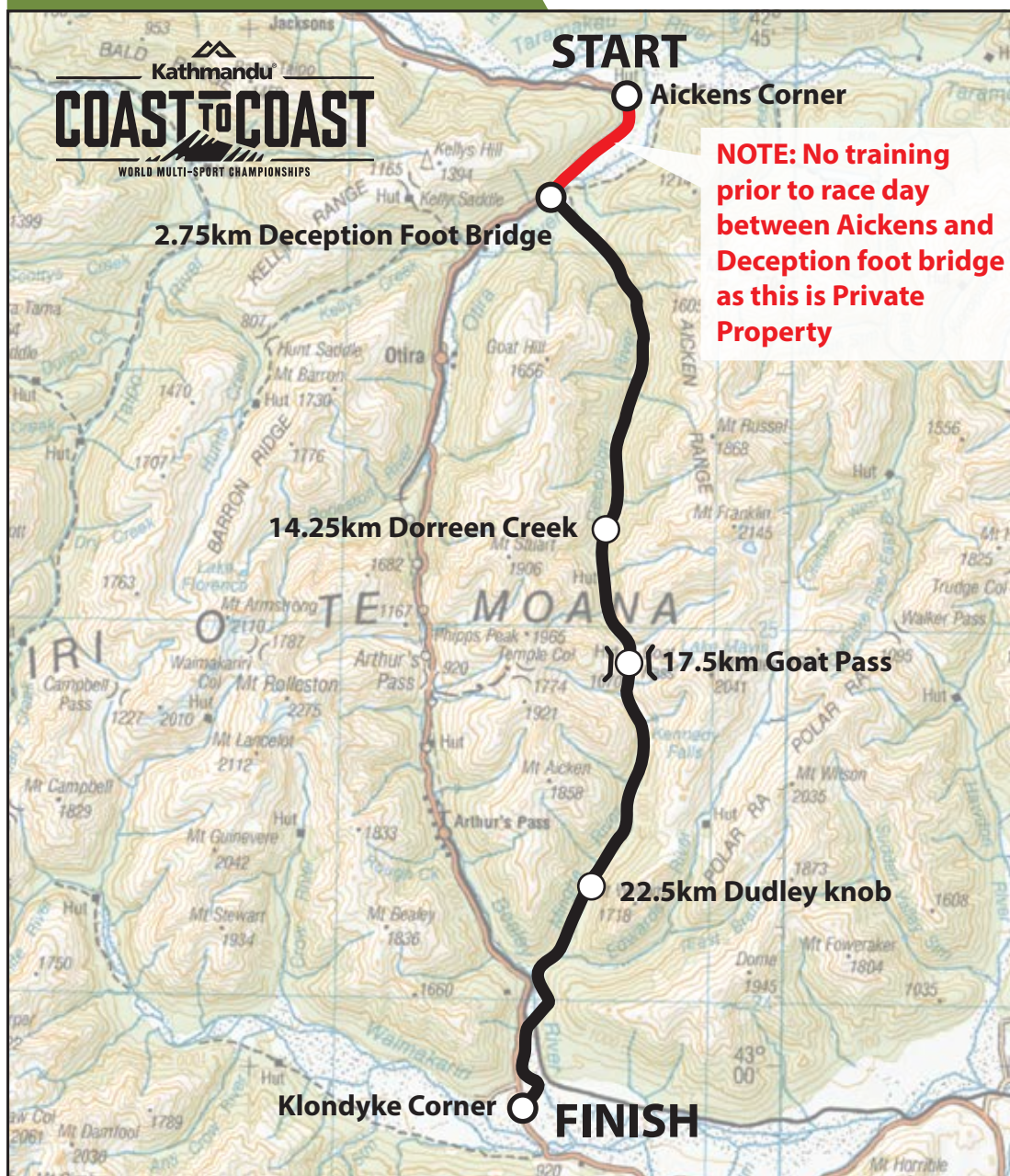
The final 5-6km is flat but is some of the roughest riverbed to run over. When you reach the stopbank you get some respite for about a kilometre, then the final 1.5km is real ankle-rolling stuff, especially if you are tired. Concentrate and focus on getting safely to the cheering crowds waiting at the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

Remember: Take sufficient food and wear sun protection.

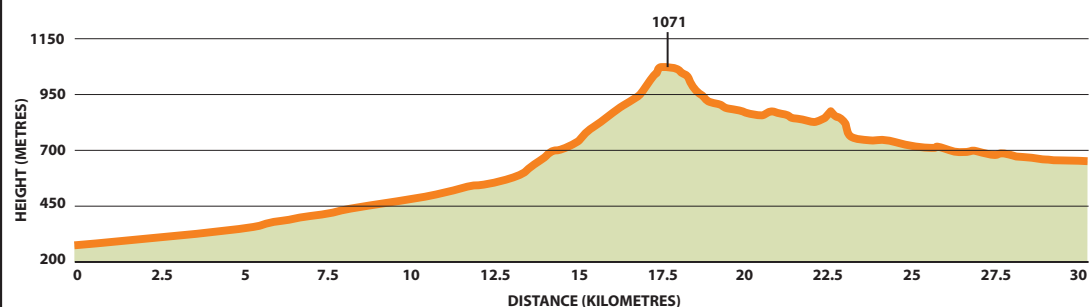




## MOUNTAIN RUN 30.5KM



### PROFILE





## Klondyke Corner - Support crew

### Rules

- Take all rubbish away with you
- No open fires or solid fuel barbeques
- 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 crossing 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 within the parking area or on gravel roads. Campervans are allowed at Klondyke Corner, please note the parking area is in a paddock. Caravans are not permitted.

