



Kathmandu[®]

COAST TO COAST

WORLD MULTI-SPORT CHAMPIONSHIPS



Mountain Run Athlete Handbook

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Pre-race Preparations

Competitors read and understand event rules – located on the website on same tab as the handbooks

Competitors understand the running stage – see descriptions in this handbook

Daypack is large enough to carry all the compulsory equipment, food and drink

Ensure any food and equipment tied to the outside of the daypack are securely fastened

Download this Handbook prior to leaving for the race – make sure you have the latest version as could be updated during the year

Important times

Thursday

3pm Registration and Sponsor Expo open at Kumara Racecourse (you can also register at Aickens on Friday morning)

4:30pm Kumara Community meal (\$25pp tickets can be pre-purchased via the website)

8pm Registration and Expo closes

Friday – Mountain Run Event

7am First Bus leaves Klondyke for Aickens Start area (MUST BE PRE BOOKED ONLINE)

Race registration at Aicken’s start area

8:45am Race briefing with any last minute updates

9.15am Mountain Run RACE START

4pm Cut-off at Goat Pass for Mountain Runners

5:30pm Prize Giving for Mountain Run at Klondyke

7:30pm Cut-off at Klondyke Corner for Mountain Runners – course closes

Note: Plan B bad weather alternate route start times may vary

Sunday

Sunday Prize Giving is specific to the Multi-sport events but you are welcome to come along and join the brunch (ticketed) and Moa wrap BBQ.

8am Brunch (\$26pp tickets can be pre-purchased online) Addington Raceway.

Event photos and merchandise will be available

10am Prize Giving, Addington Raceway – all welcome

12pm Moa Wrap BBQ, Volstead Bar, 55 Riccarton Road

Mountain Run Gear

All gear must be correctly sized for competitor – compulsory gear will be checked pre race and at compulsory gear check at Goat Pass – it may also be spot checked at any time during the run or at finish

- Running shoes (socks are highly recommended also). The run is very rocky and you will cross the river numerous times. Choose a shoe with lots of contact surface - the soles with long high knobs can be very slippery on the rocks. There are not many muddy areas.
- Backpack (must be large enough to fit all compulsory gear and food into – recommended volume 12L+ - recommend putting clothing into Ziploc bags to keep dry – do not vacuum pack it, there is a gear check at Goat Pass)
- Thermal gloves
- Thermal balaclava or hat
- Waterproof jacket with hood (Seam sealed and constructed of durable material)
- Waterproof pants (Seam sealed and constructed of durable material)
- Long Sleeve thermal base layer top
- Full length thermal base layer pants
- Long sleeved thermal mid layer top (with insulation properties approx. 220gsm or greater)
- Whistle – attached to outside of pack or bib
- Foil Survival **BAG** (NOT blanket)
- **First aid kit**
 - 1.5m long (unstretched) roll of 5cm wide crepe bandage
 - 5m long roll of 2 cm wide strapping tape
 - 10 Band-Aid strips
 - 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 medications)

- Any Competitor specific medication (this must also be recorded in your entry so race medical staff are aware of any potential conditions or issues). Competitors with medical conditions will be supplied a PINK wristband at registration which must be worn throughout the event.

Notes and suggested gear:

- Ensure all equipment is safe and in excellent working condition
- **NO** iPods or similar audio devices to be used by competitors on the course (phones OK to be carried for taking photos)
- Topo 50 Map BV20 Otira or equivalent printed download should be carried if you haven't completed the run section before
- Camping and cooking gear
- 20 litre water containers
- Tent, campervan or accommodation booked
- Drinks
- Food
- Rubbish bags
- Sun protection
- Toilet paper
- Cell phone
- Towels
- Book massage at Klondyke Corner with SportsMed (during January)
- Assistants check list for competitor gear
- GPS Trackers – We use GPS trackers to track the top athletes and people who the public may be interested in following. These units are also available to hire so you can race mate against mate or just allow your supporters to see how you're going. The race bibs have a dedicated pocket for these units and they weigh just under 90grams (about the same as a GPS watch). These can be booked via the event website.
- Start / Finish Bag (supplied in race pack)

must be your outermost garment and over the top of running packs at all times (so over the top of any thermals, jackets etc). Failure to clearly show your number when asked will lead to you being stopped until officials can accurately determine your bib number. Calling out your number is not sufficient as a number of competitors call out the wrong number each year.

If Bibs are seen to be covered during the running stage, competitors will be stopped and made to correct the problem. Competitors are not allowed any help from assistants, friends or family on the Mountain Stage. If competitors have assistants, friends or family monitoring their own or another competitor's behaviour they will be deemed to be assisting their competitor and their competitor will be disqualified.

Any competitor or assistant who wishes to make a complaint about another competitor must do so in writing to the officials within an hour of the complainant finishing. The Race Director's decision regarding the complaint is final.

No responsibility is taken by the Race Director or sponsors for any loss or damaged property of competitors, assistants, or friends during the Kathmandu Coast to Coast. Competitors and support crews must have their own personal property insurance.

