

One Day Team



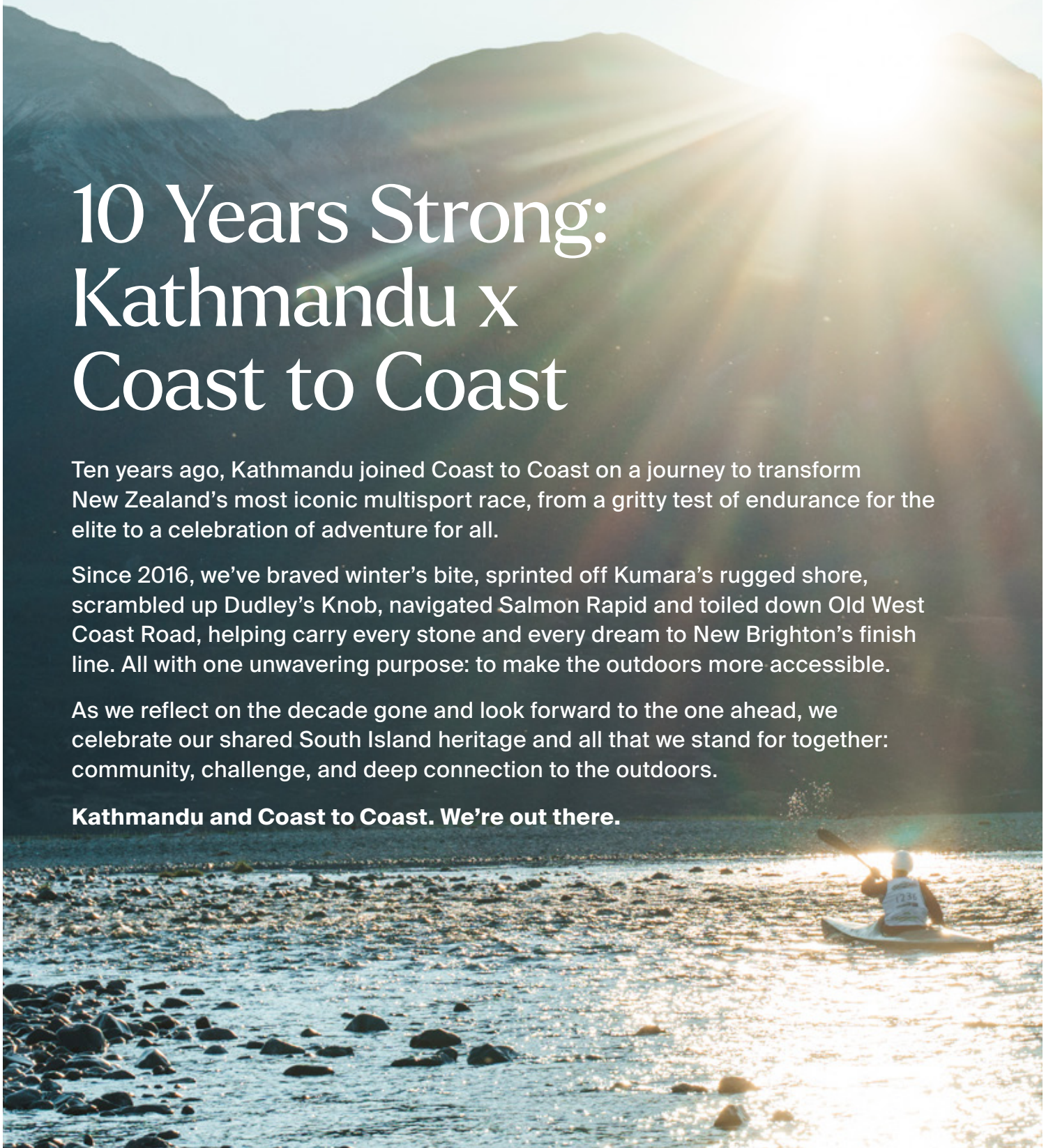
10 Years Strong: Kathmandu x Coast to Coast

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)*
- 5pm** Race Briefing - *Westurf Hockey Ground*

SATURDAY

- 4:30am** 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** Race Start Individuals - *Kumara Beach*
- 6:30am** **Race Start Teams** - *Kumara Beach*
- 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

SUNDAY

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

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

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.



Cycle Compulsory Gear List

STAGES 1B, 3 & 5

Cycle checks open three weeks before the event at selected NZ bike retailers ([see website](#)) or can be completed 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. Overtaken cyclist must drop back 10m.

Please note: 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. 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.

☐ Bicycle

All cycling is on sealed roads, so a mountain bike is not recommended. Your bike must have either standard drop style or flat handlebars. Aero-bars and time trial bikes are allowed in the One Day event.

☐ Cycle helmet

Must meet NZ/AUS standards, fit correctly, and be free of cracks or damage. Any visible damage will result in a failure.

☐ 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 (1b) and final cycle stage (5) 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

Mountain Run

Compulsory Gear List

STAGE 2

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 & 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 PANTS
KATHMANDU POCKET-IT TWO LAYER
RAIN PANTS¹

**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

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

Kayak

Compulsory Gear List

STAGE 4

Kayak gear is scrutineered on Saturday morning at Mt White. Items marked with an asterisk can be pre-checked at Registration on Thursday between 10am-4pm.

All gear must be **dry**, correctly sized, and packed into your dry bag before leaving Mt White. Clothing (except the paddle jacket) must be in addition to what you are wearing. Compression garments are not thermals. Back-up gear is required if your mountain run equipment is used and becomes wet.

Buoyancy vests (PFDs) may be tested at scrutineering - ensure your vest meets standards before the event.

Kayak¹

Must suit paddler's ability (first-timers must use same class of boat as assessed for Grade 2 certificate).

- Must have a grab loop/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.
- Waveriders, inflatables or sit on kayaks not permitted.
- Pods are not allowed on kayaks.

River-specific surf skis may be allowed with prior clearance (2+ weeks).¹

☐ Floatation / air bags

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.

PRODUCT SUGGESTION:

CHOOSE FROM THE RASDEX RANGE

☐ Buoyancy 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.

PRODUCT SUGGESTION:

RASDEX MULTSPORTER PFD

☐ Kayak helmet

Must be designed for paddle sports (bike helmets not permitted).

☐ Repair / duct tape*

10m minimum. Cloth recommended to dry kayak before taping.

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

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



Dry-bag*

Seam-sealed, waterproof, able to keep gear dry when immersed in water.

PRODUCT SUGGESTION:

CHOOSE FROM KMD DRY SACK RANGE

Survival bag

Foil Survival BAG (blankets not accepted, must be secured in PFD during kayak stage).

PRODUCT SUGGESTION:

LIFESYSTEMS SURVIVAL BAG

Whistle

Attached to outside of PFD or bib.

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 & DRY NANO FIRST AID KIT

Long-sleeve thermal base layer top*

No weight requirement. Next-to-skin layer.

