

A photograph of two mountain runners on a rocky trail. The runner in the foreground is wearing a blue and white jersey and black shorts, running towards the camera. The runner in the background is wearing a blue and white jersey and black shorts, standing and looking at a phone. The trail is rocky and surrounded by lush green forest. In the background, there are steep, forested mountains under a blue sky with white clouds.

# Mountain Run





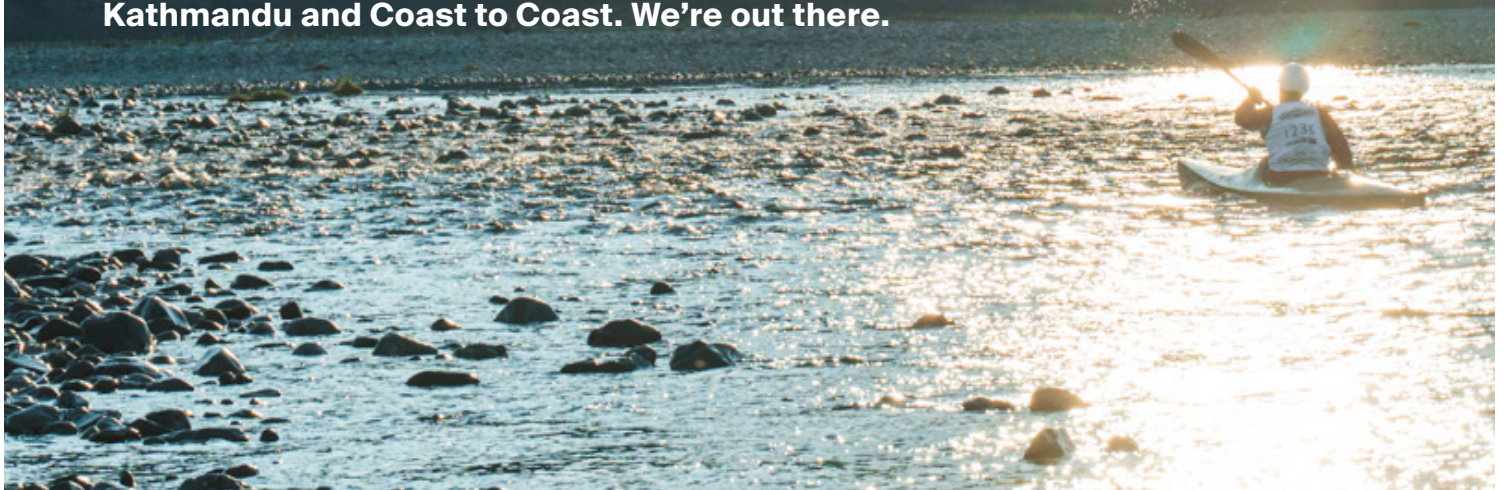
# 10 Years Strong: Kathmandu x Coast to Coast

Ten years ago, Kathmandu joined Coast to Coast on a journey to transform New Zealand's most iconic multisport race, from a gritty test of endurance for the elite to a celebration of adventure for all.

Since 2016, we've braved winter's bite, sprinted off Kumara's rugged shore, scrambled up Dudley's Knob, navigated Salmon Rapid and toiled down Old West Coast Road, helping carry every stone and every dream to New Brighton's finish line. All with one unwavering purpose: to make the outdoors more accessible.

As we reflect on the decade gone and look forward to the one ahead, we celebrate our shared South Island heritage and all that we stand for together: community, challenge, and deep connection to the outdoors.