Assistants must provide names and cell phone numbers in case they or their competitor needs to be contacted during the Kathmandu Coast to Coast in case of emergency.

Officials are an important part of the Kathmandu Coast to Coast safety system. Instructions by officials to competitors and assistants must be followed. Failure to do so will result in heavy time penalties or disqualification.

Lost property will be available at Klondyke Corner on Friday, New Brighton finish line on Saturday and the multi-sport prize giving on Sunday. Make sure all items are named and numbered. Lost property will be kept for one month and then either disposed of or given to charity.

General

One competitor Bib will be provided per individual. Bibs must not be altered in any way and must be worn throughout the event and in the finish chutes. The bib

Medical Services

Sports Med and St John are available at every transition of the Kathmandu Coast to Coast for general medical support and emergency response. Providing specialist

paramedic staff and equipment, they have been able to integrate with and complement our river and mountain safety teams.

Assistants

You do not require an assistant for the Mountain run section if you catch the pre race transport, but you are welcome to bring a driver and as many support crew as you can to cheer you on.

The start at Aickens has a long walk from the car park to the start area and is rough in places - assistants should wear sturdy footwear and bring a torch or headlamp. You may need to walk up to a km from your car.

Make sure you know where to go – If you are not familiar with the course and area please make sure that you have a good map book of Canterbury and Christchurch and program the transitions into your GPS or check out the locations prior to the race – remember to obey all officials instructions in terms of parking etc at the different areas.

Pre Race Shuttle

There is a shuttle Bus that can take you from Klondyke Corner (where you finish) to the start at Aickens. You must pre book this service either through the entry system or by contacting us at info@coasttocoast.co.nz

Toilets

Portable toilets for competitors, support crew and officials are located along the course at various venues. We try and position them to meet demand, but at times we'll never have enough and you may have to queue.

The toilets are serviced to ensure they remain clean, fragrant and stocked, so at times will be unavailable. If you find that toilets need servicing or are short of supplies, please let the service staff know. Toilets do not have lighting; so if you're using them at night, take a torch. While we endeavor to keep them stocked with toilet paper it is highly recommended you bring a back up supply!

Toilets are located at:

Aickens Start - there are toilets at the transition. You pass them on your left as you drive to the car park. There are also toilets at the car park. Please do not go to the toilet in the trees

Aickens Start competitors only – there is a reserved toilet for competitors only located between the cycle finish and the timing tent.

Klondyke corner - there are toilets located across the shingle road on the grass (south of the finish chute) as well as a permanent Department of Conservation toilet in the scrub.

Klondyke corner catering and medical only – these two toilets are reserved – please do not use them.

Klondyke Corner camping - there are toilets placed around the camping area, plus toilets on a trailer. The towable toilets will remain on site until the last two-day competitor has departed for Mt White on Saturday, before being relocated to the Waimakariri River Gorge Bridge.

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. Some that you need to know that relate to assistants parking areas are:



Site access 150m - entrance to a car park on your right, approximately 150m ahead, followed by ...



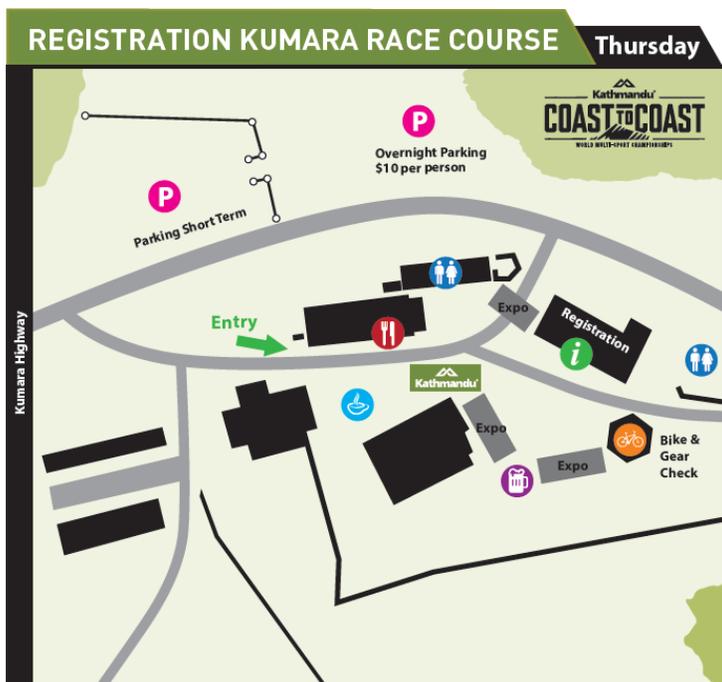
Site access - entrance to a car park on your right, approximately 75m ahead



No stopping or waiting even for just a minute! Please do not park between the signs or on the road shoulder or grass verge behind the signs.

Registration Kumara

Welcome to Kumara, West Coast, South Island, New Zealand



3 weeks from race dates. You can also do these pre race gear checks at registration on Thursday or at Race Day registration on Friday. Make sure to bring any gear not pre checked to registration with you.