PRODUCT SUGGESTIONS:

KATHMANDU K-MERINO 125
BASELAYER TOP

KMDACTION BASELAYER TOP

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 SEEKER FLEECE JACKET
KATHMANDU K-MERINO 250 TOP

Waterproof long-sleeved paddle specific jacket*

Seam-sealed and durable. Minimum of neoprene (or equivalent) cuffs & neck. Must be in good condition (not delaminating).

PRODUCT SUGGESTIONS:

CHOOSE FROM THE RASDEX RANGE

Thermal gloves*

No weight requirement.

PRODUCT SUGGESTION:

KATHMANDU POLYPRO GLOVES

Full-length thermal base layer pants*

No weight requirement. Next-to-skin layer.

PRODUCT SUGGESTIONS:

K-MERINO 125 BASELAYER LEGGINGS

KMDACTION BASELAYER LEGGINGS

Waterproof pants*

Seam-sealed and durable.

PRODUCT SUGGESTION:

KATHMANDU TRAILHEAD STRETCH
2.5-LAYER RAIN PANTS

KATHMANDU POCKET-IT TWO LAYER RAIN
PANTS²

Thermal hat*

No weight requirement.

PRODUCT SUGGESTION:

KATHMANDU CORE SPUN 165 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

² 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

One Day 3 Person Team Format

3 TEAM MEMBERS: CYCLIST, RUNNER, KAYAKER

Stage 1a: 2.2km Run - Cyclist

Stage 1b: 55km Cycle - Cyclist

Stage 2: 30.5km Mountain Run - Runner

Stage 3: 15km Cycle + 1km Run - Cyclist

Stage 4: 70km Kayak - Kayaker

400m Run - Runner, Kayaker or Cyclist

Stage 5: 69.5km Cycle - Cyclist

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.

Race Bibs

- Three bibs (one per teammate) and one timing transponder is provided per team. The timing transponder must be swapped when team members change for various stages.
- Bibs must not be altered and must be worn for the entire event.
- Bibs must be the outermost garment (over thermals, jackets, PFD, etc).
- If worn under a running backpack, attach the supplied number to the back of your pack so it's visible.
- Failure to display your number correctly will result in being stopped until your bib can be identified.



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.

Support Crew

- Support crew play a critical role and should be fully briefed by their athlete. Only two official support crew are allowed per athlete identified via supplied wristbands (wristbands cannot be swapped).
- Support crew must be ready to manage the athlete's equipment at the end of each Stage. Timely removal of equipment is crucial due to space constraints.
- Support crew may only assist in transitions, not on course. They cannot follow athlete or enter the run/kayak stages.
- Support crew are advised to study the transition areas and prepare their athletes 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 athlete gear.
- Treat officials with respect. Most are volunteers - a smile and patience go a long way.

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:

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 and at the beach.

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.

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. Please obey all signage and directions.



Registration

LOCATION:

Westland Recreation Centre,
83 High Street, Greymouth,
West Coast, South Island, NZ

THURSDAY SCHEDULE:

9am-4pm	Registration and Sponsor Expo at Westland Recreation Centre.
5pm	Race Briefing at Westurf Hockey Ground (next to Rec Centre)

What competitors receive at registration:

- Kathmandu race bag (doubles as gear bag)
- Race bibs
- Timing transponder
- Race stickers for bike and kayak. (Remove all old stickers before applying)
- Run number for Mountain Run (attach to back of the backpack)
- Competitor wristband (must be worn at all times)
- Kathmandu Coast to Coast t-shirt
- Support crew vehicle sticker (1)
- Support crew wristbands (2) (must be worn to allow access into transitions and to collect competitors equipment. No wristband = no gear collection).
- GPS tracker (if pre-ordered)

Compulsory checks

We recommend completing your gear and bike 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.

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 during Registration. Items eligible for checking are marked with an asterisk (*) on the Kayak Gear list (p 10&11). Once the gear has been checked, your dry bag will receive an identifying tag. After tagging,

no gear may be removed from the bag before the start of the kayak stage. On Saturday morning at kayak scrutineering, you must show the marshals your tagged dry bag. All remaining kayak gear will be checked during scrutineering on Saturday morning.

Race Briefing

A copy of the race briefing will be available to download from the website before the event. The briefing is divided into two parts. The first part, will cover safety information and key times, is **compulsory** for all athletes. The second part is optional and provides a full overview of the race from start to finish, giving athletes and support crews the opportunity to gain additional details about the course and ask any questions they may have.

Strapping

Motus Health will tape/strap ankles or anything else at registration. 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.

Parking

Free on surrounding streets of Westland Recreation Centre.

Camping at Kumara Racecourse

Competitors and support crew can camp at Kumara Racecourse on Thursday night (including campervans). No powered sites. The cost is \$60 per vehicle per night, 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 12pm 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, Toilets, Water, Camp kitchen

Kumara Food Stalls

The Kumara Community will be serving a variety of delicious, local, fresh food options on Thursday from 5.30pm at the Kumara Racecourse. Stalls will offer vegetarian, meat and gluten free options. Cash preferred, EFTPOS available. Food will be available from 5.30pm until 8pm or when it runs out. No pre-purchase options.

