

FOR EVENT PAGE, WEBSITE AND TRALER

Podium Winter Duathlon Briefing 2019

HEALTH & SAFETY points –

- Please keep left on all the tracks
- When passing another runner or rider – a friendly ‘Passing on the right’ or ‘on your right’.
- Help anyone who has stopped on the side of the track ‘are they OK’? In the case of injury, have someone stay with them, and another person can notify the closest marshal.
- All tracks are open to the public so please be mindful of this
- Remember it’s not the Olympics – be mindful of one another
- No earphones allowed on the course. Don’t forget to smile and of course thank all the volunteers.
- Expect wet muddy and uneven surfaces
- RATS Signage indicates the course route
- Follow the directions of marshals at all times
- Note the run course is an uneven surface
- It is your responsibility to know the course but there may be course changes on the day
- Please be cautious around the bridge as there will be runners, kids and mountain bikers all meeting
- Make sure your number is visible at the finish
- Race numbers go in a container at the finish line
- Prizegiving will be ASAP after the last competitor

PLEASE TAKE NOTE OF THE FOLLOWING

The last few years we have run the run in a clockwise direction THIS year we are returning back to anticlockwise.

The bikes will also head straight up Pohaturoa Road, so please beware of runners and the public.

On the return leg coming back down Pohaturoa Road you will turn left onto Bakers Hollow and right into the end of Tahī. Fast riders you may come across a child or member of the public on the Tahī so ride with caution.

Long Course

The run start will start by the finish line. You will follow the cones clockwise around the field behind transition and then into the forest. Once over the bridge you head straight up Pohaturoa Road and LEFT into the Mud Pool Loop, continuing LEFT at each junction and run 3 laps anticlockwise. On the last lap head back over the bridge and into transition.

When you get into transition – make sure your helmet is secure first, push your bike out to the ‘Mount’ line.

Head over the bridge keeping left, head straight up Pohaturoa Road, right onto Nursery Road, along the road a little and enter the bottom of Grinder on the left hand side, when you exit the Grinder, cross Nursery Road and into the end section of the Creek track. At the exit of Creek track you pop back onto Nursery Road, keep going up Nursery Road and LEFT onto WASH ROAD, -(a marshal will be there to direct you). Off WASH ROAD you will turn LEFT following the arrows to the Lion Track, this will lead into Paddys Run (A Trail) exiting onto Spruce Road where you continue left and enter the Tickler Track. Exiting Tickler you turn right onto Red Tank Road and down to Dragons Tail on your left. At the end of Dragons Tail you will exit onto Red Tank Road and ride down to Mad If You Don’t (a marshal will be posted there) Exit right at the end of Mad If You Don’t and head right back up Nursery Road where you will turn left and head back along Nursery Road and left into Pohaturoa Road, arrows will lead you into Bakers Hollow on your left, you will turn right into the last part of Tahī before exiting left onto Pohaturoa Road and returning to transition. Please

dismount at the line and push your bikes into transition. Run – you will exit transition, run over the bridge, up Pohaturoa Road, turn left into the Mud Pool Loop and complete 2 laps anticlockwise of the Mud Pool loop before returning to the left of the transition area into the finishing shoot with a smile☺

Short Course

The run start will now start by the finish line. You will follow the cones clockwise around the field behind transition and then into the forest. Once over the bridge head straight up Pohaturoa Road, and turn left onto the Mud Pool loop and run 2 laps anticlockwise keeping LEFT at each intersection.. On the last lap head back over the bridge and into transition.

When you get into transition – make sure your helmet is secure first, push your bike out to the ‘Mount’ line – (the white barrier arm).

Head over the bridge keeping left and head straight up Pohaturoa Road, right onto Nursery Road , along the road a little and enter the bottom of Grinder on the left hand side, when you exit the Grinder, cross Nursery Road and into the end section of the Creek track. At the exit of Creek track you pop back onto Nursery Road, keep going up Nursery Road till you get to the entrance of Mad If You Don’t (a marshal will be here). Exit right at the end of Mad If You Don’t and head right back up Nursery Road where you will turn left and head back along Nursery Road and left into Pohaturoa Road, arrows will lead you into Bakers Hollow on your left, you will turn right into the last part of Tahi before exiting left onto Pohaturoa Road and returning to transition. Please dismount at the line and push your bikes into transition.

Run – you will exit transition, run over the bridge, head straight up Pohaturoa Road and complete 1 lap anti clockwise of the Mud Pool loop before returning to the left of the transition area into the finishing shoot with a smile☺