The Kumara Community are offering a meal on Thursday from 4.30pm, tickets are \$25 per person and can be pre-purchased on the event website. Please support the community and their efforts. Limited on the day meal tickets will be available, make sure you bring cash. The meal will be served from 4.30pm until 7.30pm or when the meals run out. We highly recommend you pre-purchase a meal ticket.

Registration checklist

- Download Event App (available for iPhone or Android)
- Vehicle fuelled up
- Fill water containers
- Check timing transponder
- Gear checks
- Ankle strapping
- Purchase merchandise
- Collect GPS if ordered

Thursday

Mountain Run competitors may register at Kumara Racecourse between 3pm and 8pm on Thursday. Competitors will be issued with their race packs containing their bib, event shirts and timing transponders at registration. Timing transponders must be checked. You will also collect any GPS trackers ordered at registration.

YOU CAN ALSO REGISTER PRIOR TO THE RACE AT THE START AT AICKENS from 7AM FRIDAY

Assistants and Competitors can set up camp at the Kumara Racecourse. Campervans may stay overnight at the Kumara racecourse. There are no powered sites. It is not compulsory to stay at Kumara Racecourse. There is a fee of \$10.00 per person, which is collected by the racecourse staff for overnight stays. There is a free short term parking area. This is a fundraising activity for the Kumara Racing club.

You can do your compulsory gear checks at any Kathmandu store around the country. These checks open

Safety briefing

A **compulsory specific Mountain Run briefing** will be held on the **Friday morning at 8:45am** prior to the race start – you do not need to attend the multisport race briefing on Thursday evening

Medical

SportsMed will tape/strap ankles at the Kumara registration from mid afternoon on Thursday.

No bookings are taken. The price is \$15 for one ankle or \$20 for two ankles.

The SportsMed Massage Team will work at Klondyke Corner on Friday and New Brighton Beach on Saturday. Massages are \$30 for 20 minutes (no double bookings). Pre bookings can be made by phoning SportsMed on 03 366 0620 during January.

Fuel & Supplies

The Kumara Service station is closed, and has been replaced by a self-service credit card or eftpos fuel facility. You can also fuel up at Arthurs Pass (no LPG), Hokitika or Greymouth. The Kumara Store will be open until 8pm on Thursday night and re-open at 7am on Friday morning.

Kumara Racecourse Facilities

- Campsite - no bookings required
- Hot showers
- Water
- Toilets
- Camp kitchen
- Friendly neighbours

Friday Timetable

6:30am All cars must be through road closure at Kumara junction if using State Highway 73 from the West Coast

7am Registration open at Aickens

9am Race briefing at Aickens Start area

9:15am Mountain Run RACE START

4pm Cut-off at Goat Pass for Mountain Runners

5:30pm Prize Giving for Mountain Run at Klondyke

7:30pm Cut-off at Klondyke Corner for Mountain Runners
– course closes

Mountain Run competitors &

Assistants

You must have passed the Cycle transition at Kumara Junction prior to 6:30am to avoid the road closure which is in effect between Kumara Junction and Jacksons.

Alternatively you can travel via Lake Bruner if coming from the West Coast for the start. For competitors traveling from the East there is the opportunity to leave your car at the finish at Klondyke Corner (Please park in the designated mown parking areas on the southern side of the road) and catch a shuttle bus to the start. **This must be pre booked.** Competitors should bring their Transition bag supplied in their race pack with them to

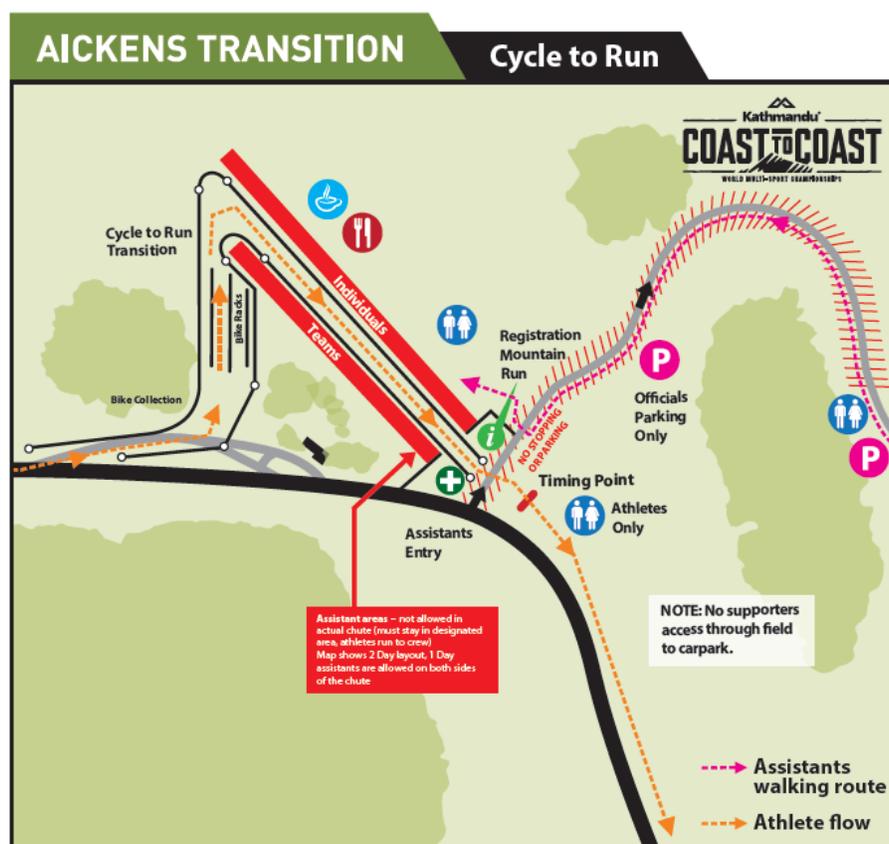
put their warm up clothes in prior to the start. This gear will be taken to Klondyke corner and will be available for athletes to collect in the recovery area at the end of the Mountain run.