Stage 1a –

Run 2.2km & Kumara Transition

SCHEDULE

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

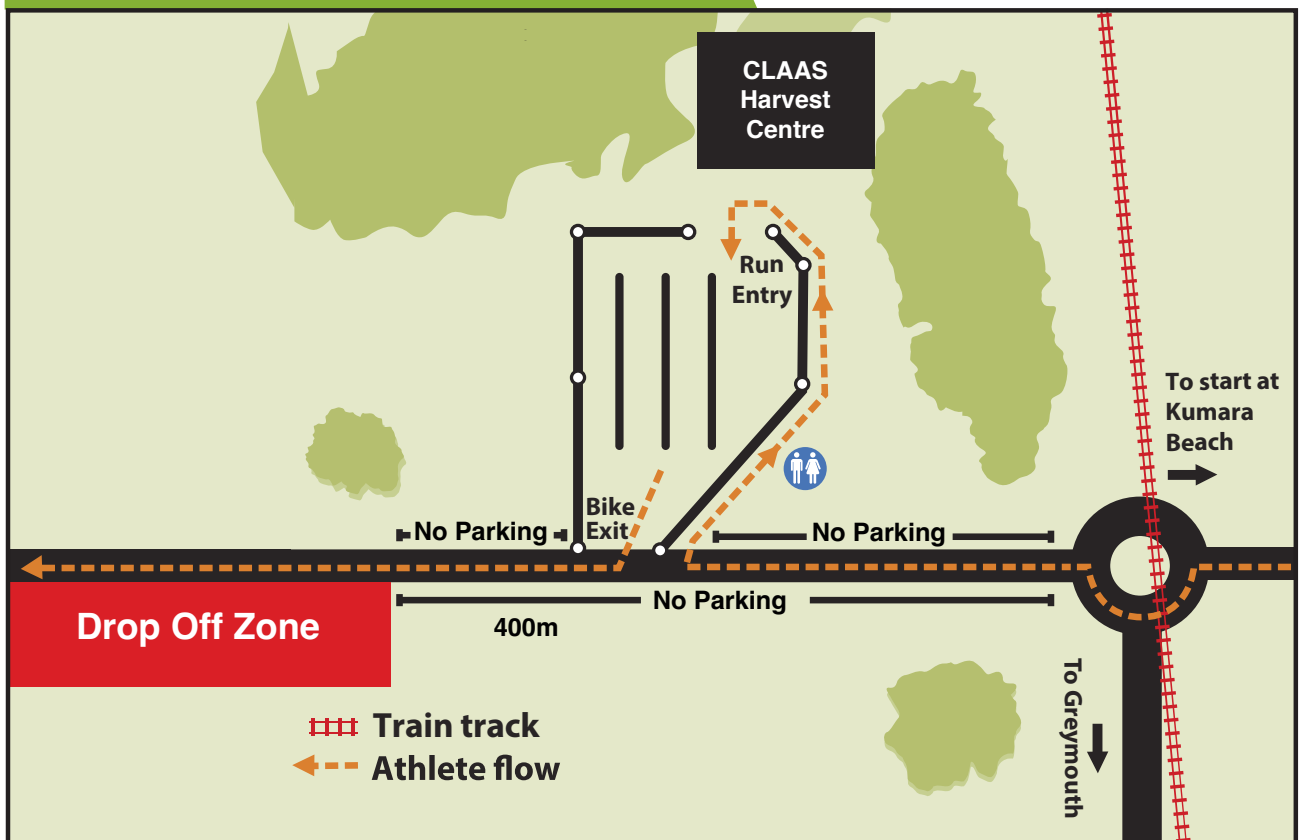
6:30am Race Start Teams

- Use the official drop-zone only, **NO PARKING** outside this area.
- Support crew must stay in cars at the drop-off zone, any competitors with support crew seen out of their cars will receive a penalty
- No flagpoles, flags or balloons on the cycle stands in transition.
- If arriving from the west (Greymouth or Hokitika): drive past the transition, unload in the drop-zone east of transition.
- If arriving from the East (Kumara) you must continue past the transition area, turn around at the roundabout, drive past the transition, unload on the drop-zone east of transition.
- Rack your bike by your race number and remember which row you're in.

- Bikes must have front and rear lights.
- No riding within transition
- For the 2.2km walk to the beach and run to transition (it will be dark while you're walking to the beach), you must wear:
 - ▶ Timing transponder
 - ▶ Race bib
 - ▶ Reflective ankle bands
 - ▶ Cycle helmet
- Use your supplied race pack gear bag (from rego) for warm-up clothes. Bags are be collected at the start and taken to New Brighton, and will be available for you (or support crew) to collect.
- It is recommended to wear running shoes from the beach to transition, then leave them at the bike racks. Officials will collect and take to New Brighton for collection. Number your shoes for identification.
- After competitor drop-off, support crew drive to Aickens Corner and park in the designated area.
- Support crew cannot follow or assist their competitors on cycle stages.

NOTE: The road from Kumara roundabout to Jacksons closes Friday at 5am. You may still drop off your competitor and drive through if you leave Kumara Transition by 5:30am. Transition closes for biking racking at the same time.

KUMARA BIKE TRANSITION



Stage 1b –

Cycle 55km

Kumara Transition to Aickens Corner

This 55km cycle stage follows the Taramakau Valley towards the Main Divide on a flat to undulating route with a net elevation gain of 250m. Riders will encounter one railway crossing and several one-lane bridges, so if you're in a bunch, please signal approaching hazards to those behind. The stage also includes several very fast downhills where large bunches often form – take extra care, as this is considered one of the most dangerous parts of the race.

[For full course description see website.](#)

Key Rules

- Drafting **allowed** off competitors (no drafting off non-registered cyclists or vehicles).
- No support crew on course
- No personal audio devices. The competitor must be able to hear other riders and instructions from officials.
- Cyclists must not ride more than two abreast.
- Road code applies - keep left, no crossing centre line
- Be aware of traffic in both directions
- Stop for trains

ROAD CLOSURE

- There is a road closure of 45km from Stafford Loop Road to Jacksons from 5:00am to 8:00am.
- From 8:00am this road will re-open and you should expect traffic travelling both East and West.