There will be live-feed cameras and timing points on the Mountain Run stage. Limited cellphone coverage. You should be able to see the live coverage via the website but there will be no big screen on the Saturday at Klondyke Corner.

There are limited services at Klondyke Corner for the Longest Day event, but the Event HQ will be set up there for any medical requirements.

### Transition

There will be a clearly marked point (close to the rotunda – about 50m from bike racks) indicating where you may enter the transition chute and begin helping your competitor, penalties apply for anyone providing assistance before this.

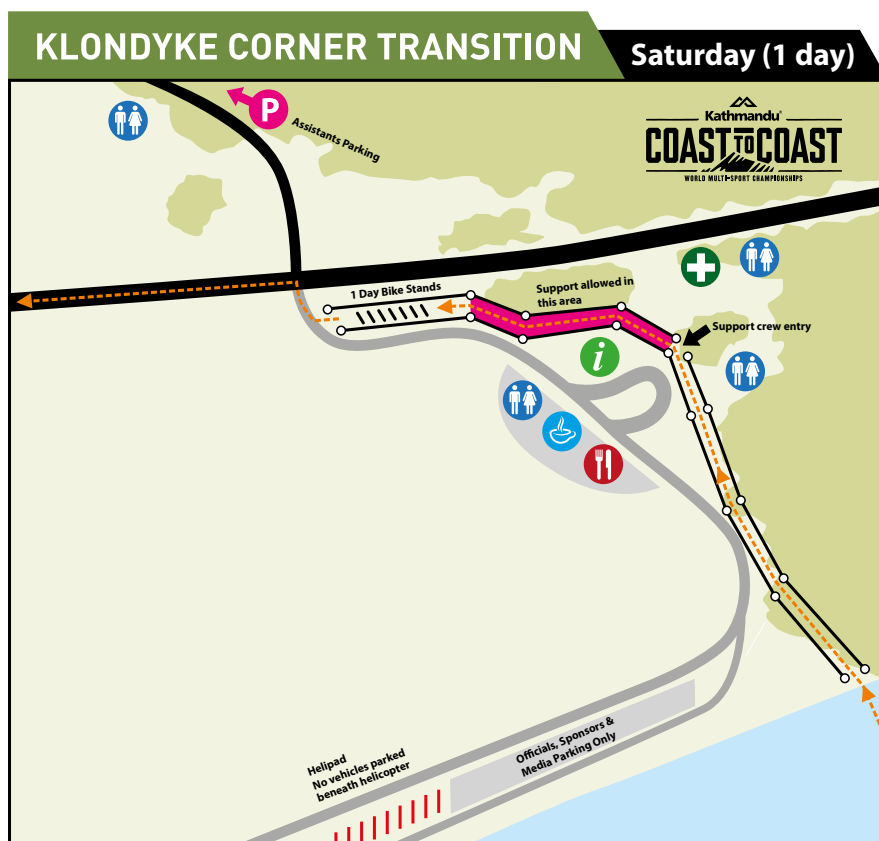
Make sure you have all your competitors gear and rack their bike in the racks beside the road – please don't interfere with other competitors gear.

Competitors must unrack their own bike – assistance can be given from the assigned point up until the competitor exits the transition.

Spot checks of competitor's compulsory equipment will be made after they finish the Run stage at Klondyke Corner. Gear can be left with organisers and will be transported to New Brighton finish line for collection.

### Notes:

- Bring insect repellent – the sandflies are ferocious, and relentless
- Portable toilets available
- Information point



## STAGE 3 - Cycle 15.5km & Run 1.3km

Klondyke Corner to Mt White

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

- **This ride is NON-DRAFTING**, you must keep at least 10m between cyclists or you have 30 seconds to pass by a competitor. Once you pass someone it is their responsibility to drop back the required 10m.
- 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

### The course

Once you have transitioned at Klondyke Corner, turn left and cycle along the main road for 15km to the Mt White turn-off. The one-lane bridge near the start of the ride is marshaled, follow their instructions.

The ride is undulating with several very fast down hills – please take extra care if it is wet or windy. Also be aware the steep downhill, once you have climbed past the bluffs, is often in poor condition and should be treated with extra caution.

Once you reach the Mt White turn-off, turn left onto the gravel road, rack your bike at the top of the road and run for about 1km. You may also leave your helmet at the bike racks.

It is highly recommended that you use running shoes or sturdy river booties, or use mountain bike shoes for this section – it is not a pleasant run in socks, bare feet or road cycle cleats!

Your support crew may give you food and drink on the run down to the river as long as they are one of your dedicated crew, with a wristband.

At the bottom of the road is a railway crossing – you must obey the officials here, if a train is coming, STOP. Failure to obey officials will result in disqualification. Once it is clear, you can cross the bridge.

The Longest Day transition is generally immediately after the bridge, turn right and follow your crew to the transition point. You cannot remove your bib or transition any gear until after the bridge, this must be done on the riverbank near your kayak. Make sure the bib goes over top of the PFD and remember you can only have two support crew to help you get into your kayak.



## Mount White - Support crew

You must drop off your competitor's kayak down to Mt White Bridge prior to them transitioning at Klondyke Corner – **you will not have time to help your competitor at Klondyke, then transport their kayak and have gear scrutineered in time for them to have a seamless transition. Only ONE support crew vehicle is permitted at Mount White. No campervan access at Mt White transition.**

If your competitor expects to be one of the front-runners it may be best to leave one of your support crew at Mt White with the kayak and kayaking gear for scrutineering, while you return to Klondyke Corner for the Run to Bike transition.