Leave them at the drop point near the Mountain run registration point, it will be sign posted. Make sure they are numbered. Make sure it all fits in your supplied TA bag. No extra bags please, we have limited space. NOTE: It can be very cold pre race at Aickens so have plenty of warm gear. There will be limited shelter available. Bring some cash for pre race coffee or snacks provided by Moana school and the coffee carts

Park in the car park at Aickens, not on the roadside. Please do not park in the Taramakau Valley Department of Conservation car park. Do not delay - leave early! No stopping on the side of the track to the car park. Assistants cannot follow their competitor or offer assistance on any cycle stage.

NOTE: The road closure on the Friday from the Kumara roundabout through to Jacksons, officially starts at 6am but you will be able to continue through this route as long as you pass the Transition Area prior to 6:30am.

Aickens Start



Assistants - on arrival at Aickens, turn where sign posted and take the vehicle track to the riverbed car park. Park in the Aickens car park, not on the roadside. No stopping on the side of the track to the car park. Prepare your competitors compulsory mountain stage equipment well before the event.

Assistants are not allowed to offer assistance or enter any part of the running stage except at the start and finish.

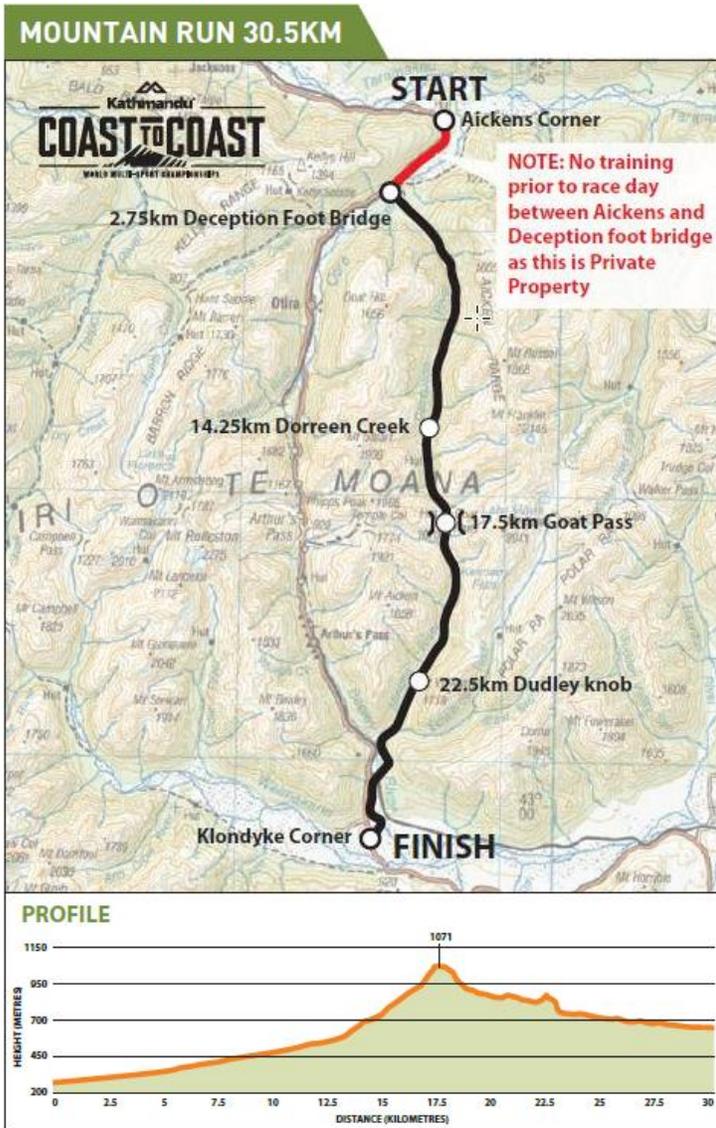
Officials can make spot checks of competitors' compulsory mountain safety equipment at anytime. Do not discard any equipment, they could be spot checked at any time.

There is a compulsory check of gear at Goat Pass for EVERYONE. Penalties or disqualifications will be given to all competitors not carrying correct equipment - make sure your competitor is organised and has everything.

Assistants cannot leave the Aickens car park until after 9am. Don't panic, there is plenty of time! Assistants must not stop at the Otira footbridge and must not use the Otira Footbridge (by DOC request).