Aickens Transition

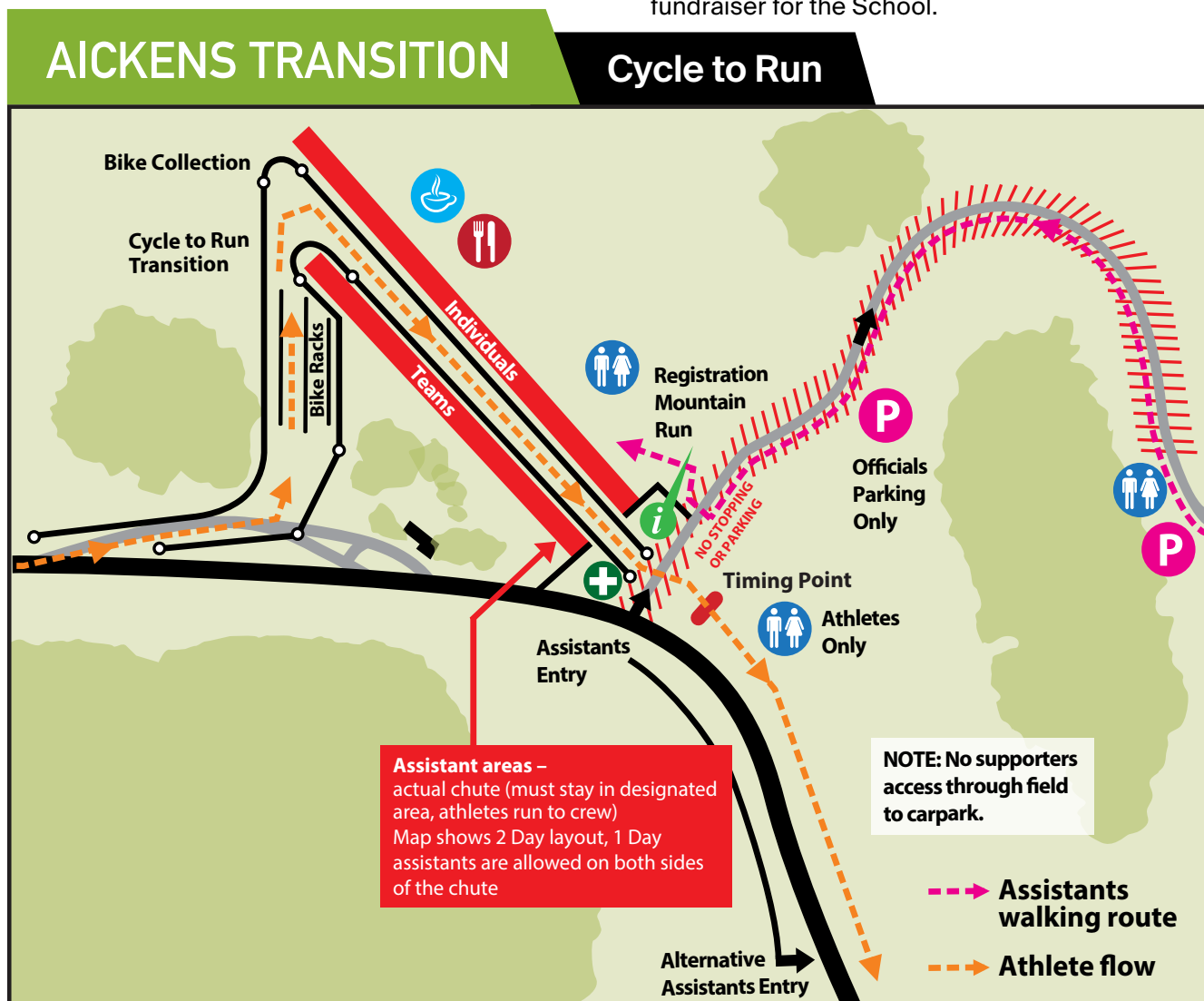
Cycle to Run

- 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
- No flags on sticks or sharp objects allowed in transition.
- Support crew may only assist at transition; do not enter the run stage or running chute - competitors must come to you.
- Support crew prepare your competitors Mountain Run equipment. Competitors will finish cycling, (last 100m is on gravel), dismount before the farm gate, and rack their bikes before running through to the transition change-over area. Please keep gear bins and deck chairs away from the main transition chute area, set them up behind the change-over area.

- Elite & Team Support crew must set up on the right-hand side (as competitor see it) of the chute and Age Group support crew on the left-hand side. Make sure your competitor has their backpack with compulsory gear, bib and timing transponder before they exit onto the mountain run stage.
- Support crew must not stop at or use the Deception Footbridge
- After the competitor leaves on the run, support crew collect all cycling and transition gear. Collect bikes only when officials allow; you must have your support crew wristband and may only collect the bike matching your number. It will be possible to collect bikes in between waves of competitors coming through. Please be quick.

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.



Stage 2 –

Mountain Run 30.5km

STAGE CUT-OFFS:

- 9:00am Aickens Transition
- 10:45am Doreen Creek
- 12:15pm Goat Pass
- 2:15pm Klondyke Corner

Key Rules:

- There is no access to the run course for any supporters or crew for One Day athletes 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.
- 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.

Drinking water

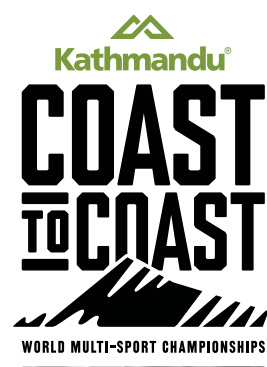
- Water is available from a water tanker, but it is recommended that you fill containers before to arrival at Klondyke Corner.
- There isn't enough water to replenish campervan showers and/or toilets.

Transition

- There will be a designated transition area for teams.
- Spot checks of competitor's compulsory equipment can be made after they finish the Run stage at Klondyke Corner.



Saturday (1 day)



Stage 3 –

Cycle 15.5km & Run 1.3km

Klondyke Corner to Mt White

Key Stage Rules

- This ride is non-drafting.
- You must keep at least 10 metres between cyclists or complete your pass within 30 seconds.
- Once you have passed another rider, it is their responsibility to drop back the required 10 metres.
- No support crew are permitted on the cycle course.
- No personal audio devices may be used.
- Normal road rules apply

Course notes

- After transitioning at Klondyke Corner, riders head left onto the main road for 15km to the Mt White turn-off. The course is undulating with several fast descents – take extra care in wet or windy conditions, especially on the steep downhill section past the bluffs, which can be rough.
- At the Mt White turn-off, turn left onto the gravel road, rack your bike at the top, and run about 1km down to the river. Helmets may be left at the bike racks.
- Wear running shoes, sturdy river booties, or mountain bike shoes for this section – it's not suitable for bare feet, socks, or road cleats.
- Support crew (with wristbands) may provide food and drink during the run to the river.
- At the railway crossing, follow official instructions and stop for trains – failure to comply will result in disqualification.
- After crossing the bridge, the One Day transition is on the riverbank near your kayak. Transitioning or removing your bib is only allowed here. Your bib must go over your PFD, and only two support crew may assist you at the kayak stage.

For full course description see website.



Mount White

Key Rules

- **Only ONE support vehicle per team, identified with supplied vehicle sticker.**
- Non-wrist banded support crew can take the kayak through scrutineering as long as they don't participate in the transition once the competitor arrives.
- You'll need to leave your team kayaker at Mt White to complete kayak scrutineering and prepare for the cyclist's arrival. The kayaker will not have enough time to travel from Klondyke Corner to Mt White after the runner finishes.
- No campervan access at Mt White
- You must park at the top of the Mt White Bridge road and walk with your competitor's kayak down to the kayak transition.
- 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. All compulsory equipment must remain in kayak after scrutineering.
- Once scrutineered, you will place the kayak in numerical order on the bank of the river, and re-pack all compulsory equipment. Ensure the dry-bag is correctly sealed so it remains waterproof.
- Competitor must keep bib on until at the kayak. You must not take the kayak to the water until your competitor has their bib on and is ready to paddle.
- 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.³
- Competitors will rack their bike at the top of Mt White Road and may leave their helmet there.
- Support crew without wristbands may remove the bike from the racks as soon as possible, provided this has been clearly communicated to the marshals at the cycle rack.
- If you have capacity, please assist other support crew who are on their own.
- Support crew may run down with your competitor and provide food and drink, as long as you are a wristbanded support crew member involved in the full transition. To avoid confusion, do not have additional supporters join the run.
- The distance from the top of the road to the bridge is approximately 1km.
- Support crew to assist competitor with their kayaking equipment and help launch them onto the river.
- Ensure the competitor's PFD is securely fastened and their bib is worn over the top of the PFD.
- A kayaking helmet must be worn before they enter the water.

Checklist

- Kayaking gear scrutineered and loaded
- Food and drink for expected duration, plus extra
- PFD done up correctly
- Competitor bib worn over PFD
- Kayak helmet on and secured
- Paddle, spraydeck, and drink system ready
- Sunblock (keep it off the paddle)
- Collect all transition gear, cycling gear, and bike

Breakfast/lunch

Springfield School will be selling breakfast and lunch 5-10am on Saturday. Have cash available. This is a fundraiser for the School.

