

2010 Genesis Energy Lake to Lighthouse Challenge

Competitor Written Briefing

This Briefing is also available on the website www.laketolighthouse.co.nz under the *Entries>Download Forms* Tab. Please read in conjunction with the [Event Regulations](#) on the website.

This does not take the place of the compulsory competitor / support crew briefing to be held at 8.00pm at Tuai Race Village on Thursday November 18th following the Welcome Dinner.

1. Regulations

An essential evil... Please ensure that you are fully conversant. The regs have been on the website for ever, so no excuses for ignorance. Rules are about fair and safe competition, nothing more, nothing less. Enough said – any queries please contact me, chris@laketolighthouse.co.nz 06 8373933, 027 4960079.

2. Powhiri

There will be a Powhiri (welcome) ceremony held on Thursday 18th. At Kuha Marae, Tuai at 1100hrs. The purpose of the Powhiri is to welcome all competitors, to grant you permission to cross traditional tribal lands and to wish you a safe passage during the Event. Accordingly we would appreciate any of you who are able, to attend this ceremony. A worthy cultural experience for those who have not been invited onto a Marae before.

3. Scrutineering – from 1200hrs Thursday adjacent Race HQ

Please present your kayak and all kayaking equipment for biosecurity checks / cleaning and Scrutineering before Registration. You will be given a scrutineering check sheet to present at Registration – you will not be able to complete Registration without the scrutineer's OK / check sheet. We will be using a 5% solution of household disinfectant for pressure spraying of boats and immersion of gear. Your boat will not be admitted into T1 / T6 without the scrutineer's sticker affixed.

Equipment Reminders;

- a) Tri bars / Aero bars are permitted.
- b) Kayak helmets are not compulsory on either stage
- c) Compulsory clothing (Waterproof jacket, long sleeved polyprop fleece top, hat and gloves) and must be carried on cycle & run stages unless expressly advised otherwise by the Race Director at briefing or start-line
- d) First aid kit must be carried on all stages (may be swapped at TA between team members)

This year we will be doing spot checks on safety gear –

- (a) At start-line. No gear = no start
- (b) On event. 10 minute penalty added to time for non compliance

As of today, the forecast for the event is very good. However things can change very quickly at altitude in the ranges. Last weekend Wairoa Search and Rescue teams encountered snow in the region on an exercise.

4. Registration - from 1200hrs on Thursday at the Tuai Race HQ.

Please ensure that you have downloaded, completed and sent in the appropriate documentation (download from [Entries> Download Forms](#) tab) by fax or email **before** you get here, in order to maintain good relations with the competitor behind you in the queue who has already done so... At the very least print off and complete the forms to hand in to the girls at the Registration desk.

5. Verbal Briefing 2000hrs Thursday 19th and Friday 20th

This is compulsory for all competitors *and* support crew and will take place during the dinner functions for any updates / changes / advisories.

6. Official Notice Boards

Official Notice Boards will be located at–

- a) Race HQ Tuai, from 1200hrs Thursday 18th until 0700hrs Saturday 20th November
- b) Race HQ Wairoa, from 0800hrs until 2000hrs Saturday 20th November
- c) At the Start / Finish line or any Transition Area as appropriate.

7. Start Line Day One

Competitors should be signed into the pre-start area by 0645. Elite competitors will be called to the line at 0655. Support crews must have left Tuai for T1 at Home Bay by 0630hrs as they will not be permitted on the road (Stage 1) after that time.

8. Stage 1 MTB

There will be a mass start at 0700hrs. Normal road rules shall apply and opposing traffic must be expected at any point on the Stage.

9. Transition 1 Home Bay, Lake Waikaremoana - MTB>Kayak

Please dismount at the indicated line. Bikes must be racked before helmets are removed. The Lake is currently at a high level so it is likely that we will be staging the kayaks on the grass area at the top of the access ramp rather than on the water's edge due the lack of a beach available. Any MTB's remaining in the TA at closing time (0900) will be transferred to T4 by by the T1 crew.