Lake Brunner School will have breakfast for sale to assistants at the Aickens transition – whitebait patties, bacon, eggs, Blackball sausages, omelets, hash browns, coffee, tea and milo. These meals are not included in the entry fee. Have cash available.

Mountain Run Event - 30.5km



- Thermal gloves
- Thermal balaclava or hat
- Waterproof jacket with hood (Seam sealed and constructed of durable material)
- Waterproof pants (Seam sealed and constructed of durable material)
- Long Sleeve thermal base layer top
- Full length thermal base layer pants
- Long sleeved thermal mid layer top (with insulation properties approx. 220gsm or greater)
- Whistle – attached to outside of pack or bib
- Foil Survival **BAG** (NOT blanket)
- **First aid kit**
 - 1.5m long (unstretched) roll of 5 cm wide crepe bandage
 - 5m long roll of 2 cm wide strapping tape
 - 10 Band-Aid strips
 - 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 (this must also be recorded in your entry so race medical staff are aware of any potential conditions or issues)
- Race bib (must be outer most garment and worn over pack)
- Timing transponder around ankle (do not place in your day pack)
- Topo 50 Map BV20 Otira or equivalent printed download should be carried if you haven't competed the run section before and you should consider carrying a compass or GPS with appropriate route file – this is a must for training and do not know the route well
- Food
- Drink – many competitors chose to drink directly out of the rivers, the water is generally very good and safe to drink but we cannot guarantee this, once you are approaching the stock-bank towards the end of the run you will cross the Bealey river – there is Giardia present in this river

Aickens to Klondyke Corner

- Running shoes (socks are highly recommended also) The run is very rocky and you will cross the river numerous times. Choose a shoe with lots of contact surface - the soles with long high knobs can be very slippery on the rocks. There are not many muddy areas.
- Backpack (must be large enough to fit all compulsory gear and food into – recommended volume 12L+ - recommend putting clothing into Ziploc bags to keep dry)

so do not drink water directly from the river once you reach this point.

- Sun protection
- No iPods or similar audio devices to be used by competitors on the course (phones Ok to use for photos – there is no cell coverage on majority of run course)

There is some race specific mountain run course marking in 2017 but competitors are still responsible for their own navigation over the course, and should familiarise themselves with the terrain. Competitors who have not been across the course should consider carrying a map & compass or GPS to use as a reference during the Kathmandu Coast to Coast. Get a topographical map of the mountain run stage [Topo50 Map BV20-Otira](#) and email info@coasttocoast.co.nz for a downloadable GPS file of the route.

The Mountain Run starts at 9:15am when the majority of multisport athletes have passed through the Aickens transition. Please be aware while you are lining up to start that there may still be athletes making their way through the transition area.

The start will be between the main multisport transition area and the timing point (Inflatable Arch). Runners then follow a farm track for approximately 2.5km until they reach the Deception footbridge. Competitors continue straight ahead for about 15m before turning left down the bank and into the river. From here they cross to the far side and start up the Deception Valley. Competitors don't have to follow a set route but can follow a mix of tracks and riverbed up the valley – there are multiple river crossings. After about 13.5km competitors enter several bush tracks that mark the start of the upper Gorge, here the valley steepens significantly and the next 4km to Goat Pass take even the quickest athletes close to 40 minutes. This is one of the most stunning sections of the run and has many routes – follow the wet foot prints is usually a safe bet. About 500m from Goat Pass you turn right up a smaller creek and scramble and wade you way up the final part of the climb. Goat Pass elevation is 1070m so you will have climbed around 800 vertical metres and run about 17.5km from the Aickens transition to this point.

There is a compulsory gear check at this point and you

will have to show a set number of items that will be displayed on a sign at the bottom of the final climb. This is the same for everyone. Missing gear will attract major penalties or disqualification.

From Goat Pass it is around 13km to the finish at Klondyke Corner, the track is generally much more formed and includes some board walks over fragile ecosystems. It is also mainly downhill with the exception of a few short sharp climbs, the largest being Dudley's Knob where you will also see the photographers. The final 5-6km is flat but often some of the roughest riverbed to run in, when you reach the stock-bank you get some respite for about a km then the final 1500m is real ankle twisting stuff, especially as you will be your most tired. Concentrate and focus on getting safely to the cheering crowds waiting at the finish.

Klondyke Corner

On arrival at Klondyke Corner assistants turn right off the State Highway to the camping area. Camp where directed. No camping between the shingle road and the bush because of the fire danger. Do not park in long grass, as hot exhausts can start fires. Park your vehicle in the designated mown areas. Park where directed by the officials. Limited amounts of mobility and disabled parking are available near the finish line. All competitors and assistants, even if you are not camping, are asked to park in the camping area. Keep emergency access ways (4m wide lane) clear - no camping or parking. For the safety of all please do not exceed 5kph within the camping area or on gravel roads.