**NOTE: Non-wristbanded support crew can take the kayak down to be scrutineered as long as they don't participate in the transition once the competitor arrives.**

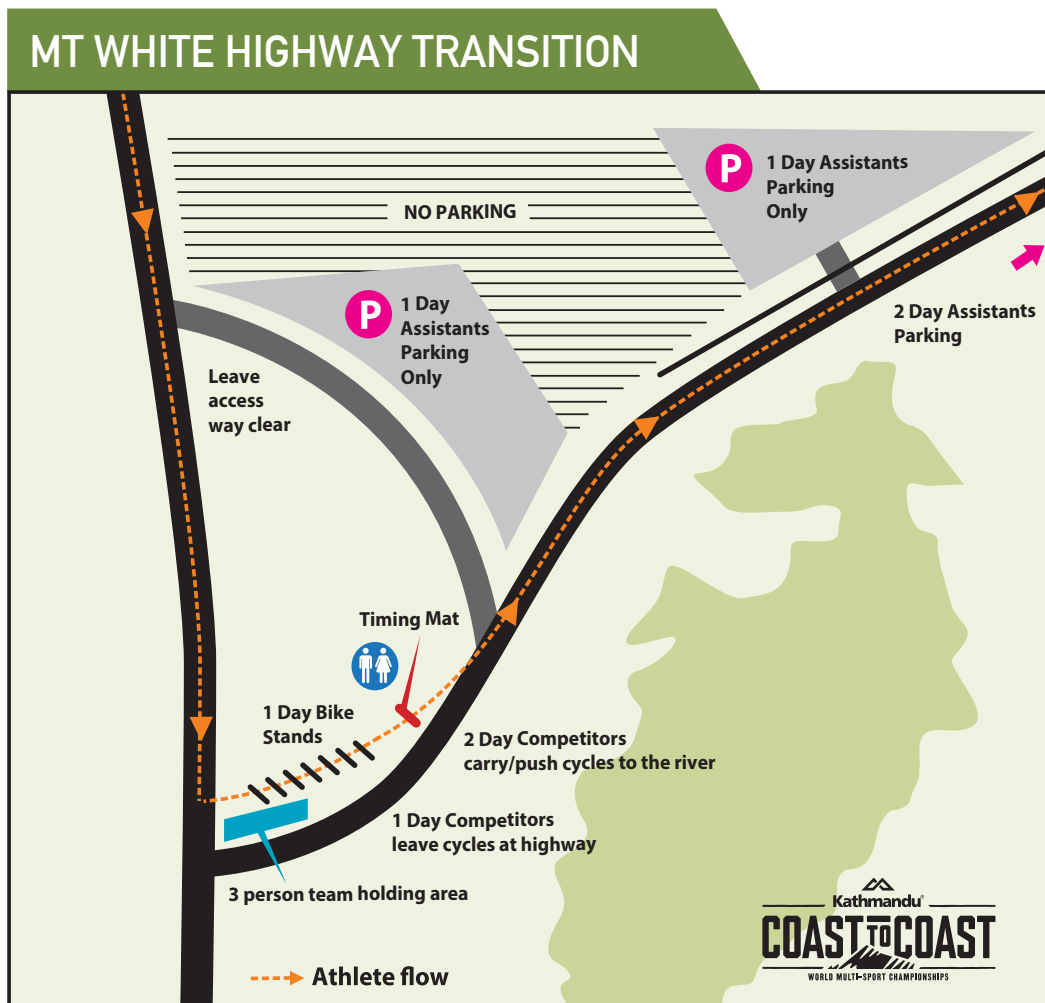
You must park at the top of the Mt White Bridge road and walk with your competitor's kayak down to the kayak transition. **Only one vehicle per athlete is permitted.**

The Two Day support crew will be leaving Mt White from about 9am onwards. There will be a lane set up for pedestrians to walk down but it is likely there will be a delay at the one lane bridge as there is not enough space for cars and pedestrians. **If your competitor will be slower than 4 hours on the Mountain Run please don't arrive at Mt White until after 10am, when all the Two Day support crew should have left.**

Do not pack equipment into the kayak before scrutineering. Officials need to check it is all there. Have it on display, and then pack it in dry bags once scrutineering is complete. All compulsory equipment must remain in the kayak once checked. **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.**

\*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!





Competitors will rack their bike at the top of Mt White road, and they can leave helmets there. You may meet your competitor there and a non-wrist banded support crew can remove the bike from the racks ASAP, as long as you have clearly communicated this to the marshals at the cycle rack. Please help other support crew out if you have capacity and they are flying solo!

You may run down with your competitor and give them food and drink as long as you are one of the support crew who is involved in the whole transition (i.e. you have a wristband). To avoid confusion please don't have supporters run down with you. It is 1km from the top of the road to the bridge.