10. Stage 2 Kayak

We have 20 marshal power boats on the stage, moored at intervals of a maximum 1000m and also mobile rescue craft to assist anyone in difficulty. The marshal boats will be identified by large day-glo orange flags. These boats will be moored at no more than 100m from the shore. You must pass between the marshal boats and the shore – ie you will always have the marshal boats to your left as you paddle. If you capsize and require assistance please hold your paddle vertically and we will come to you. The water is generally deep on the course, and also cold at the altitude of 600m ASL. With the lake level high there are not a lot of beaches available. The rescue marshal will assess your situation and likely take you to the closest beach to allow you to sort yourself out / restart.

11. Stage 2 MTB Contingency

If it is deemed that the lake is too rough and conditions unsafe to paddle then Stage 2 will become an additional MTB stage from T1 to T2 via SH38. Given team / operational considerations it will be logical in most instances that the Stage 2 kayaker will become the Stage 2 MTB rider for this stage, most certainly in the case of 2 person teams. Depending on weather conditions at the time, the decision on Stage 2 will be determined either at Thursday pm briefing or by 0600 on Friday morning. The prevailing wind is nor westerly (on the bow) and we will unlikely to cancel unless that wind is in excess of 35kph before 0600. If in doubt of your ability in wave conditions – sea kayak or surf ski is the way to go. If we abandon the paddle then support crews will not be able to wait at T1 for their Stage 1 competitor to arrive as vehicle access to T2 (as with T1) is via the stage and support crews must be ahead of the field. In this instance support crews will be instructed to move on from T1 to T2 as soon as they have dropped off the Stage 2 competitor / MTB as appropriate.

12 Transition 2 Hopuruahine - Kayak>Run

Support crews must exercise extreme caution on SH38 and the Hopuruahine Landing road. The latter in particular is narrow and largely blind. You also may meet oncoming competitor foot traffic on the last 800m of the road, which is also the start of Stage 3. There is plenty of parking at T2. The beach is largely submerged due high Lake level - please be considerate to the frogs, they were there first. Those returning competitors should note due the lake level we *may* route you up a different inlet to the one used in prior years – follow the directions of the marshal at the entrance to the Hopuruahine stream. There will be portaloos at the Hopuruahine Transition.

13. Stage 3 Run

This is a long 26km and not to be underestimated. Ensure your hydration reserves are adequate. We will have a water station at the 12.2km point (Waiharuru Hut). We have had a lot of over the past couple of months so the track will still be wet and muddy in some of the lower lying stretches.

14. Transition 3 Korokoro - Run>Run

Midpoint of the run, where we will drop off Stage 4 team runners and collect Stage 3 team runners for return to T1 at Home Bay by Water Taxi. There will be water available at this Transition. Toilets are available. Stage four team competitors (unless with own power boat) will be required to sign in for the water taxi at registration. There will be two sailings only from T1 Home Bay to T3 Korokoro, at 0900hrs and at 1000hrs only. Stage 4 team competitors taking the water taxi will be issued with a coloured bracelet at registration to indicate which sailing they have been allocated to. The water taxis will be leaving from the jetty immediately adjacent T1. No bracelet = very big swim... As advised, there is no official transportation for support crew to T3 so we will take over any gear / sustenance requirements for individuals. Any gear required to be taken must be dropped off at Race HQ prior the start, in a closed bag clearly marked with the competitor's Bib number. (hint – there are three bike seat post number labels in your race pack – use the spare one of these) We will return any gear remaining at T3 to Race HQ for evening collection.

15. Stage 4 Run / MTB

The Big One. First-timers note that the hard work is not over when you first hit the top of the Panekiri Bluff as you have another 9km of short but frequent climbs and drops before the final descent to T4. There are no streams once you leave the lake after the first 3km. We will have water and Raiseys [Hydrate X](#) anti cramp at the Panekiri Hut at the 11.2km point (only). You will note some caution (!!!) signs along the bluff in places. Please take them seriously, particularly if the surface is slippery. The edge of the bluff is deceptively close to the edge of the track in a few places. If you get it wrong and survive the 600m descent we will penalise you for the short cut. Speaking of short cuts, yes there are several on the Lake track and while we know you are scrupulously honest we are not sure about the other guy so we have our short-cut police on duty. Not kidding...

16. T4 Onepoto - Run>MTB

A reminder that can be no change of competitor here and the same team competitor who runs Stage 4 will complete the MTB back to the finish (with all the associated glory) Bikes will be pre-racked in numerical order. We have previously described this as a non – assisted TA however your support crew may support you in the TA if desired. Toilets are available. Some support crews may get to T4 to drop of MTB's before the TA crew arrive (crew ex T1) In this instance there will be a security marshal present to look after the bike.

