

The Columbia Sportswear Christchurch Multisport Race

Race Instructions and Rules

General

- Numbers are to be worn on your front (Two and Three person teams will be issued with two of the same number Four person teams will be issued with three of the same number.)
- Please go through transition chutes carefully so we can record your number and time. Nobody likes their time to be missed.
- Please remember your competitor number for race day registration. It speeds things up!
- St Johns are available for any urgent medical problems. If there is an emergency call 111
- Please use toilets as provided - not someone's backyard. Toilets are available at the following locations:
 - Victoria Square – portable toilets
 - Christchurch Town Hall (after 7:00am)
 - Start – Cathedral Square
 - Public toilets at the beginning of the Rapaki Track in Vernon Terrace
 - Lyttelton – portable toilets (not the Lyttelton Club)
 - Kerrs Reach - portable toilets (not the Arawa Canoe Club)
 - Finish – Christchurch Town Hall
- Assistants/supporters must not follow competitors down Colombo St after the start. Drive to Manchester Street and then Waltham Road to the Rapaki transition area. Strictly observe no parking areas. Do not follow cyclists over Evans Pass or on any of the cycle course. Use the Lyttelton Tunnel and head left off the motorway onto Port Hills Rd to avoid traffic congestion at the Ferry Rd/Dyers Rd Roundabout. You may follow your kayaker up the river.
- You have a responsibility to know the course. You should be fully acquainted with it (you have received a map with starter pack). Whilst we have marshals or cones directing you and police at most complex intersections remember that road rules must be obeyed. There is always danger on public roads and police/marshals can be called away and so we implore you to strictly observe Give Way rules, traffic lights as well as all road rules. Responsibility for your own safety lies in your own hands. Should you be confronted with a red traffic light you must stop. You must also stop at pedestrian crossings.
- Should you withdraw from the race along the route, please proceed to the next transition or finish and advise the timekeepers. This is very important!
- We are expecting a warm and sunny day but if the weather is wet the race will not be cancelled. Only in extreme conditions deemed unsafe by the Race Director will the race be cancelled.
- Whilst all care is taken of your equipment when dropped off at transitions we cannot take responsibility for it – so please, its safety is in your hands. Please remove your kayak and bike as soon as you can from transition areas - we are not responsible for them.
- Please, do not park on the grass, footpaths or sealed areas of Victoria Square.

Cut off Times

9.45 am Lyttelton - 11:15 am Kerr's Reach

1:00 pm Finish. We reluctantly enforce these times for management and safety reasons. If you haven't reached these points by these times you will be withdrawn.

High 5 Drink and water stations are situated at:

- Bottom of Rapaki Track
- Summit Road
- Lyttelton transition
- Kerr's Reach transition
- Finish line

-Race registration at Victoria Square from 6.00am. All team members and individuals must attend.

-Race brief at Victoria Square at 7:05am. All team members & individuals must attend.

Run Stage

- Runners technically have no rights on public roads and therefore extreme care must be taken. Run within one metre of the road curb after entering Tennyson St please use the footpaths Do not stray out into the traffic lanes. When passing a parked car, use the footpath. When you have to move to the opposite side of the road, it will be clearly designated and will be under the control of trained traffic controllers. Cross directly across the road, not down the road. Obey the marshals and do not cross at any other points. If you cross the roads at any other point where there are no official crossing marked with cones and traffic controller, you may be heavily penalised.
- The police and marshals will direct you along the route from Cathedral Square. On all intersections, minor or major, be watchful for your own safety as police may be called away unexpectedly.
- Vehicles have right of way. Keep alert for traffic coming out of side roads.
- Team relay runners change over is 500 metres up the Rapaki Road runners doing the entire course, please keep right. We do not give time splits here so you must take your own. No support vehicles are allowed on the Rapaki Road.
- Be prepared for cold weather on the Port Hills. If the weather looks threatening please wear or take polypro. If it's a warm day keep hydrated at all times - it can get very hot. Drink plenty at drink stations if you don't carry your own drink system.
- Stay on the defined tracks over the Torrs and when off road. Anyone taking shortcuts will be heavily penalised. Cross fences at stiles only. You must stay on the Crater Rim walkway track at all times when running along the tops – no short cuts.
- When passing other runners, call 'coming through' as the track is very narrow in places.
- Give way to vehicles when crossing the Summit Road.