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

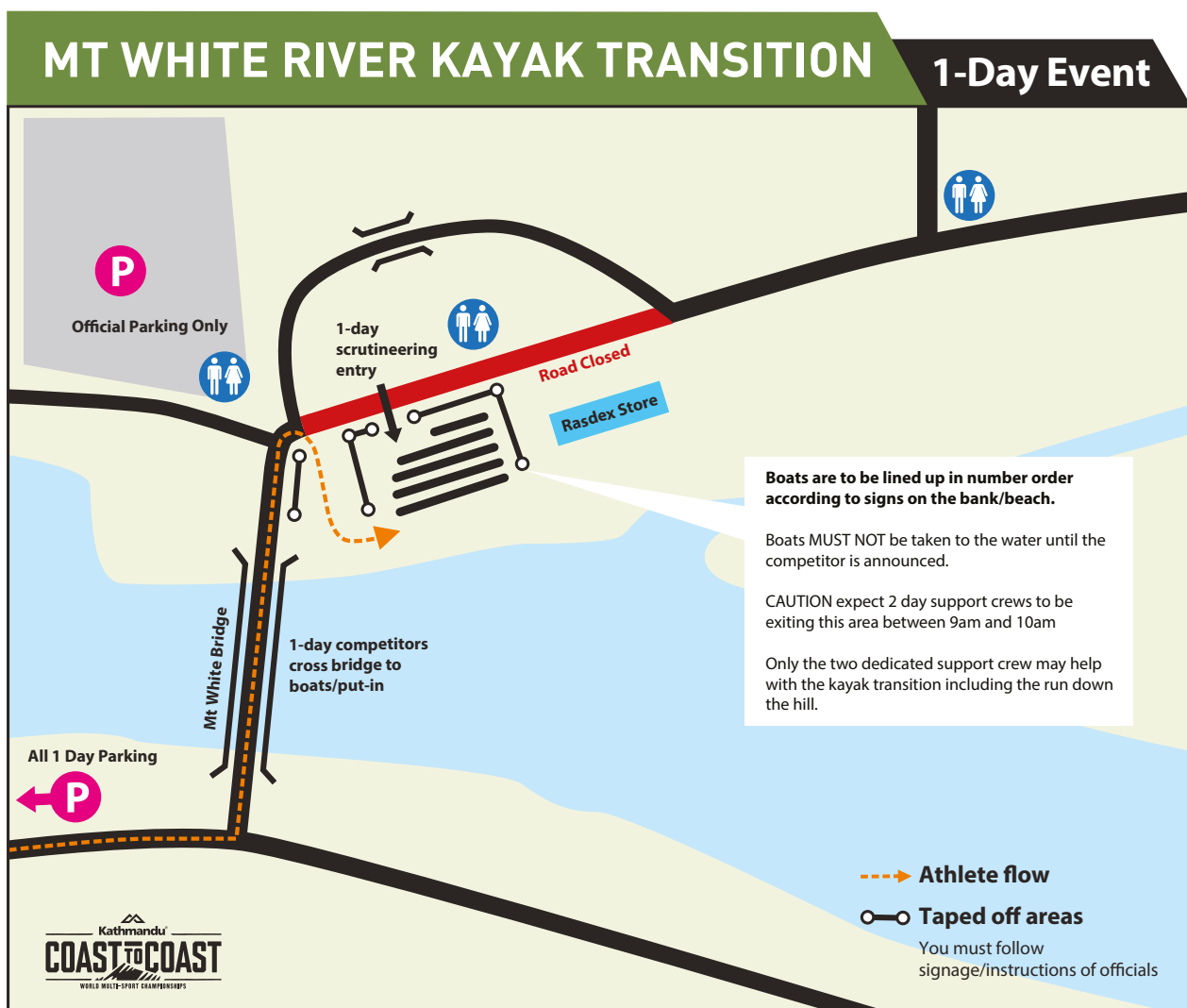
After your competitor has left make sure you collect all their gear including bike, shoes and helmet before proceeding to the Gorge Bridge transition.

#### 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 have breakfast and lunch for sale at Mt White Bridge from 5-10am on Saturday. Have cash available.



## STAGE 4 – Kayak 70km

Mt White Bridge to Waimakariri River Gorge Bridge

Cut-off times (signalled by air horn):