17. Finish-line Tuai

You may ride across the finish line if you wish. Look for the Massage tent by the finish line, they will be ready for you as will a cold Speight's beer – what could be more appropriate?

18. Friday night's Hangi buffet function will include a second compulsory briefing.

19. Start line Day Two - Same procedure as Day One.

L2L Lite competitors will join the field today.

20. Stage 5 MTB

The first 4 km are down a gravel road. If you are not experienced in bunch riding please take care as the pace could be hot. The good news is that there is generally plenty of impact absorbing matter on the road verges of this section if you lose control. The bad news is that blackberry is neither kind to lycra nor sensitive body bits.

The first uphill off-road section is pretty gnarly. It is steep and recent rain has washed it out somewhat. There will be a fair bit of pedestrian action on this stretch so please be courteous to fellow competitors who may be coming through. The stage is a little more technical than in 2009 due more weather damage to the 4wd track, so there are ruts and washouts in many places and the clay patches (mostly pumice / grass) will be slippery if wet. The last 5km is mainly flowing, contoured grassy downhill tracks to a gravel road finish. Good fun.

21. T5 Ohuka School - MTB>Road Bike

Support crews must be here by 0800hrs (see separate Support crew instructions) as they will be accessing the TA via Stage 6. The Ohuka School Committee will be providing hot drinks and snacks. Toilets will be available. Road bikes will be racked in numerical order. Please park in the paddock as directed by the friendly policeman as the intersection here can get very congested.

22. Stage 6 Road Cycle

The first 3.5km takes you through a 350m climb – yep that's 1:10. Team riders, make sure you are warmed and stretched. The entire stage is also the support crew route to T6, on a public road with two way traffic. This means that extreme care must be exercised by both support crews and competitors. Drafting with other competitors is permitted – drafting with support vehicles is not! At the 12km point the Ohuka road meets SH38 at a "T" intersection (for a left turn). The approach is at the end of a fast, largely blind, steep downhill section of approx 5km and comes up very quickly. There will be caution signs and marshals to warn you of the intersection (**blind from 50m**). Make sure you heed them. Good brakes are an absolute must for this Stage. There are also 4 one way bridges on the stage. These will be marshaled but be aware that you do not have right of way on 2 of these.

23. T6 Waitahoura - Road Cycle>Kayak

Ample parking available. Toilets available. Kayaks may be placed on benched area on the immediate river bank. Note that the river is still tidal at this point so ensure that boats are placed above the high tide mark if left unattended. Facing the river from the TA, the direction of stage 7 is to the left.

24. Stage 7 Kayak

Marshal boats will be at approx 2km intervals. The tide will generally be outgoing, current approx 3 knots. Flat water flanked by willows and the occasional deceased animal. If you don't like drinking river water ensure you have plenty of alternate hydration – both years to date it has been extremely hot with no breeze and dehydration was an issue.

25. T7 Wairoa Rowing Club – Kayak>Run

You will beach approx 300m prior the TA. The beach area will be barriered off and your boat will be secure here while you go through to the TA. Please DO NOT swap bibs or bracelets at the beach – this is NOT the TA. Support vehicle parking is adjacent the beach. The TA is at the Lighthouse adjacent the Finish line (yes I know that's a bit mean) Toilets immediately before TA.

26. Stage 8 Run

Sting in the tail for individuals especially. Leaving the town you will be running on SH2 facing the traffic. The verge will be coned and there will be a "runners refuge" area where you cross the road to start the X country section. We will have water available at the 9, 12 and 15km points.

27. Finish line Wairoa Lighthouse

Massage tent just beyond finish line. Another cold Speight's and a few hours (for most) to recuperate before the Awards Dinner / party which will be held in the marquee at the finish line this year. Awards Dinner Kick off is 1800hrs

28. DOC Requirements

Please remember that it is not permitted to run across swing bridges. Both the organisers and DOC staff shall be monitoring swing bridges and any other structures with maximum loadings prescribed. Time penalties will be applied for any infringements.

29. Withdrawal forms

If you choose to withdraw from the Event for any reason, you must complete a Withdrawal Form with the first available official. We are recording competitors passing every marshal station and do not want to be distracted with a search for someone who has pulled out of a Stage or at a Transition Area without observing this simple procedure.