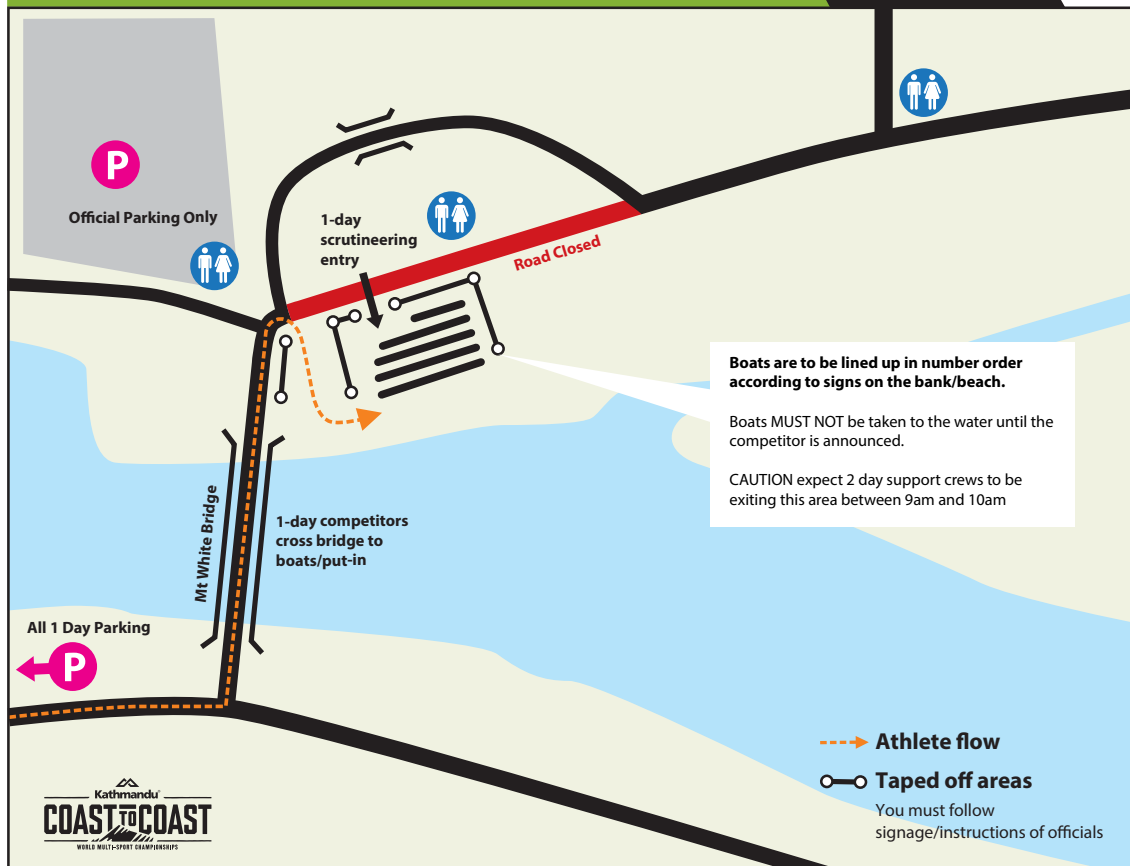
³ Talk about this with your competitor before the race – if you are in a down jacket it is very likely your competitor will need more than a cycle top!

MT WHITE HIGHWAY TRANSITION



MT WHITE RIVER KAYAK TRANSITION

1-Day Event



Stage 4 –

Kayak 70km

Mt White Bridge to Waimakariri River Gorge Bridge

CUT-OFF TIMES

(signalled by air horn):

- 3:00pm Kayakers must be on the river at Mt White
- 4:30pm Kayakers must be past Gooseberry Checkpoint
- 7pm Kayakers must be past Woodstock Checkpoint (15km above Gorge Bridge)
- 8:15pm Competitors must have reached Waimakariri River Gorge Bridge.

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

Key Rules

- All compulsory kayak equipment must be carried (see pages 10 & 11 for checklist).
- Competitors **must follow signage or official directions**; failure to comply may place you **outside safety-managed areas** and at risk.

For full course description see website.

River Safety Notes

- If you expect to swim, you should be in a more stable boat or have more time on Grade 2 water. A swim can cost 15 minutes, burn valuable energy, and expose you to risk.
- River safety personnel are stationed at known problem spots but are not everywhere—be prepared to self-rescue. If you see another competitor in trouble, assist only if safe to do so and report any issues to the next safety crew downstream.
- Officials may use international river signals to direct you to safe lines. Jet boats form part of the safety system, used for transport, rescues, and evacuations; they produce less wake at speed, so don't be alarmed if they pass quickly.
- At checkpoints, clearly communicate your bib number verbally or by paddling close for visibility.
- Always paddle between the buoys at timing mats and follow signage to avoid hazards and stay within the managed braids.
- Be aware that 80% of the kayak stage is accessible only by jet boat. If you exit the river, rescue may take time. If unable to continue, you will likely remain with checkpoint crew until safely transported after the tail-end Charlie has passed. To stay warm while waiting, put on your

Waimakariri River Gorge Bridge

- Support crew (1 vehicle) access the parking area by turning right at the milk shed about 1500m before the Waimakariri River Gorge Bridge. There may be the opportunity later to drive down and park on the river bed (conditions dependent) to pick up kayaks only.
- Spectator and other support vehicles will continue towards the bridge and be directed to park in a paddock on the left-hand side.
- After parking, place your competitor's bike and cycling gear in the cycle racks (first-in first-served – no numerical order). Don't delay, but also don't panic, the first one day kayaker will not appear until around 3pm.
- Support crews and 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. No flagpoles, flags or balloons on the cycle stands in transition.
- No parking on the northern side of the bridge.
- Support crew cannot assist competitor to run up track from the river, help them onto their bike, or push them up the road.
- Be on the riverbank when your competitor arrives; there will be a timing display with a list of competitors as they pass through the Woodstock Checkpoint 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.
- When your competitor arrives, officials will help them out of their kayak; support crew are responsible for removing kayak and gear.
- If you wish to assist your competitor with their cycle transition before loading the kayak, ensure the kayak is carried well away from the beach and outside the transition area. Non-banded support crew may remove the kayak from the riverbed but cannot assist further in the transition.
- Support crew do not cross the timing mat with your competitor – 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. Limit the number of people running up the small track with competitors – especially if there is a bunch of them.