DO NOT PARK ON THE ROAD VERGE OF STATE HIGHWAY 73 UNDER ANY CIRCUMSTANCES

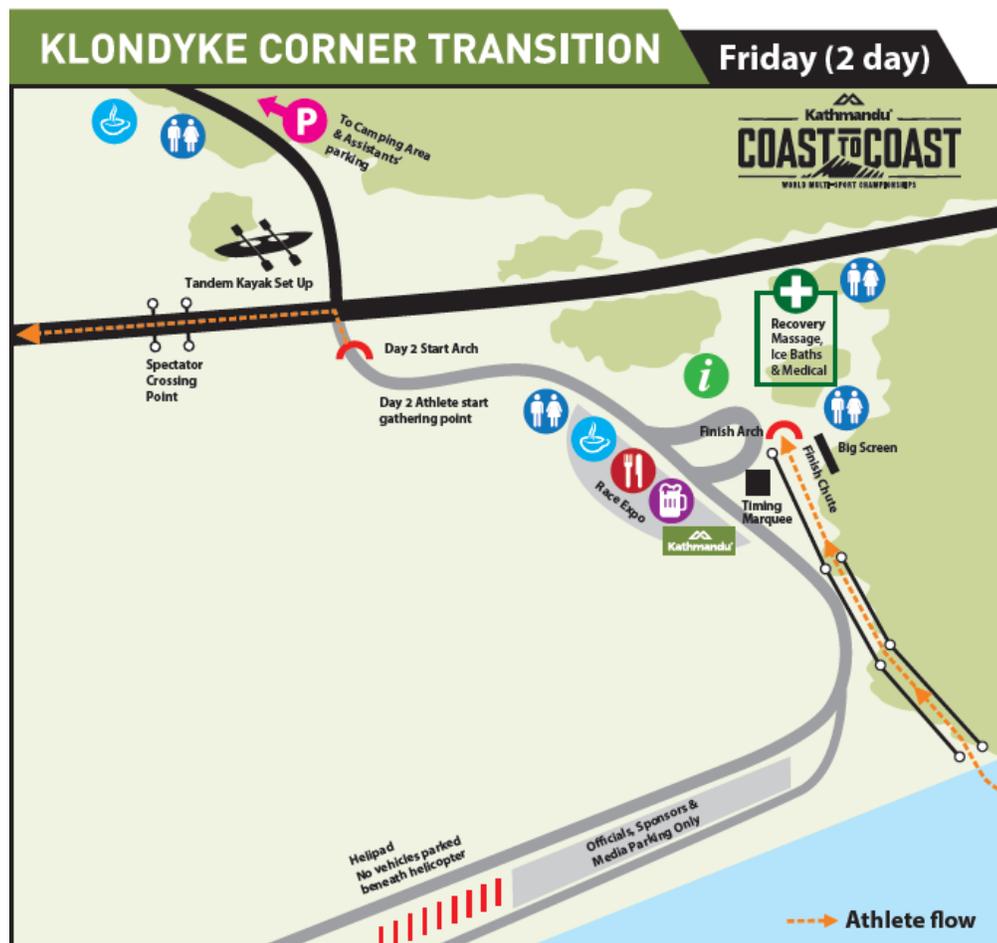
There is no charge to camp at Klondyke Corner. Giardia is present in the Bealey River. Don't drink water from the Bealey River. We recommend that you fill up water

containers at Kumara. Drinking and cooking water is available from the water tanker. Unfortunately there isn't enough available to replenish campervan showers and toilet flushing. Please don't fill water containers from the tanker yourself, as hygiene is important. Let the staff do it.

Competitors / support crew must supply their own tents and refreshments. Sheffield School will have lunch, dinner and breakfast for sale to competitors, assistants and friends at Klondyke Corner. These meals are not included in the entry fee. Have cash available. Klondyke Corner is within a National Park so take all rubbish away with you.

Assistants must not run down the riverbed with competitors or take equipment from them or assist them in any way. Spot checks of competitor's compulsory equipment will be made after they finish at Klondyke Corner.

There is a race expo with sponsors stands, a big screen and various information points for assistants to watch the progress of their competitors through the Mountain



run. There will be approximately four live feed cameras and timing points on the mountain section. There is also 3G coverage (networks to be confirmed) and a pay in Wi-Fi network.

Competitors TA bags from the start will be available at the competitor recovery area. There will also be medical, physio and massage services available at Kondyke Corner on Friday afternoon.

Klondyke Corner - Checklist

- Insect repellent
- Assistants Bring rubbish bags and take all rubbish away with you.
- No open fires or solid fuel barbeques
- Dogs are not allowed in the National Park (not even in your car)
- Do not park in long grass, as hot exhausts can start fires
- Park vehicles and camp in the designated mown areas and where directed by officials
- Giardia is present in the Bealey River. Don't drink water from the Bealey River
- Do not exceed 5kph in the camping area or on the gravel roads
- Pedestrians must take EXTREME CAUTION when crossing the State Highway from the campsite to the finish line.
- Campsite (no bookings required, but Department of Conservation campsites cannot be reserved)
- Take all your rubbish away
- Portable toilets
- Catering, bar and fresh Coffee
- Big Screen with live coverage
- 3G phone coverage and Wi-Fi network (paid)
- Information point
- Sponsor Expo and retail

Mountain Run Prize Giving

The Prize Giving for the Mountain Run event will be held in the expo area of the finishing area at Klondyke Corner at 5:30pm. We appreciate that some competitors may still be on course at this time but in general most if not all competitors have finished by this time and we want those returning to Christchurch to get back at a

reasonable hour. Late finishers will still get a finishers medal and a great reception.