30. Support Crew instructions

These are also downloadable from the Entries tab on the website or click [HERE](#)

31. Marshals

We have stationed Marshals at a maximum of 5km intervals on every Stage. Marshals will be identifiable by an official swinger and a yellow vest. Every marshal station is equipped with radio communications with Race Control. In the event of an injury / incident, they will be the first point of contact with Emergency Services.

32. Race Packs

In addition to a great selection of goodies, your Race Packs will include your Race Bib, Timing Transponder (Team Leader or Individual), MTB and kayak / support vehicle stickers. Please ensure that stickers are fixed to kayaks and support vehicles to ensure access to Transition Parking areas. There are 3 bike seat post numbers and three kayak stickers – one kayak sticker should be used as a support vehicle ID sticker and should be affixed to the upper left of the windscreen. Please place the Kayak stickers on the LH side of your boats in a position the most easily identifiable to the boat marshals.

33. Water on Course

We expect that athletes will be self sufficient. However we shall have water available at the following locations –

- a) Stage 3 Waiharuru Hut, 12.2 km point, approx. mid Stage
- b) Transition 3 Korokoro between run stages
- c) Stage Four - Panekiri Hut, 11.2 km point, approx. mid Stage
- d) Stage 8 9km, 12km and 15km points

34. Massage

We have a team of 10 massage therapists at the finish line each day (1200 – 2100hrs Friday at Tuai and 1200 to 1800hrs Saturday at Wairoa) headed by Hawaiian massage guru Nancy Kahalewai. There will be complimentary massage available for every competitor, each day.

35. Physio

Event physiotherapist Storm Baynes will be available on event for strapping and support. More info on the Training Tips tab of the website.

36. Cash Prizes

We are required to deduct Resident Withholding Tax from any prize money that exceeds \$500 per recipient. The exception will be where the recipient can provide us with a GST invoice. All applicable prize cheques will have the tax deducted and an RWT form enclosed for completion. If you are able to furnish us with a GST invoice (prize money includes GST) then we will refund you the RWT.

37. Food & Fuel

Please refer the *General* tab on the website for detailed information on general food and fuel availability. Once you are on event it will be limited...

38. Money

Please make sure you bring cash for additional purchases from food stalls, dinner drinks etc. There is no EFTPOS cash out facility available at Tuai.

39. Phones

- 021 works at Tuai, Race village.
- 027 has limited coverage only from SH38 at Onepoto (where SH38 meets Lake Waikaremoana) but does not work at Tuai
- Both OK in Wairoa

40. Lagarosiphon Major

An incredibly invasive water weed that infests Lakes Whakamarino (Tuai) and Lake Kaitawa but is absent from Lake Waikaremoana. For this reason we insist that you do not use your kayaks on Lakes Whakamarino or Kaitawa prior the event, to ensure there is no risk of inadvertently transferring weed to Lake Waikaremoana.

41. Results

Results will be available on the internet via our live facility in conjunction with Sportzhub. We will also have results available in hard copy from Race HQ for each Stage during the competition. Provisional Stage times will be radioed to the Media Centre at Race HQ as competitors reach each Transition.

42. Maps of Tuai Race Village and Wairoa

Posted on the website under *Entries>Downloads*

- Tuai Village facilities
- Wairoa Township

43. Camping Facilities

Tuai:

At the Rugby field adjacent Race HQ. There will be hot showers, toilets, night lighting and 24hr security by the Waikaremoana Rugby team (don't argue) No cooking facilities available.

Wairoa:

At the Tapuae rugby grounds in Hunter Brown St on the North side of the river virtually opposite the finish line. Same facilities as above with more front row props on 24hr patrol from 1000hrs Saturday. Tapuae RFC will have their clubrooms open on Saturday afternoon with food and drinks and will also be putting on a "kiwi breakfast" on Sunday morning from 0800hrs at \$15 per head.

The L2L team and Wairoa Community Development Trust hope that you will enjoy your time with us. This is a tough event, but we have worked to make it a safe and enjoyable experience for all. We look forward to meeting you next Thursday and to share our special part of NZ with you in the following days.

Chris Joblin

Race Director - Genesis Energy Lake to Lighthouse Challenge