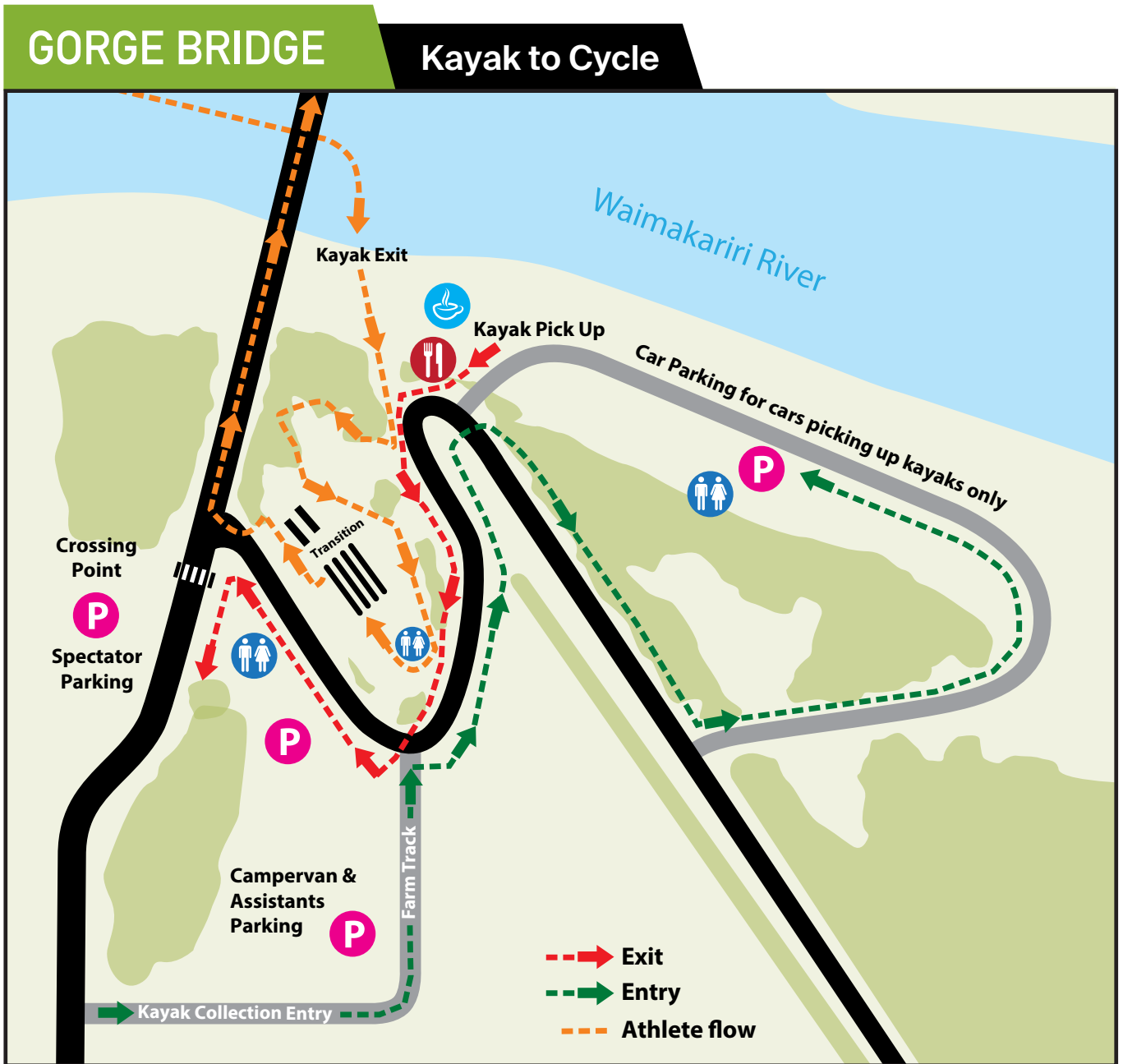
Lunch

Oxford Lions will have lunch for sale from 11am. Bring cash.

Overdue competitors

- If your competitor is overdue, approach the information point.
- Do not set off looking for them – the team will advise if they have pulled out and where to collect them.
- You may be advised that your competitor is at Woodstock (final on river kayak cut-off point). You will be provided instructions to drive to this point, but be aware;
 - Be considerate of other road users, vehicles, children, stock, and pedestrians.
 - Excessive speeds may jeopardize future access; the last part of the road is rough, tight, and more suitable for 4WD vehicles.
 - No campervans or trailers on the final section.





Stage 5

Cycle 69.5km

Waimakariri Gorge Bridge to New Brighton

Key Rules

- 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.
- Do not ride more than two abreast
- No personal audio devices are permitted
- No support crew allowed on the cycle course
- If leaving Gorge Bridge after 6pm, you must have:
 - Front and rear cycle lights attached and switched on. Helmet-mounted lights may be used in addition to cycle mounted lights
 - A reflective high-visibility vest worn as the outer layer of clothing, visible from 100m.
 - Reflective ankle bands

Course notes:

After completing your run, follow the marked track to your bike within the transition area. Exit via the south-western corner (signposted) onto the sealed road and turn right over the Gorge Bridge to begin the final cycle leg into Christchurch.

Note: Some major intersections will be managed by traffic control, but do not rely on this - normal road rules apply at all times.

Cone lanes will be in place at some light-controlled intersections - cyclists must remain to the left of the cones.

There are also several pedestrian crossings along the route into Christchurch. Please obey road rules and give way to pedestrians.

[For full course description see website.](#)

Finish Line, New Brighton

- After support crew have loaded the kayak at Gorge Bridge, proceed immediately to the finish at New Brighton Beach via SH73 (Old West Coast Road) – the route will be signposted.
- Support crew must not follow competitors on the course to New Brighton.
- Support crew cannot offer assistance to the competitors during any cycle stage or provide splits to any athlete – please help keep a level playing field for everyone.
- The police have warned competitors and support crew to be vigilant with security of their cars and equipment at New Brighton.
- 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 south of the New Brighton Pier, officials will rack their bike for them, then competitors run through the finishing chute.
- Wrist banded support crew may enter the finishing area to welcome your competitor to the end of their Coast to Coast journey.
- Collect your competitor's bike from the racks – wristband required.

Prizegiving

When: Sunday, 10am

Where: Addington Raceway, all welcome.

Monteith's Yarn Party

After prizegiving at Morrell & Co Bar, 280 Lincoln Road Addington, Christchurch. Relax, listen to some good music and tell everyone how good you were!

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 a stage must report to an official at the end of that stage. Hand in your timing transponder and fill in a withdrawal form. This is critical to prevent unnecessary search and rescue operations.
- If withdrawing on the last cycle leg into Christchurch, phone Race HQ (03 450 1955), giving your competitor number, name, and confirmation of withdrawal. Do not leave a voicemail – speak to someone directly.
- If evacuated by helicopter or jet boat, 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

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.

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](#) 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.