**3pm You must be on the river at Mt White**

4:30pm Cut-off at Gooseberry Checkpoint

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

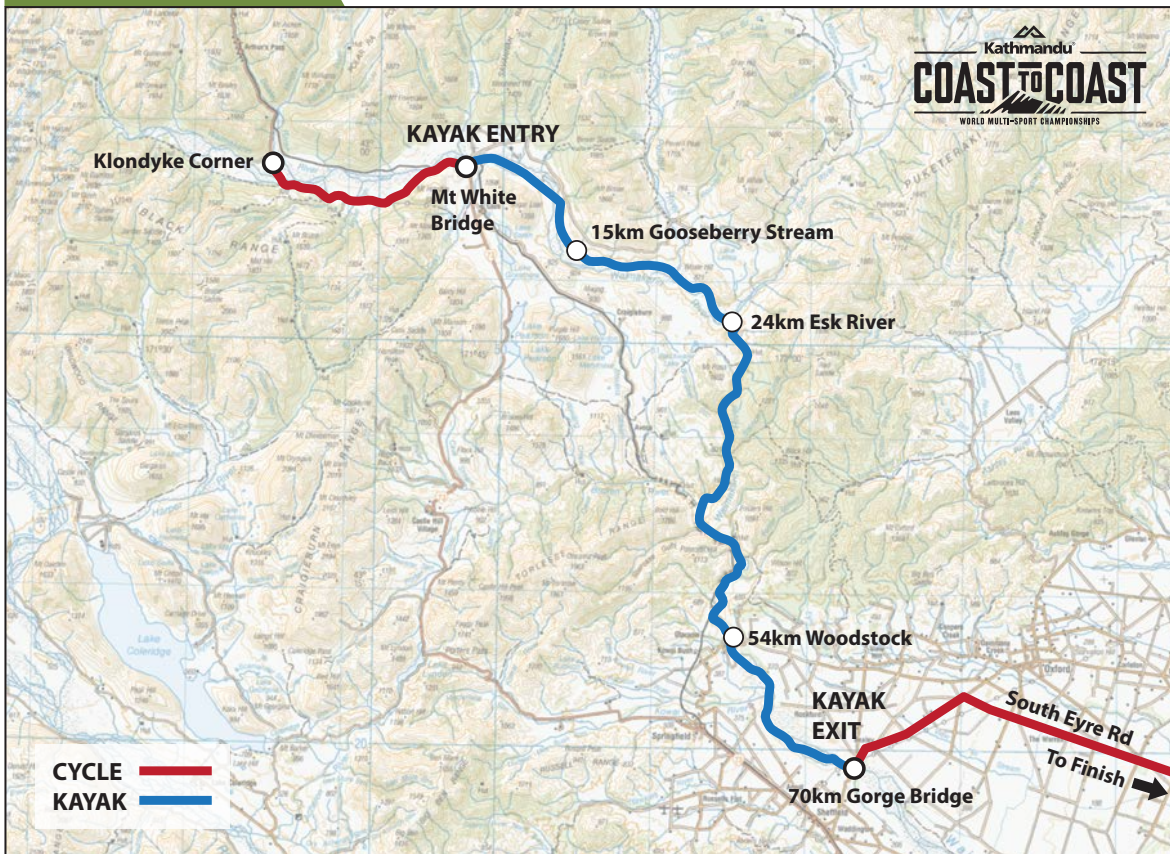
8:15pm Competitors must have reached the Waimakariri  
River Gorge Bridge.

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

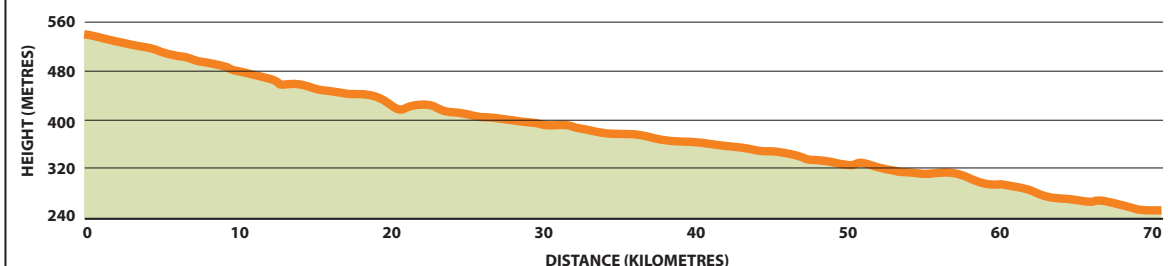
**Key stage rules (full rules located on the [website](#))**

- Compulsory kayak equipment must be carried, see p 9&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.

### KAYAK STAGE 70KM



### PROFILE



## 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 checkpoint 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 kayakers only.

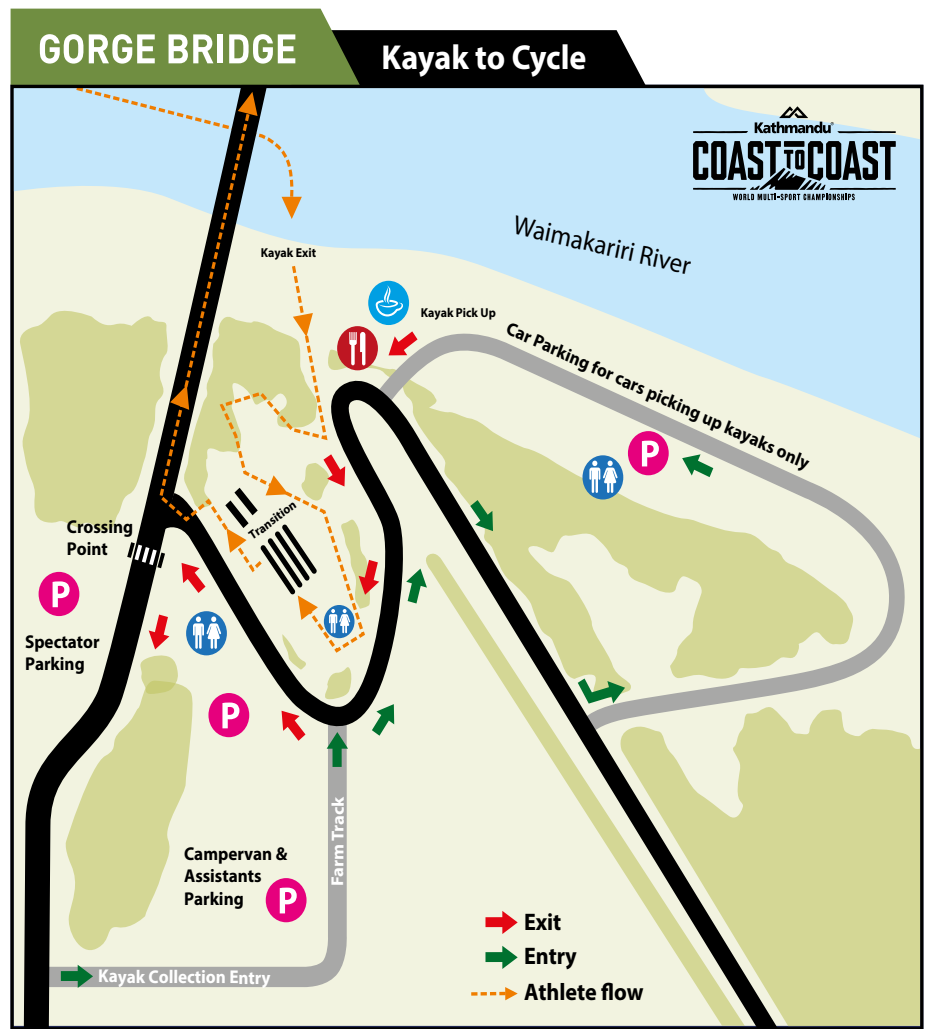
Spectator and other support vehicles will continue towards the bridge and be directed to park in a paddock on the left-hand side.