You must be present at the prize giving to collect any spot prizes.

You may also attend the multisport prize giving, brunch and wrap party in Christchurch on Sunday but there will be no Mountain run specific awards at the prize giving (details below)

Christchurch Prize Giving (Multisport Events)

Sunday – Addington Raceway

- Last chance to purchase merchandise and visit sponsors
- Brunch - 8 am
- Prize giving - 10 am
- Find a new assistant - I'm entering the Coast to Coast next year!

Moa Wrap BBQ

The Kathmandu Coast to Coast Moa Wrap BBQ will be held from 12pm at Volstead Bar, 55 Riccarton road. It will follow on from the prize giving on Sunday and is the perfect time to sit back, relax, listen to some good music and some tall tales!

Marathon-Photos.com

The crew from Marathon-Photos.com will be photographing the race. Your photos will be available online with 24 hours of the race and include a range of options including single and multipack options along with video.

You can also pre purchase your photos and get a great deal – make sure you check out the deal online at www.coasttocoast.co.nz and add to your basket when signing up for the race.

Plan B - Bad Weather Alternative

Route

Should the Kathmandu Coast to Coast mountain run route through the Mingha Deception be affected by bad weather and/or high river flows then a running stage (31km) will be held on the farm track from Aickens to Deception footbridge and then follow the State Highway from Deception footbridge to Klondyke Corner on a mix of tracks and road. There is major roadwork's through this area for the next 2 years so the alternative course route may be subject to changes based on these works. Full details will be supplied closer to the event but the route will follow the main state highway 73 route in general with tracks and detours used as possible Any route directions are compulsory.

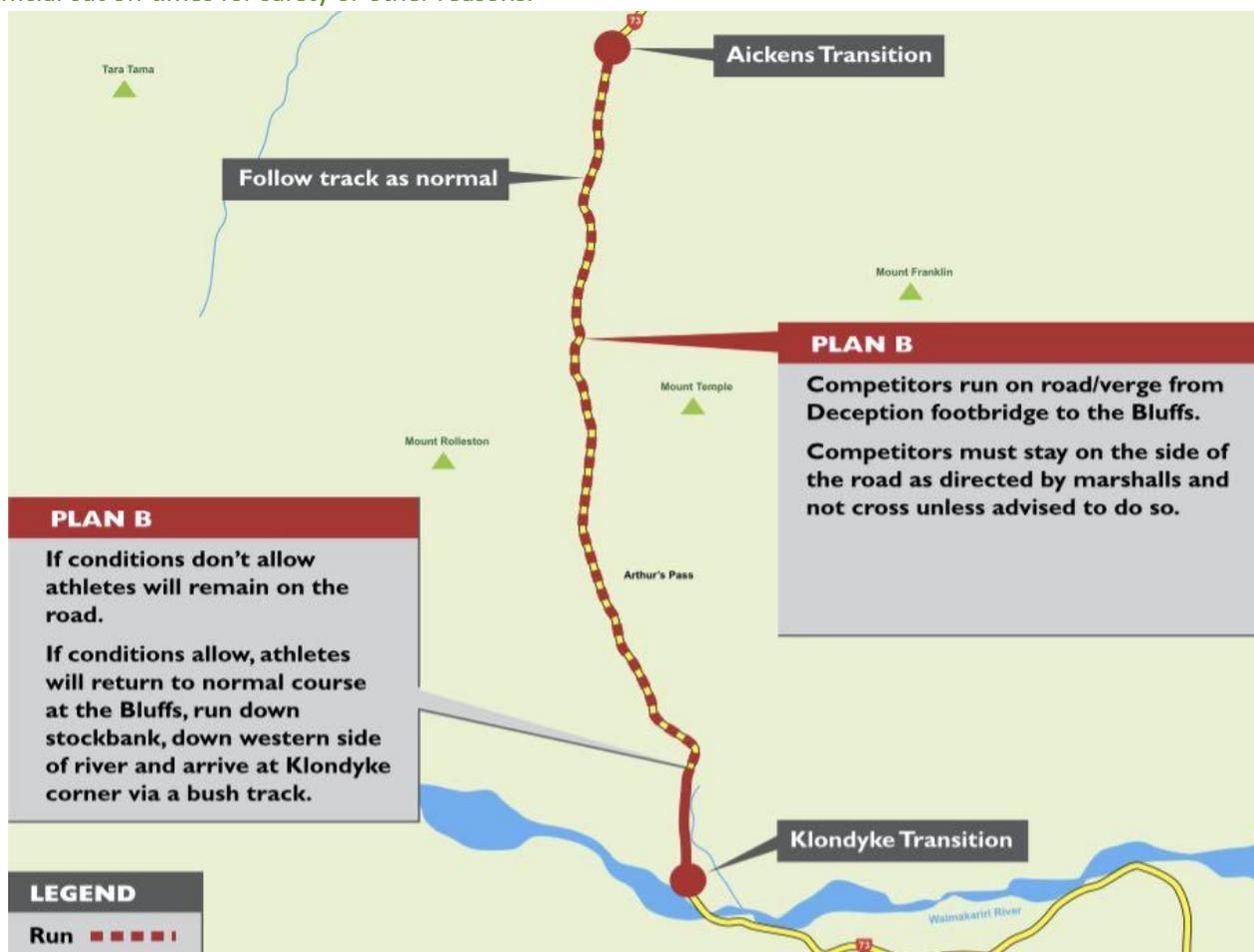
The Race Director reserves the right to close stages and alter official cut off times for safety or other reasons.