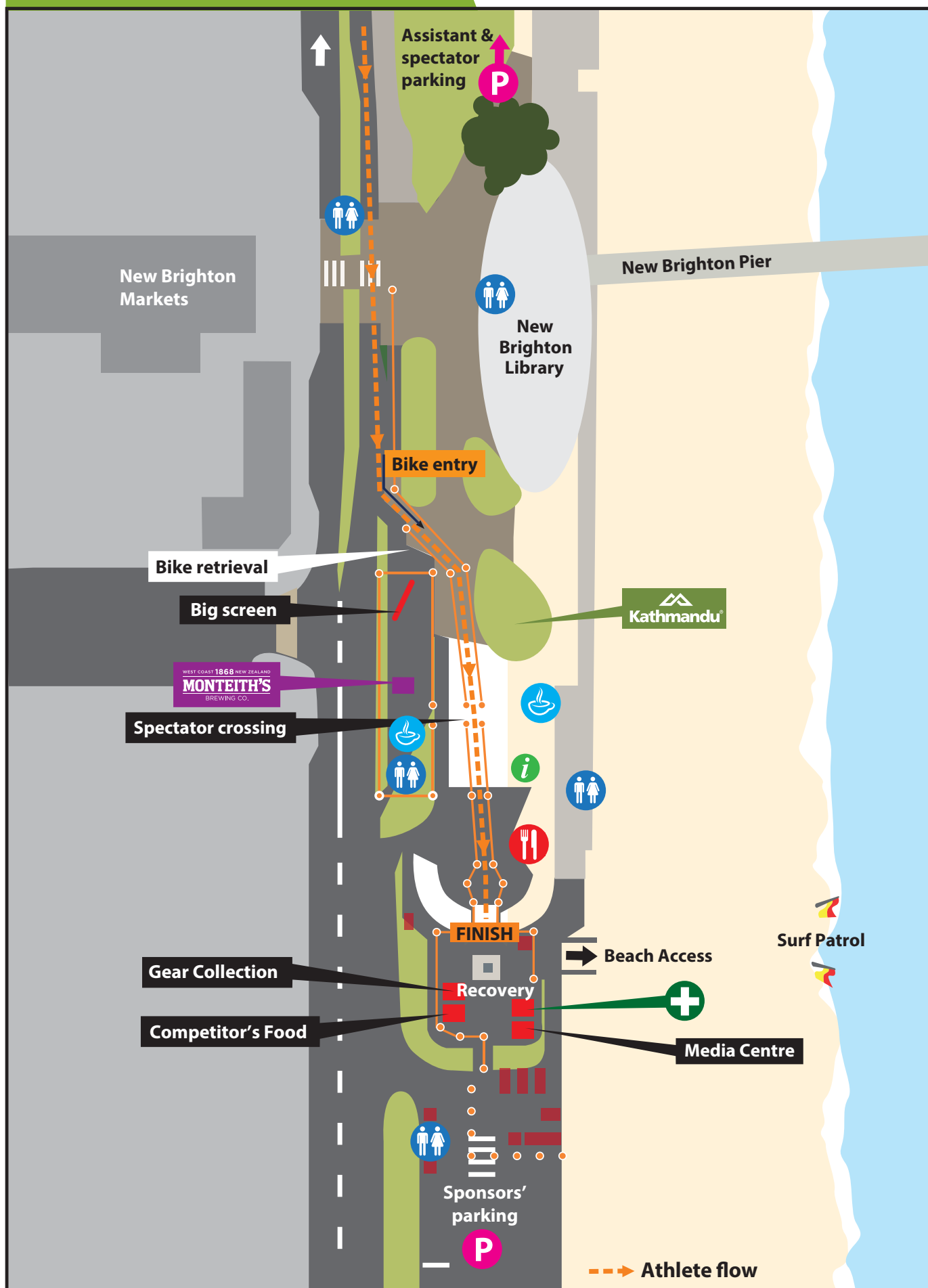
Lost Property

- 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

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.

NEW BRIGHTON FINISH



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.

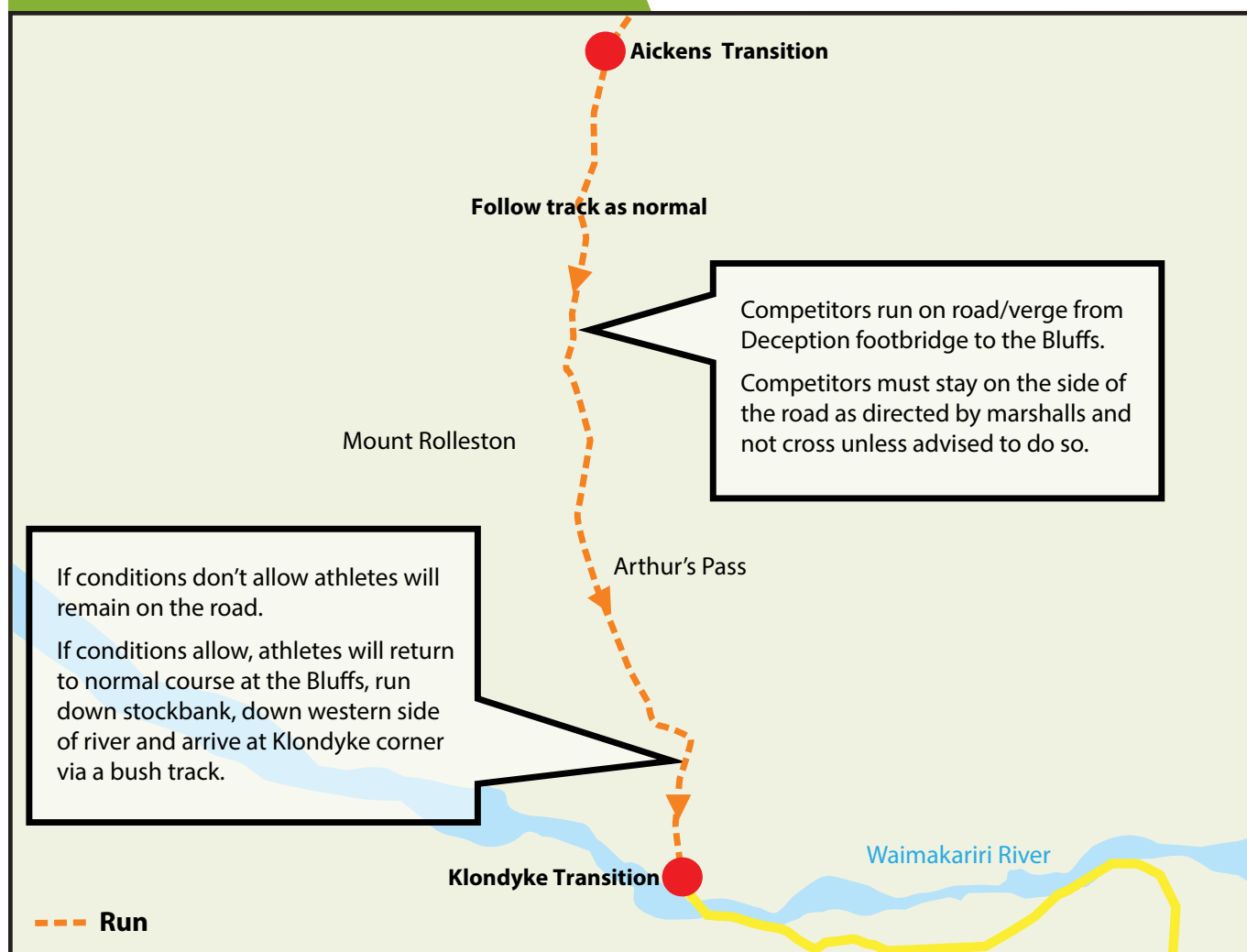
There will be water stations at;

- 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



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.