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 one day kayaker will not appear until around 3pm.

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](#))

- The ride is **NON-DRAFTING**, you must keep at least 10m between cyclists or you have 30 seconds to pass by a competitor. Once you pass someone it is their responsibility to drop back the required 10m.
- 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.

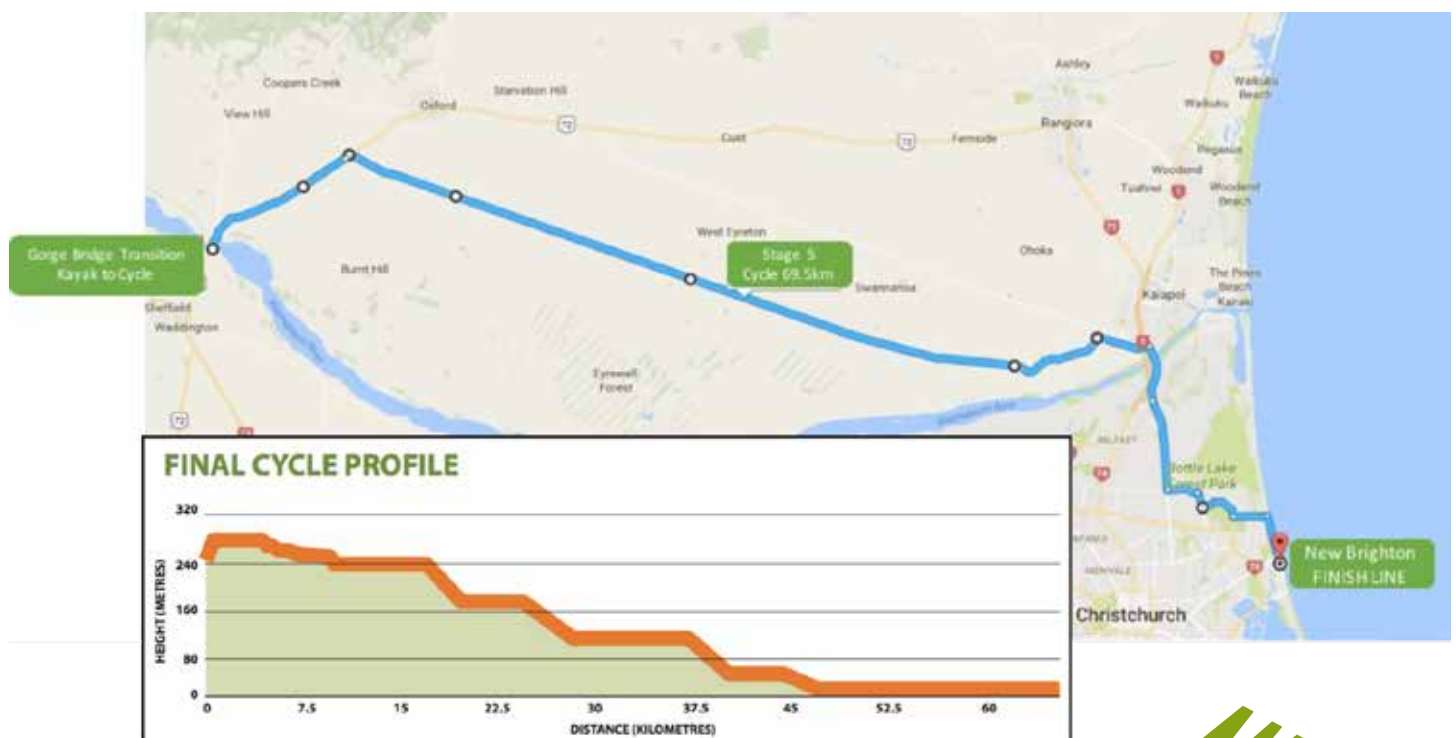
Turn right and cross the one-lane Gorge Bridge and head up the small incline, which is the only climb on the final cycle. After 8.8km on the main road, turn right onto South Eyre Road. Continue down here for 41.2km (including 26km without a turn).

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)

### Prize Money

The top three positions overall in the **Elite Male** and **Elite Female** races, irrespective of their age, will win cash prizes subject to the following;

- Cash prizes are taxed in accordance with New Zealand law.
- To be eligible for the full prize money competitors in positions two and three in the Elite category must finish within 3% of the time of the winner and second place respectively, or these amounts will reduce by 50%.
- No prize money will be paid to podium positions if they are more than an hour slower than the winner.