**Kathmandu and Coast to Coast. We're out there.**



Thanks to all the sponsors and supporters of the  
Kathmandu Coast to Coast

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# Timetable Overview

PLAN B TIMES MAY VARY

## THURSDAY

- 9am-4pm** Registration & Sponsor Expo - *Westland Rec Centre, 83 High Street, Greymouth*  
**4:30pm** Athlete Panel - *Westurf Hockey Ground (next to Rec Centre)*

## FRIDAY

- 6:30am-7:45am** Registration - *Aickens Corner, Otira Highway*  
**7:45am** Race Briefing - *Aickens Corner*  
**8am** **Race Start** - *Aickens Corner*  
**2pm** Cut-off - *Doreen Creek*  
**4pm** Cut-off - *Goat Pass*  
**4pm** Prize Giving - *Klondyke Corner*  
**7:30pm** Mountain Run cut-off - *Klondyke Corner*

## SUNDAY

- 10-11:30am** Prizegiving - *Addington Raceway*  
**12pm** Monteith's post-event yarn - *Morrell & Co Bar*



# Compulsory Competitor Gear

Use the following checklists when packing to make sure you have all the compulsory items.

A helpful hint: Pack your gear by stage into containers and tape the checklist to each one so you and your support crew always know what is needed and when.

These items are the minimum requirement while competing. If you're injured and forced to stay in one place, especially in poor conditions, you'll need every item.

On race day specialist support will be available on course, but during training you must be fully self-sufficient, with gear suitable for all weather and conditions.





# Mountain Run

## Compulsory Gear List

All gear must be correctly sized for the **competitor**. Gear checks are available from three weeks before the event at select Kathmandu stores or at registration.

The compulsory clothing listed is **in addition to** what you are wearing when starting the mountain run stage (excluding jacket). Synthetic, natural, or composite thermal fabrics are accepted. Cotton is not permitted. Compression garments do not count as thermals. Experiment with your gear in training to see what works best.

Gear may be spot checked at any time during the event.



### Footwear

**Running shoes:** Must cope with rocky terrain and multiple river crossings. Look for good surface contact and drainage (avoid shoes with deep lugs as they slip on rocks). Socks are highly recommended also.

#### PRODUCT SUGGESTIONS:

OBOZ KATABATIC LT LOW  
SALOMON GENESIS



### Backpack

Must fit all compulsory gear and food (12L+ recommended). Recommend putting clothing into zip-lock bags to keep dry. Do not vacuum-pack gear.

#### PRODUCT SUGGESTION:

KATHMANDU VEOS TRAIL RUNNING VEST 12L



### Hydration

Carry bottles, bladder, or cup.

#### PRODUCT SUGGESTION:

SALOMON SOFT FLASK 500ML  
CAMELBAK 1.5L CRUX RESERVOIR BLUE



### Whistle

Attached to outside of pack or bib.



### Survival bag

Foil survival **BAG** (blankets **NOT** accepted).

#### PRODUCT SUGGESTION:

LIFESYSTEMS SURVIVAL BAG

**First aid kit**

Minimum:

- 1.5m roll of 5cm crepe bandage
- 2.5m roll of 2cm strapping tape
- 10 Band-Aids
- 1 x 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 (must also be recorded in your entry form)

PRODUCT SUGGESTION:

LIFESYSTEMS LIGHT &amp; DRY NANO FIRST AID KIT

**Long-sleeve thermal base layer top**

Next-to-skin layer.

PRODUCT SUGGESTIONS:

KATHMANDU K-MERINO 125  
BASELAYER TOP

KMDACTION BASELAYER TOP

**Long-sleeved mid layer top**

Fabric must have insulation properties i.e. fleece or similar (220gsm+).

PRODUCT SUGGESTIONS:

KATHMANDU SEEKER FLEECE JACKET

KATHMANDU K-MERINO 250 TOP

**Waterproof jacket with hood**

Seam-sealed and durable, 10,000mm+ waterproof rating.

PRODUCT SUGGESTIONS:

KATHMANDU SEEKER 2.5L RAIN JACKET

**Thermal gloves**

No weight requirement.

PRODUCT SUGGESTION:

KATHMANDU POLYPRO GLOVES

**Waterproof pants**

Seam-sealed and durable.