Cycle Stage

- Bike drop off from 6:15 am to 8:15 am at the Lyttelton Club on Coleridge Terrace, Lyttelton. 8:15 am is the cut off so individuals have your support crew organised!
- The police remind competitors that they must be able to stop in half the clear distance in front of them. This includes the steep downhill sections.-The cycle section has a number of hazards, which you must identify yourselves. The Evans Pass descent is very fast, the road is bumpy and the traffic heading towards you is unpredictable. Keep left, slow down and watch oncoming traffic. You may save a few seconds by hitting very high speeds, however, smashing your body onto the hard bitumen by travelling too fast is not smart!
- LTSA NZ Approved cycle helmets must be worn. Stay wide of parked cars (an opening car door could be very messy) and travel through all intersections with extreme caution. Do not stay down on aero bars when passing through potential danger zones like intersections, pedestrian crossings - rather keep your hands on your brakes!
- Police will control roundabouts/major intersections. However they could be called away in an emergency and therefore enter every roundabout or intersection with your hands on the brakes ready to stop at red lights or give way as road rules apply.
- Bunch riding is not allowed. Stay three bike lengths clear of competitors unless passing. In this race drafting is cheating so don't. Anyone deemed drafting will be asked to stop, dismount, and remount before continuing. Aero bars are permitted. A draft buster on a motor cycle will be on the course.
- At Lyttelton after the short downhill in Oxford Street you turn left into Sumner Road through a coned lane. Please approach this corner with extreme care. At the left turn from Anzac Ave into New Brighton Rd and at the Gloucester/Avonside Drive traffic lights there is a coned left turn lane you must ride within. This is approx one metre wide so take care as you turn.
- Remember that some motorists can be very impatient with cyclists and races. Marshals are on the course to assist you but cannot stop traffic. They are authorised only to give you directions and support.
- There are pedestrian crossings on the route. Give way to pedestrians on these crossings.

Kayak Stage

- Assistants can prepare your kayaks at the waters edge and assist you into your kayak. They must not do this however until you arrive in the transition – it is too congested at the river edge.
- Rowers will be on the water at Kerr's Reach, they travel fast with their backs to where they are going and they may not be aware of your position. Stay well clear of rowers in the Kerr's Reach area by crossing the river to the Northern edge as quickly as possible
- The kayaker in the Teams section is to be tagged in the transition area No waiting in the kayak on the river. You are encouraged to be launched and assisted by your support crew. Only two support crew per competitor are allowed in the transition area.
- All kayaks should be in the transition area by 9.00am, and placed in numerical order. There are no support crew cars allowed on the road into Kerr's Reach after 9.00am. No parking on the road leading into the Arawa Canoe Club. The kayak transition will be open from 6.00am
- You must wear a buoyancy aid. Failure to do this will disqualify you from the race.
- The Avon is shallow in places and there is a shallow fast flowing area in the river 500m downriver from the Fire Station. If you cannot paddle it you may elect to be assisted, or you can carry your kayak. Your assistants must wear shoes, (there is a chance of broken glass) and are allowed to pull you in your kayak through the shallow area.

Prize Giving

The prize giving will be at the Bealey's Hotel (Speights Ale House) 263 Bealey Ave from 2.30pm. You will have to be there to claim spot prizes

Don't forget to thank Police and marshals as you go by without them the race would not be possible

Have fun

Important Event Rules and Regulations

Race start 7.30 am outside the BNZ Building

Running stage

Start location is on the left hand side of the road by the BNZ building. Please wait on the footpath until we call you to start. There is to be absolutely no running in the right lane down Colombo St. You must understand the event takes place on public roads that are open to traffic at all times. Some road users are impatient and many are unaware that an event is in progress. This means that the road rules apply at all times. By entering this event you have agreed to obey the road rules and must understand that, except for directions by police and traffic marshals at controlled crossings on the running route, marshals are not legally allowed to control traffic movements. Under no circumstances are you allowed to pass the lead vehicle.

Cycling stage

Where marked on roadways, cyclists must use cycle lanes. Cycle helmets must be of a standard recognized by LTSA NZ and must remain on your head, securely fastened at all times while in the cycle is in motion. Absolute responsibility rests with you to make sure that your cycle on race day is mechanically sound, and if there is any doubt you should withdraw from the race. Marshals at the cycle transition have the right to withdraw your cycle if they deem it to be unsafe. In the absence of police control, all road rules must be obeyed. There are pedestrian crossings on the cycle route where you must give way to pedestrians. If the event has to be stopped because of an emergency then competitors should proceed to the end of the stage. Repair of punctures and mechanical issues on the cycle stage are the competitor's responsibility. There is to be no drafting or bunchriding

Kayaking stage

Competitors must wear a buoyancy vest free of defects, securely fitted with minimum 6.2kg buoyancy on the kayaking stage. A helmet is optional. A grade two certificate is not required. Don't spread Didymo it is your responsibility to treat your kayak and kayaking equipment before the race. For more info please visit www.biosecurity.govt.nz/didymo. Kayakers need to be aware that there will be rowers on the river. Please keep clear of them. Support crews are asked to remove competitors kayak as soon as possible from the finish line.