**1st Place NZD \$10,000**

**2nd Place NZD \$4,500**

**3rd Place NZD \$2,500**

### 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!

### 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](mailto: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

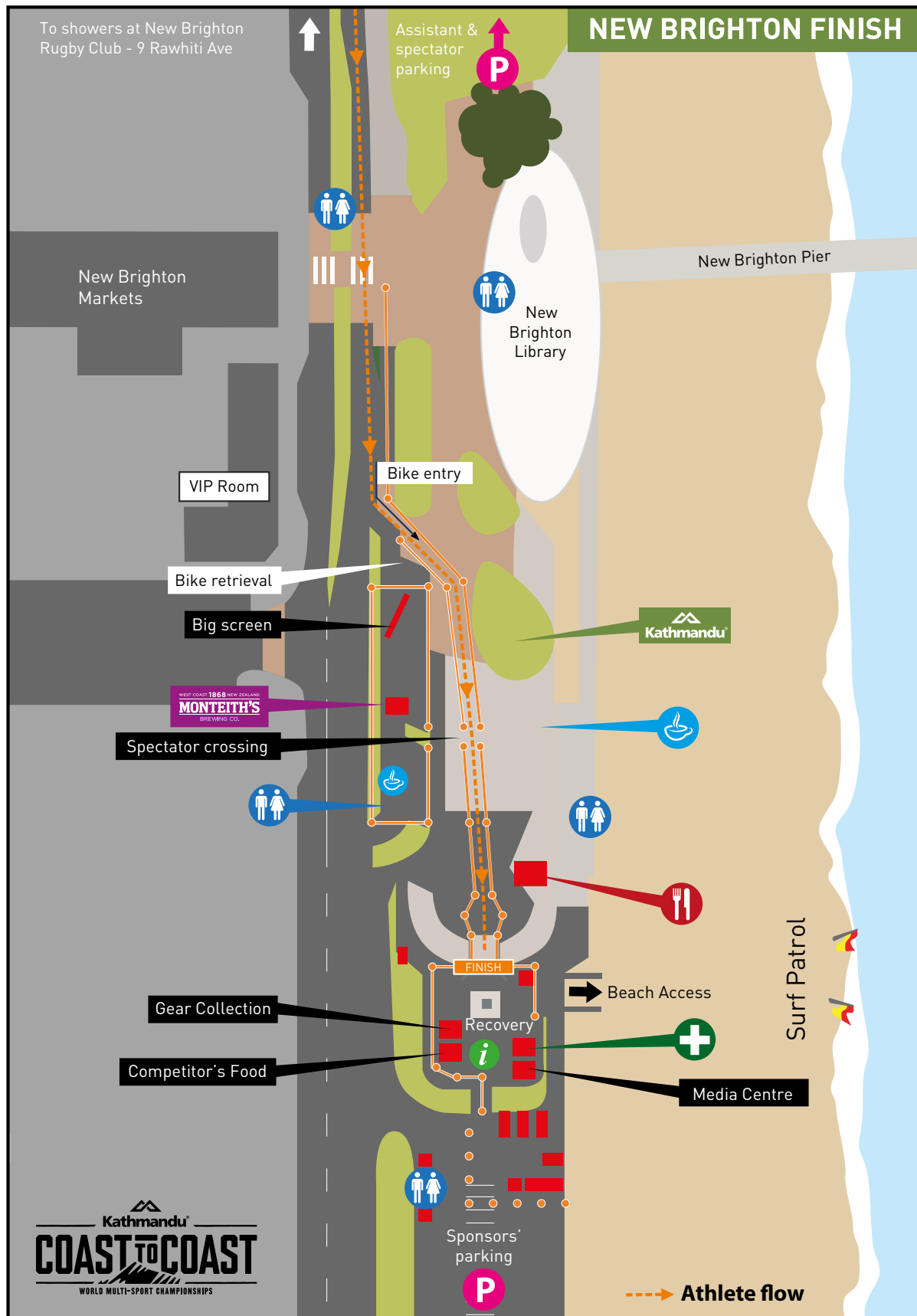
Any lost property gathered up or handed in will be located:

- Saturday – Info 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](mailto: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.

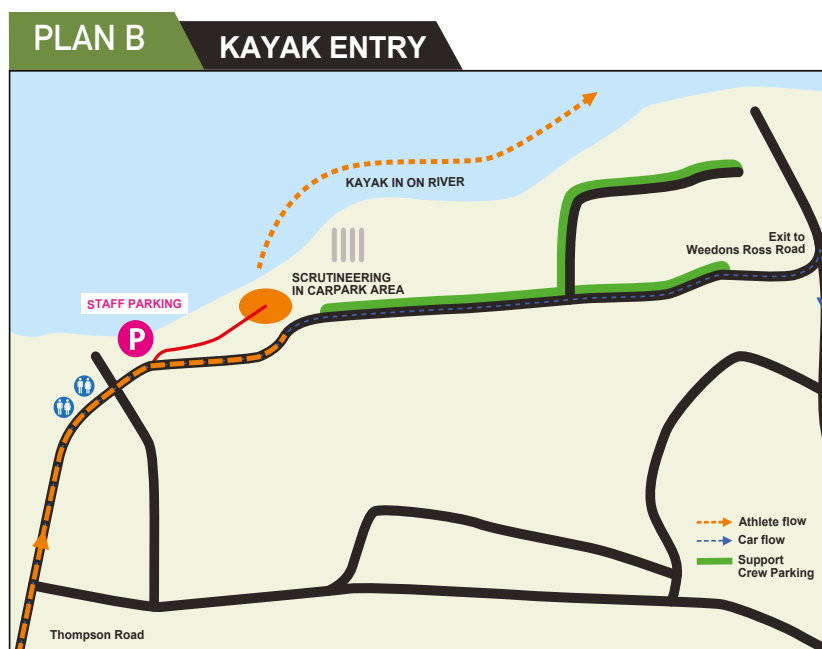
### Kayak Plan B

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.