PRODUCT SUGGESTION:

KATHMANDU TRAILHEAD STRETCH  
2.5-LAYER RAIN PANTSKATHMANDU POCKET-IT TWO LAYER  
RAIN PANTS<sup>1</sup>**Full-length thermal base layer pants**

Next-to-skin layer.

PRODUCT SUGGESTIONS:

K-MERINO 125 BASELAYER LEGGINGS

KMDACTION BASELAYER LEGGINGS

**Thermal hat or balaclava**

No weight requirement.

PRODUCT SUGGESTION:

KATHMANDU CORE SPUN 165 BEANIE

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



# 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

This Handbook is subject to change. Any updates will be communicated via the event newsletter, website, Facebook and App.

All athletes must read the full [event rules](#) and [course descriptions](#) on the website. This Handbook provides key stage rules and high-level course notes only.

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

The Race Director, staff, volunteers, and sponsors take no responsibility for loss or damage to competitor or crew property. Ensure you and your crew have personal property insurance.

Officials are a vital part of event safety. Their instructions must be followed at all times. Failure to comply may result in time penalties or disqualification.



## Medical Services

Medical teams are stationed at every transition and on cycle stages, providing general medical support and emergency response. They work alongside river and mountain safety teams to ensure comprehensive coverage.

## Pre-Race Transport

A pre-race transport service is available from Klondyke Corner (finish area) to the start at Aickens Corner.

- Departure: 6:00 AM from Klondyke Corner
- Bookings: [Seats are limited and must be booked in advance](#)

## Support Crew

You do not require a support crew if you are using the pre-race transport (must be booked in advance). However, you're welcome to bring a driver or supporters to cheer you on.

Please note:

- No assistance of any kind is permitted from support crew, friends, or family during the Mountain Run.
- Any monitoring or interaction that could be considered assistance will result in disqualification of the competitor.

At Aickens Corner (start area), there is approximately a 1km walk from the car park to the start line over rough terrain. Support crew should wear sturdy footwear and bring a torch or headlamp if arriving early.

## Toilets

Portable and permanent toilets are provided at key locations along the course. We aim to meet demand, but queues may occur. Toilets are regularly serviced for cleanliness and may occasionally be temporarily unavailable.

## KEY LOCATIONS:

**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.

**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.

## 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. Please obey all signage and directions.





# Registration

## THURSDAY:

**10am-4pm**     **Registration and Sponsor Expo  
at Westland Recreation Centre,  
Greymouth.**

## FRIDAY:

**6:30-7:45am**     **Registration at Aickens Corner  
Aickens Corner (start area),  
Otira Highway**

## **What competitors receive at registration:**

- Kathmandu race bag (doubles as gear bag)
- Race number (to be attached to front of your top)
- Timing transponder
- Run number to be attached to the back of backpack
- If a GPS tracker was ordered, collect it at registration

Your race number must be clearly visible from the front and back. Failure to clearly show your number when asked will lead to you being stopped until officials can accurately determine your bib number.

## **Compulsory checks**

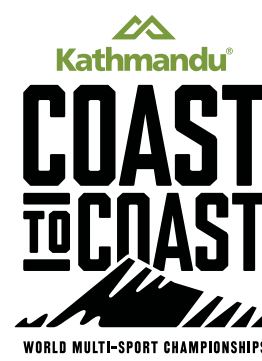
We recommend completing your gear checks before registration if possible. There will be checks available at registration, however these will be busy. Please ensure you complete your checks prior to collecting your race pack.

## **Race Briefing**

The Mountain Run race briefing will be held on Friday 7:45am at Aickens Corner (start area).

## **Strapping**

Motus Health will tape/strap ankles or anything else at registration (Thursday only). No pre-bookings are taken. The price is \$15 for one ankle or \$25 for two ankles, or other area. Shave your ankles to make it a more pleasant experience for all! EFTPOS available.