Withdrawals & Non Completion

Any competitor withdrawing from the Mountain Stage must report to a timekeeping official at the end of that stage, hand in their timing transponder and fill in a withdrawal form. This is critical as search and rescue operations may be compromised!

If you are evacuated from any part of the course by helicopter, you must report to an official immediately on disembarking. Do not try to find your assistants, team member or family until our officials have checked you off the course. This is very important.

If you seek independent medical attention for any incident in relation to the Coast to Coast please inform the race medical team or post race through info@coasttocoast.co.nz It is very important for us to know what medical issues people are encountering so we can assess and monitor these, and put preventative measures in place if required for future events.



Official Cut-Off Times

All competitors must have departed Goat Pass by 4pm on Friday. The mountain stage will be closed at Klondyke Corner at 7.30pm on Friday. Any competitor still on the mountain stage after 7.30pm will be withdrawn from the Kathmandu Coast to Coast, and may be removed from the mountain stage.

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

Weather & River Forecasts

Check out the following websites for weather or river flow information.

www.arthurspass.com

www.metservice.com

www.metvuw.com

www.ecan.govt.nz

www.wcrc.govt.nz

If phoning the Department of Conservation Waimakariri Area office for weather and track information, please ring after 9:30am. The office is open 7 days per week, opening at 8am and closing at 5pm until Christmas and then closing at 6pm after Christmas. Thank you.

Railway Lines & Crossings Safely

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. If you are at a station make sure you stand well behind the safety lines on the platform. 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!

REMEMBER TRACKS ARE FOR TRAINS

Two-Day Assistants Timetable

This is an example of the logistics for two-day assistants over the four days. Modify it for your own needs.

Pre-departure:

- Assistants and competitors to read and understand all entry forms, confirmation email and e-newsletters to know the event rules. Then re-read them!
- Download event App and print or download handbook - make sure it is the latest version
- Pre-book massage at Klondyke Corner
- Runner to shave legs for strapping
- Everyone to check they have all compulsory gear + any extra gear the competitor might need in worst case scenario – if feeling much colder than anticipated on arriving at start etc
- Carry out Didymo treatment - running shoes
- Check emails, App and website
www.coasttocoast.co.nz for any last minute updates

Wednesday

- Prepare all gear for packing
- Fill up cars with petrol

Thursday

3pm Register at Kumara registration and collect race pack. Test timing transponder. Runners queue and get ankles strapped if needed. If you want to buy merchandise it's a good idea to get it here as some may sell out. Complete gear checks of the mountain running stage equipment if not done prior

Remember to pack your compulsory run gear so it is easy to access for the gear check at Goat Pass.

4pm Set up tent and camping gear.

6:30pm Return to accommodation or have dinner at Kumara racecourse. Fix gear for morning including compulsory gear, drink bladders, gels etc. Agree morning shower routine etc.

Friday

5:30am Alarm to go off. Everyone to have organised their own breakfast foods and drink. Showers etc.
Final gear check. Remember – bibs, transponder

5:45am Drive to start of run at Aickens corner and park. Anyone wanting a toilet stop is advised to do so early before the queues form. Order breakfast from Moana School at Aickens for assistants.

7am Registration and gear checks open at Aickens

8:45am Race briefing with any last minute instructions.

9:15am Race starts

9:30am Assistants travel to Klondyke corner.

11am Set up camp at Klondyke Corner. Buy lunch from Sheffield School catering marquee. Locate running shoes from the cycle stands.

12:30pm Runners should arrive within the next five hours. Recovery formula ready. Massages via SportsMed. Ensure someone has responsibility for bib and transponder! Physio and other medical issues are catered for here by St Johns and Sports Med.

5:30pm Prize Giving then camp or travel home

Assistants Feedback

Your views are very important to us. Assistants see the event from a unique perspective and your comments can guide us for future events.

Have your say by emailing us at info@coasttocoast.co.nz and help ensure we exceed your expectations the next time you assist or enter the Kathmandu Coast to Coast.

We'd appreciate hearing your comments and feedback on anything you feel is worthwhile bringing to our attention:

- Comments about the event, especially things that could help us improve the event from either the support crew or competitor perspective.
- Any practical ideas around how to achieve these things
- Any other matters that come to light – especially around safety or amazing stories & people from the event that we may have missed.