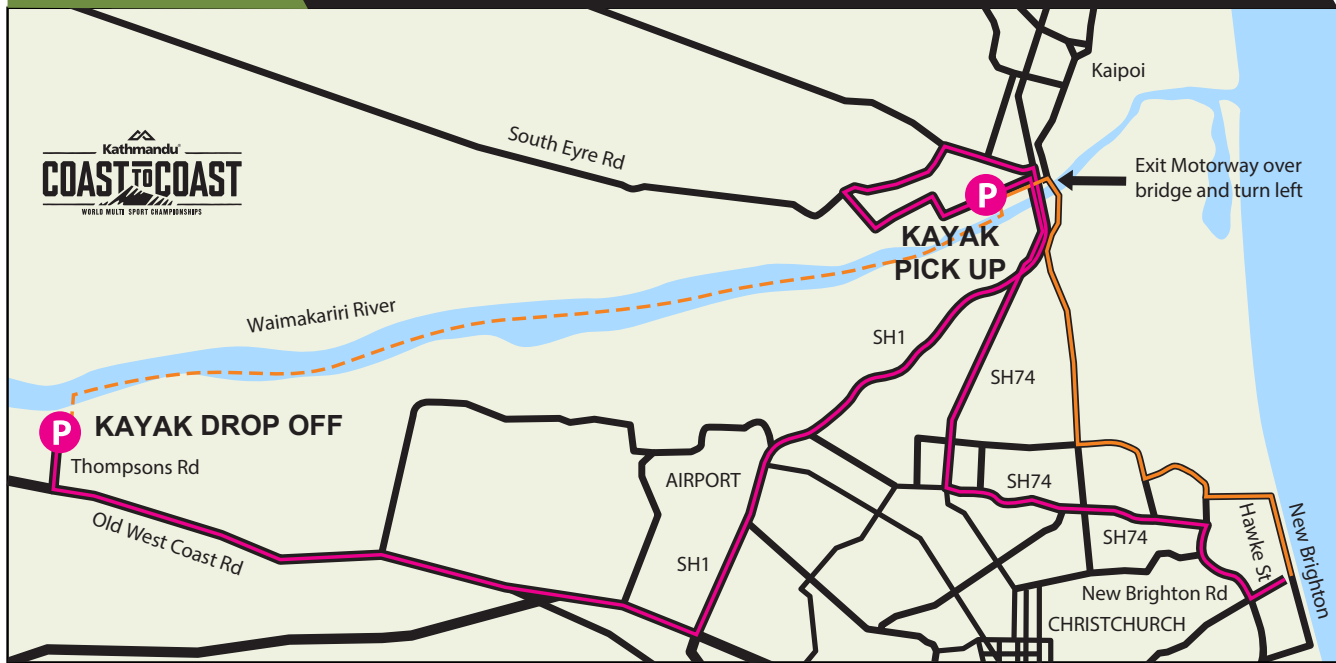
**The Race Director reserves the right to close stages and alter official cut-off times for safety or other reasons.**





## 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



## Longest Day Support crew timetable

This is an example of the logistics for Longest 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.

- 4:30pm** Athlete Panel at Westurf Hockey Ground (next to Westland Recreation Centre).

- 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

- Rest day
- Organise all gear into transition bins
- Check bike tyre pressure
- Practice transitions
- Don't forget to set the alarm





## Saturday

- 4am** Alarm! Everyone to organise their own breakfast food and drink. Showers. Final gear check. Re member – bib, transponder, reflective ankle bands, cycle lights, helmet, etc.
- 4:45am** Deliver competitors to Kumara Transition.
- 4:45am** 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).
- 5:30am** Kumara Transition closes for bike racking
- 6am** Race start Individuals
- 6:30am** Race start Teams
- 7:35am** 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.
- 9am** Set up bike in racks at Klondyke corner – make sure all cycling gear and nutrition is sorted
- 9:30am** Drop Kayak and crew down to Mt White Bridge to have gear scrutineered, return to Klondyke, ready for competitor
- 10am** Runners should arrive within the next three to four hours. Bikes and nutrition ready. Take competitor through transition then drive ahead to the Mt White turn-off, ready to give running shoes.
- 10:30am** Competitor racks bike and runs down to Mt White Bridge. Brightly dressed support crew guide their competitor to their kayak. Competitor changes into kayak gear and support crew takes kayak to river.
- 11am** After competitor has departed at Mt White collect the bike, cycling gear and transition gear and head to Gorge Bridge transition – **DON'T FORGET ANY GEAR!**  
Drive to Gorge Bridge transition. On the way buy lunch in Springfield or Sheffield. At Gorge Bridge, rack the bike and cycling gear 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.
- 3pm** Kayakers should arrive at Gorge Bridge over the next few hours. There is a timing point at Wood stock, once a kayaker has passed this point they will take about 45–75 minutes to arrive at Gorge Bridge.  
The kayaker will need assistance out of the kayak.

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).

Collect all kayaking gear, transition gear and head to the finish line at New Brighton with recovery formula and fluids.

- 5:30pm** Cyclists should arrive over the 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](mailto: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.