# Aickens Corner

**6:30-7:45am Registration - Aickens Corner**

**6:30am** All vehicles must be through the road closure at Kumara Junction if using State Highway 73 from the West Coast.

**7:45am** Race Briefing

**8am** Race Start

- If you are travelling from the West Coast you must have passed the multisport transition at Kumara Junction before 6:30am to avoid the road closure between Kumara Junction and Jacksons (State Highway 73). Alternatively, you can travel via Lake Brunner.
- Park only where directed by officials; do not park or stop on roadside, on track verge, or in
- Taramakau Valley DoC car park.
- Follow officials' directions on arrival; there are two entrances to carparking, and the officials will direct you to the best entrance.
- Support crew must not stop at or use the Deception Footbridge

**Gear checks:** Officials can check compulsory mountain safety equipment at Aickens and may do spot checks on course. Do not discard gear at any stage - missing items can mean penalties or disqualification.

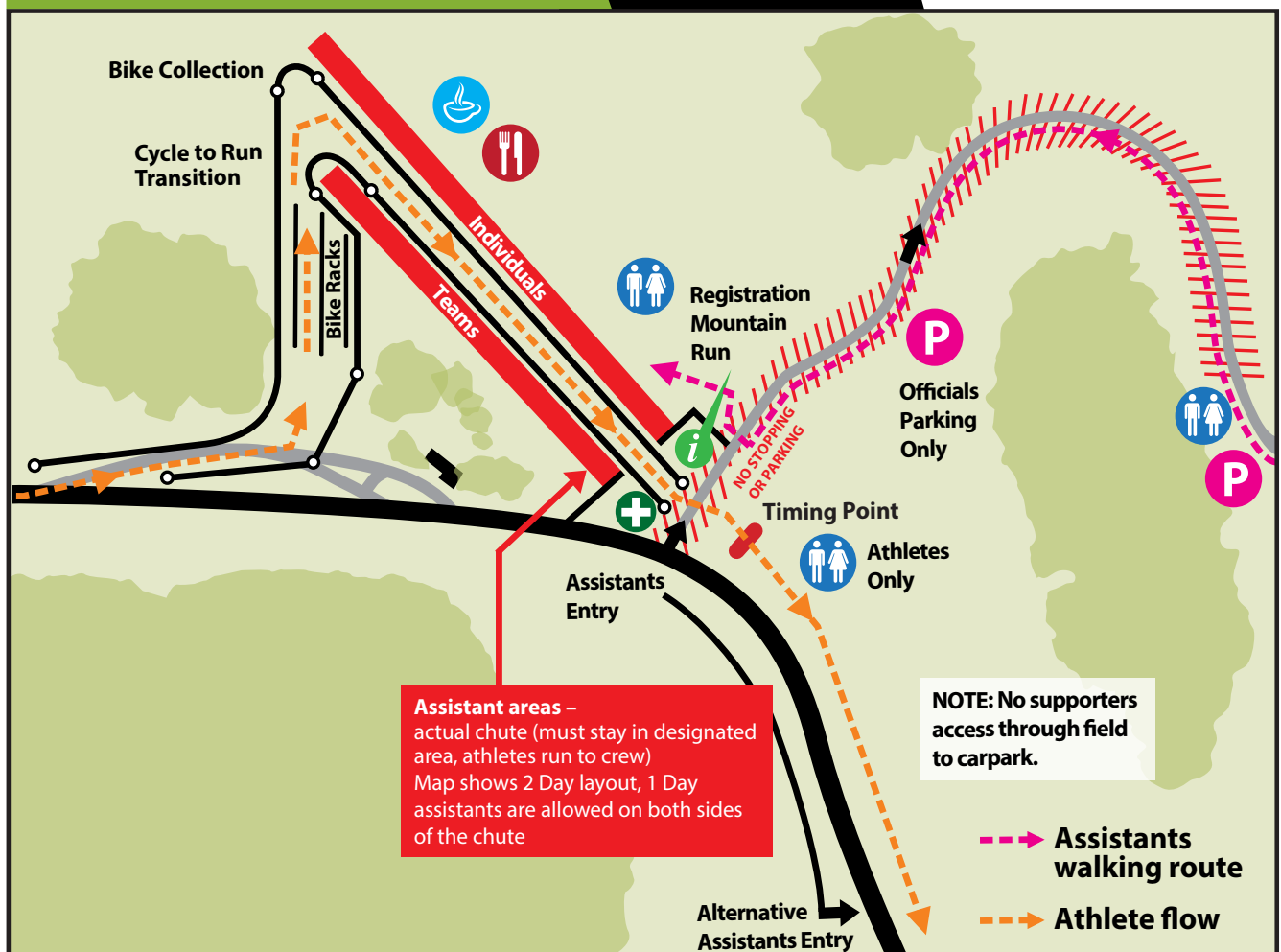
**Breakfast:** Lake Brunner School will be selling breakfast at Aickens (whitebait patties, bacon, eggs, Blackball sausages, omelettes, hash browns, coffee, tea, milo). Cash only. This is a fundraiser for the School.

