

4-Hour Race Information Sunday 20th October 2024

This information is being emailed to Team Captains. Please forward it to your team members or ask them to read this on our website: www.kaiapoiadventurerace.co.nz. It's posted in the EVENT INFO section.

Location:

The race will start and finish in the *Huria Reserve* which is at the northern end of Courtney Drive, Kaiapoi South. If you are travelling from Christchurch, turn right onto Courtney Drive from Williams Street. Cross the Railway Line and continue to follow the curved road until you reach the start area on the right. Our marshals will show you where to park. Please <u>don't</u> park on the edges of the road, as this will create a hazard.

Programme:

Your race starts at 9.00 am. Please arrive about 8.00 am and collect your race pack from the registration desk. Your maps will be in your race pack, and you'll have time to study the maps with your team-mates and work out what you'll be doing. Get your bikes ready in the marked area, and make sure that all your gear is set out ready to go. Your event programme will be as follows:

- **8.00:** You can collect your race pack from 8am onwards.
- **8.45:** Race briefing at the start line this is compulsory for all team members
- **9.00:** Your race starts, and you have 4 hours to complete as much of the course as possible in the allocated time.
- **1.00:** You must finish by 1.00pm. There will be a 20-point penalty for every minute or part-minute that you are late. Watch the time carefully.

Race Stages:

STAGE 1: A Rogaine on foot, with 9 checkpoints that can be collected in any order.

STAGE 2, Mountain biking: The first MTB will take you to a Mystery Activity worth 200 points! There are 6 checkpoints on this MTB stage. (There are 3 mountain biking sections that link the 3 main Rogaine stages)

<u>STAGE 3</u>: A Foot-Rogaine/Trek with 10 checkpoints that can be collected in any order. <u>MTB</u> link with 3 checkpoints.

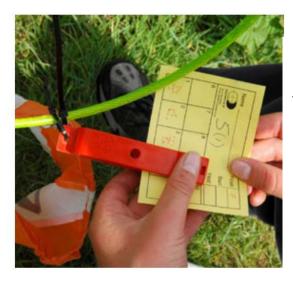
<u>Stage 4:</u> A Foot-Rogaine in some tricky terrain, with 10 checkpoints that can be collected in any order.

MTB back to the start/finish line and collect 2 checkpoints on the way.

Scoring:

At each checkpoint or 'control' there is a flag and punch like that pictured below.





Make sure that you firmly punch the correct square on your scorecard. If your scorecard is lost, damaged or illegible, you may lose some of your points. If you are late back, any time penalty is deducted from the points you have collected on the course.

Please hand in your scorecard as soon as you reach the finish line.

Maps:

You'll get two sets of maps in your race pack. One is printed on water-resistant paper and the other on plain paper. Your team navigator should have the water-resistant set. It's a good idea to mark your planned route with a highlighter pen, as you can save a lot of valuable time and effort by planning out the shortest route on the Rogaine stages. It's also a good idea to decide before you start how long it will take to get back to the finish, so that you don't get back late.

Your team must always stay together, which means that you'll be moving at the speed of the slowest person. Sending one person off to find checkpoints while you sit and take a rest is <u>cheating</u> and it's not how adventure racing works. If you are caught doing this by any of our marshals, there will be a 200-point penalty.

We hope that you have a great time and enjoy working together as a team.

Would you like to order a hangi meal after the race? The meals contain chicken, beef, stuffing, potato, kumara, carrot, cabbage and pumpkin. They must be pre ordered by Wednesday 16th October on the form below:

https://docs.google.com/forms/d/e/1FAIpQLSfFncv1e2ki_zMjI08lKtVcn3m6kx-ozhGfjU1w1H2FKOyeAg/viewform?fbclid=IwZXh0bgNhZW0CMTAAAR2Z2Z_2Z18tyfc_lakust75AMdU9Pg3cuttE4Dj7zRkxN_l61-_1nAHQ_E_aem_UoFNQOH6ocOQv-LORs2unQ