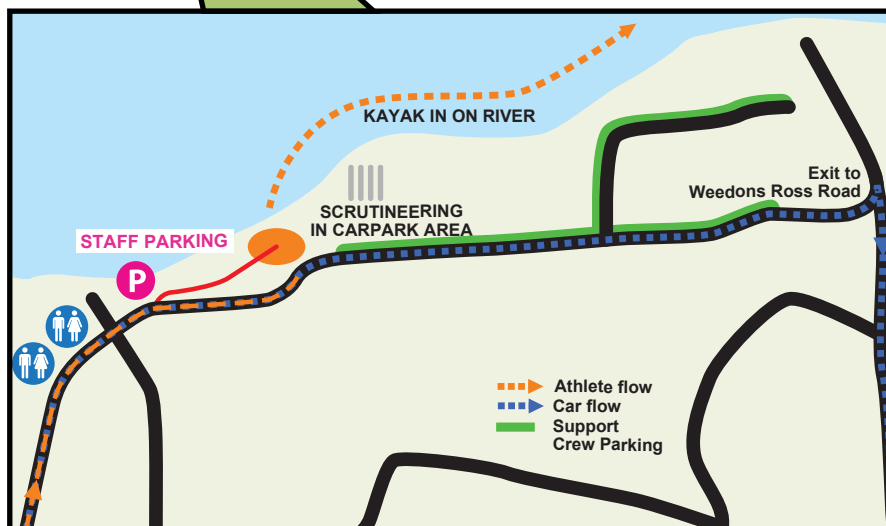
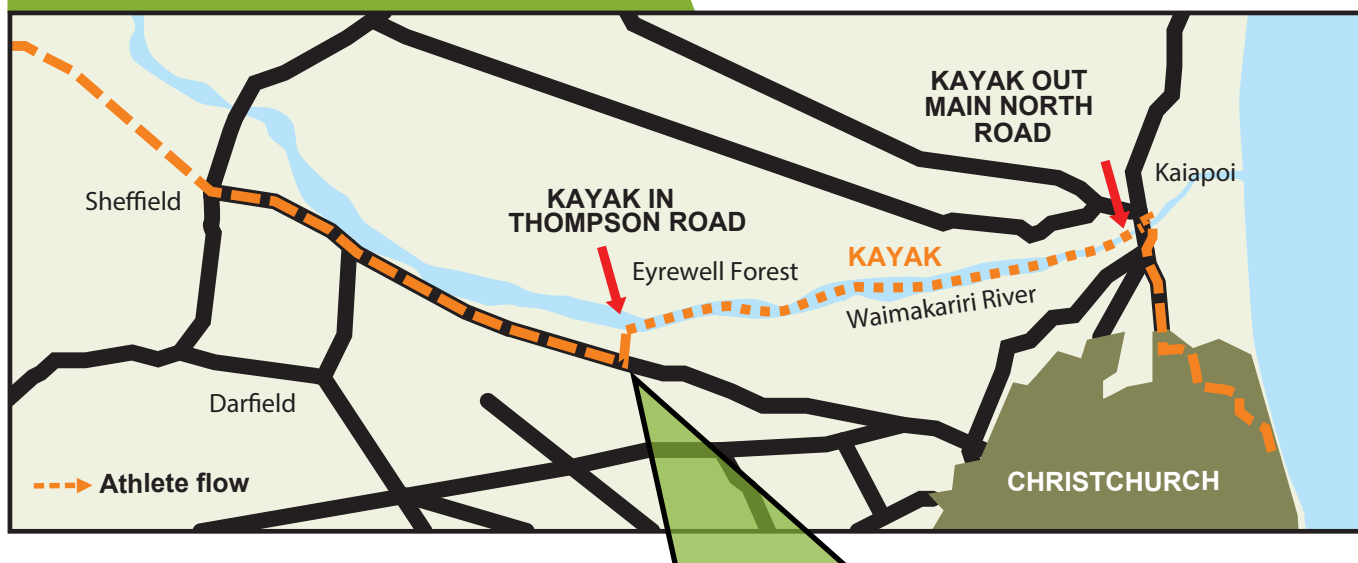
Competitors will then cycle to New Brighton to the finish (approx. 12km). Note the main dangers on the lower Waimakariri are trees alongside and in the river – it is highly likely that there will be some compulsory portages around high consequence areas. Any route directions, either by officials or signposted, 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.

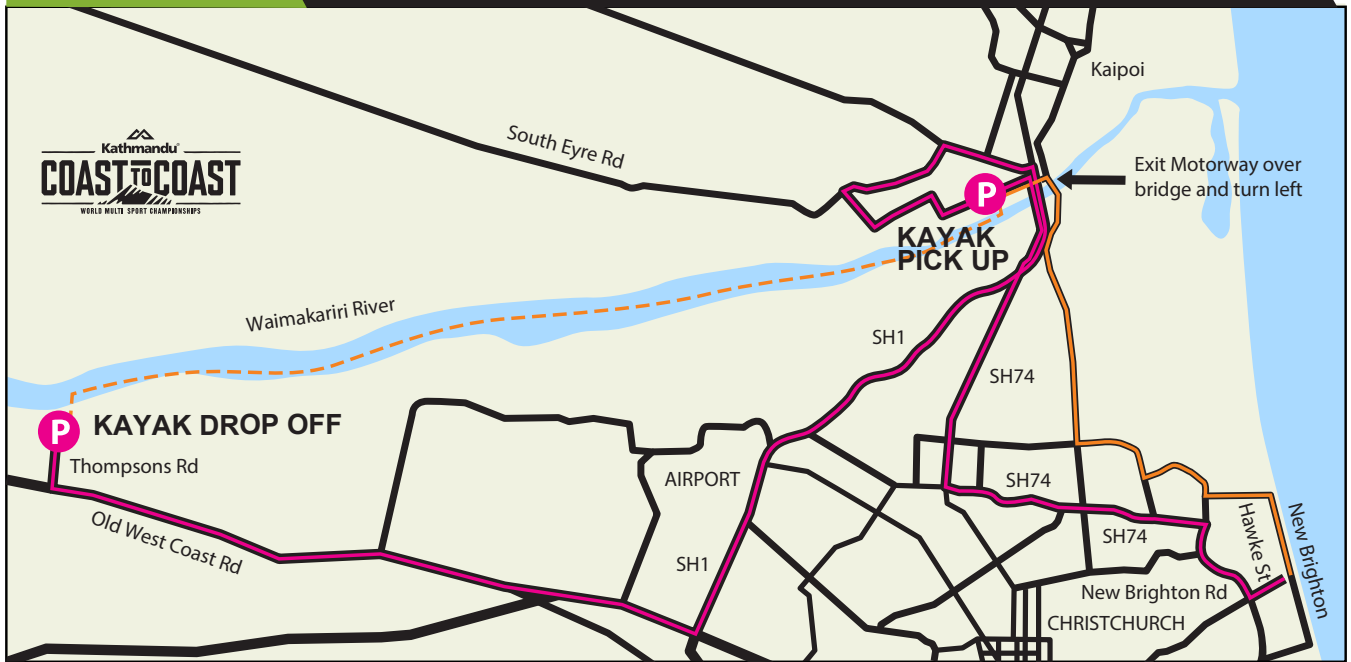
The Race Director reserves the right to close stages and alter official cut-off times for safety or other reasons.

KAYAK PLAN B COURSE



PLAN B

SUPPORT CREWS KAYAK DROP OFF 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!



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.