## Bag Drop Service:

- You can leave your warm-up clothes in the supplied bag before the start.
- Bags will be transported to Klondyke Corner for collection after the run.
- Important: Only use the supplied bag (provided at registration); no extra bags are allowed and space is limited.

## AICKENS TRANSITION

## Cycle to Run





# Mountain Run

## 30.5km

### STAGE CUT-OFFS:

- 2:00pm – Doreen Creek (14km)
- 4:00pm – Goat Pass (17.5km)
- 7:30pm – Klondyke Corner

### **Key Rules:**

- All competitors must carry the compulsory mountain run equipment (see pages 8–9).
- Officials may check equipment at any time during the stage, including at Klondyke Corner.
- Running on railway lines is strictly prohibited except when crossing them; trains may be operating during the event.
- Personal audio devices are not allowed, though phones may be used for photos.
- Carry out all rubbish, and clean mountain running shoes to Biosecurity New Zealand standards before and after the event, or when moving between waterways. Detergent footbaths for Didymo control are provided at Goat Pass; competitors must immerse both shoes.
- Support crews must not run with competitors or assist them outside of transitions.
- Hiking poles are not permitted.

### **Course Notes:**

The Mountain Run is extremely rough, with many areas impossible to run. Most of the course follows rivers and valleys with multiple crossings. Familiarize yourself with the terrain and consider carrying a map (Topo50 BV20-Otira), compass, or GPS. Limited course marking is provided; self-navigation may be necessary.

For full course description see website.

# Klondyke Corner

## Key Rules

- Take all rubbish with you
- No open fires or solid fuel barbeques
- Dogs are not allowed in the National Park, not even in your car.
- Do not drink from the Bealey River (Giardia present).
- Pedestrians must exercise great care crossing the State Highway; use designated crossing point.
- Do not park in long grass, as hot exhausts can start fires
- DO NOT PARK ON THE ROAD VERGE OF STATE HIGHWAY 73 UNDER ANY CIRCUMSTANCES

## Parking

- On arrival from the West Coast, turn right off State Highway into the parking area and follow officials' directions.
- All competitors and support crew must park in the camping area, even if not camping.
- Keep emergency access lanes (4m wide) clear and observe the 5kph speed limit.
- Campervans and caravans are allowed but be mindful of uneven terrain and unmarked hazards.
- Caravans & Campervans are strictly prohibited at Mt White transition area.

## Camping

- Free camping: no pre-booking required.
- Set up camp permitted from 3pm Wednesday; 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 - be considerate of others.

## Drinking water

- Water is available from a water tanker, but it is recommended that you fill containers before to arrival at Klondyke Corner.
- There isn't enough water to replenish campervan showers and/or toilets.

## Meals

- Sheffield School sells lunch, dinner, and breakfast. Bring cash. This is a fundraiser for the School.

## Gear bags

- Competitor's gear bags from the start line will be available for collection from approximately 12pm.

## Sponsor expo

- Sponsor expo, information point
- Big screen and live-feed camera to watch Mountain Run progress.
- Limited cellphone coverage.
- 7pm highlights video of Day 1 shown 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

- A massage service will be available. Pre-bookings will open closer to the event, and booking details will be provided via the athlete newsletter.

## Mountain Run Prizegiving

- The prizegiving for the Mountain Run will be held near the finish line 4pm. We appreciate that some competitors may still be on course at this time but in general most, if not all, competitors have finished. Late finishers will still get a finishers medal and a great reception.

## Photos

- Marathon-Photos.com will photograph the race. Photos available online within 24 hours of the race. Pre-purchase options available – watch the event newsletter for pre-sale dates

## Withdrawals

- Any competitor withdrawing from the Mountain Run must report to an official, hand in your timing transponder and fill in a withdrawal form. This is critical to prevent unnecessary search and rescue operations.
- If evacuated by helicopter, report to an official immediately on disembarking. Do not try to find support crew, team members, or family until checked off the course by officials.
- If seeking independent medical attention, inform the race medical team or email [info@coasttocoast.co.nz](mailto:info@coasttocoast.co.nz)



# KLONDYKE CORNER TRANSITION

Friday (2 day)



## Complaints

- Any competitor or support crew wishing to make a complaint about another competitor must submit it in writing to a race official within one hour of the complainant finishing. The Race Director's decision regarding the complaint is final.

## Lost Property

- 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](mailto:info@coasttocoast.co.nz)
- Lost property is kept for one month before disposal or donation. A \$30 fee applies for items mailed within NZ. Larger items or international postage incur additional costs.

# Plan B –

## Bad weather Mountain Run 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.

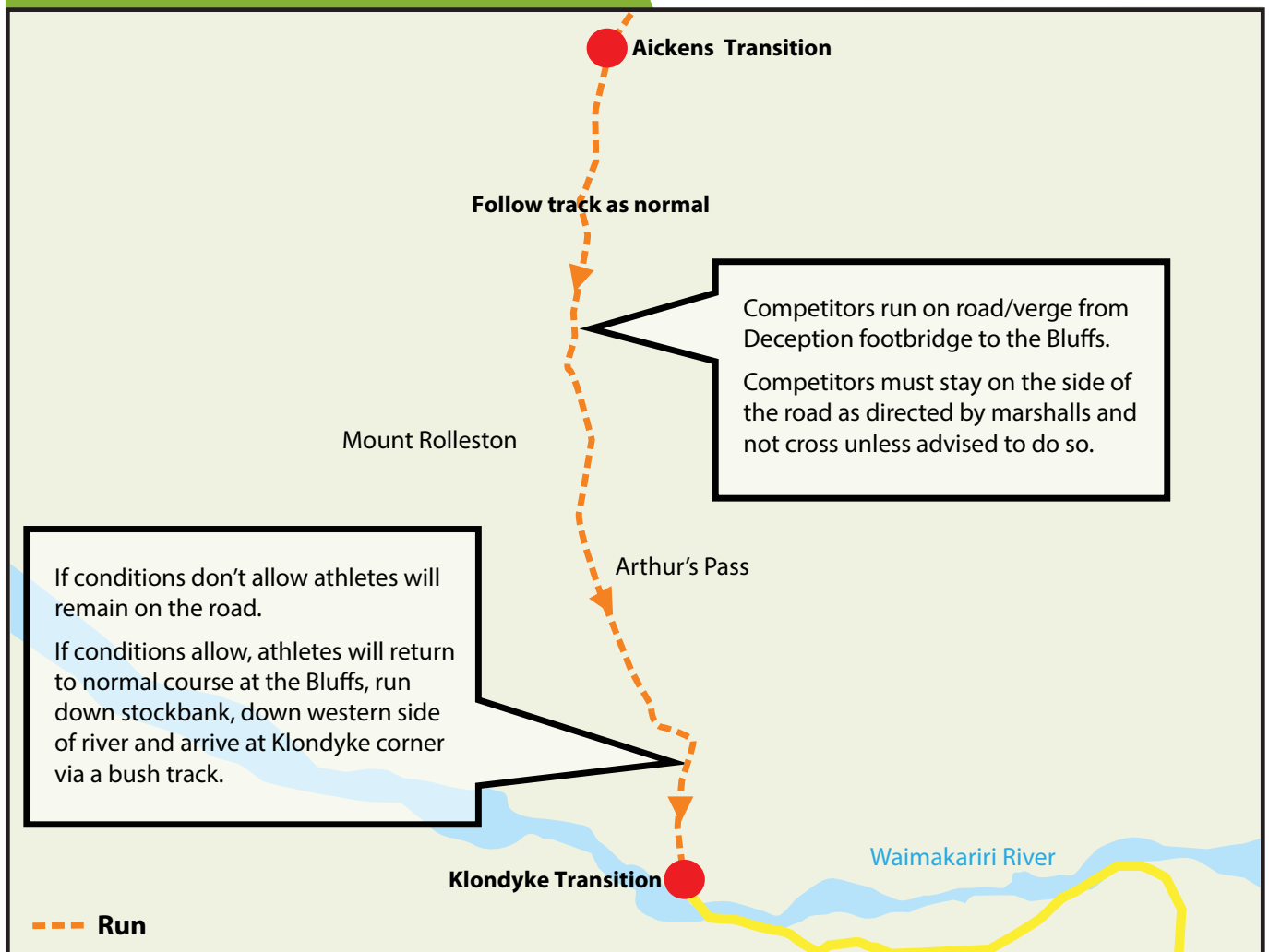
There will be water stations at;

- 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.

### MOUNTAIN RUN PLAN B





# 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!

# Biosecurity Alert for Coast to Coast

The invasive freshwater clam has been found in the Waikato River system.

This clam is present from Lake Maraetai at Mangakino and downstream, including Lake Karāpiro, and this is now a Biosecurity New Zealand Controlled Area. The aim is to contain it there.

As a result, there are **new Check Clean Dry guidelines for Coast to Coasters who've been training in the North Island**. Please take this seriously as a member of the multi-sport community, so you do not spread this or any other invasive species when you paddle the Waimakariri River during the event.

## What this means for you

**Please turn up for the event with a clean and dry kayak and gear.**

**Do the following Check Clean Dry steps at least 2 days beforehand.**

*If you have only trained in the South Island, the old Check Clean Dry requirements apply, see <https://biosecurity.govt.nz/check-clean-dry-south>*



### CHECK

**For what is visible**

Check for visible matter like weeds, mud or clams and flick them off.

Drain all river or lake water.



### CLEAN

**For what is not visible**

Blast your kayak and gear with tap water to remove remaining debris, which could include juvenile clams with sticky threads. Do it on grass so the run-off won't go into a stormwater drain.

Then, treat any **absorbent materials (which may include life jacket, spray skirt, helmet, clothing)** that have been in contact with the water and will stay wet longer.

Use one of these options: (1) soak in hot tap water—55 degrees C for at least 5 minutes OR (2) Soak in 5% household bleach for 1 hour OR (3) freeze until solid (overnight) OR (4) Soak in a salt solution at 100 parts per thousand (5-litre mix + 500g salt in 5 litres warm water) for 4 hours.



### DRY

**To be sure**

Allow your kayak and gear to dry to touch, inside and out. You may need to sponge pooled areas dry. Then leave for another 48 hours (2 days). You are now good to go.



**Biosecurity New Zealand**

Ministry for Primary Industries  
Manatū Ahu Matua

# 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.