

Cervelo K1 - ELITE WOMEN

Saturday 27th October 2018

SAFETY NOTES AND RULES

Welcome to the 17th edition of the Flight Centre K2 and the 15th running of the Cervelo K1

SAFETY NOTES, HAZARDS AND GENERAL POINTS

A full set of race rules are provided below. Please take the time to read them.

Safety

- We would like to wish you a safe race and draw your attention to the following safety notes
- The main rule is that you must obey the road rules and make sure you keep to your side of the road at all times!!!!
- **The roads are not closed to traffic or other road users**
- The roads can be particularly narrow and very windy – under no circumstances, cross lanes onto the right-hand side.
- **There are some hazards that we would like to bring to your attention :**
- There are many one lane bridges on the course. You have the right of way on some and not on others. Be particularly careful of oncoming traffic. Give way to oncoming traffic!!!
- Downhill Sections – there are a number of steep and windy downhill sections. Please take extreme caution as you descend these hills and under all circumstances keep to your side of the road.
- There is a series of steep, deceptive corners on the descent of the Kuaotunu Hill just after Whitianga.
- There is a very steep 15km corner at the bottom of the Whangapoua Hill, less than 1km from the finish line.
- Marshals at critical points around the course will have red flags. If the marshal is waving the flag it means "slow down" if the flag is held out in front of you it means you " must stop"

No Support Vehicles

You are not allowed to have a support vehicle on the course!

- Support / Spectator vehicles are not allowed on the course. If your vehicle is being taken from Tairua to Coromandel your driver must not follow the riders through Whitianga and then onto Coromandel, they must go to Coromandel via Thames (it takes about the same time!).
- Any competitor that is seen being supported by a vehicle will be disqualified

Respect and Responsibility

- This is a very long race so pace yourself carefully.
- Drink plenty of fluids (you can fill your bottles at aid stations – see below)
- Show consideration to your fellow riders and other road users.
- Do not ride more than 2 a breast.
- Under no circumstances should you accept a tow from a vehicle.
- No littering – any competitor seen blatantly littering will be disqualified.
- You must wear your race number on your helmet and on your back. Riders without numbers on their helmets may be asked to pull over. The race number signifies that you have registered and read the safety notes and race rules.
- Under no circumstances cross the centre line onto the right side of the road.
- Please note Aero and Tri Bars are not allowed
- Riders must be at least 14 years of age.

For safety reasons motorcycles will be patrolling the race. If they see riders or bunches breaching the race rules or riding in a manner inappropriate to the conditions, they will sound their horn. You must follow their directions.

Riders blatantly breaching the rules will have their numbers taken and will be disqualified. They may also be excluded from taking part in future events.

Aid Stations

There will be water stations on the inclines of the following hills, they will be marked 500 metres prior to the stop:

- Kuaotunu Hill Stage 2 (3/4 of the way up)
- Gentle Annie Hill (last hill before Whangapoua Hill) Stage 2 (3/4 on top)

Riders will need to stop at these aid stations to fill water bottles. There will be Leppin Electrolyte and water, bananas and jelly beans at the aid stations.

Transponders

- You will each be issued with electronic transponders which should be placed on your seat post.

DNF

- If you decide not to finish the race could you text the following message "DNF followed by race number" to 027-378-5386. This number will be on the back of your race number on the day. This aids us to keep a track of everyone and will avoid a potential search and rescue operation.

Buses

- Buses will leave from the Car park, next to the Coromandel School Sports Hall at 9.00am. They will arrive in Tairua at around 10.45am
- Bikes are not allowed on the bus and will need to be left at the Tairua registration either on the evening before or first thing in the morning.
- It is possible to have gear taken back to the finish line if you leave it at registration in a clearly marked and secure bag.

Race Registration, Briefing and Start of Cervelo K1 – Tairua

- Race Registration is at the Tairua Rugby Club. It opens between 5pm and 9pm on Friday evening and again at 6.00am on Saturday morning.
- The race starts in Manaia Road, next to the Tairua Rugby Club.
- Starts are staggered with Groups of 60 riders starting at 4 minute intervals.
- The Elite Women start at 11.30am sharp
- The race briefing will be at 11.20am
- There will be a controlled start out of Manaia Road and onto State Highway 25 for the first 400 metres

Race Finish

- The race finishes on Tiki Road just before the Coromandel School Field.
- After crossing the finish line you will be directed into the Coromandel School Field where you will pass under the marquee.
- There will be food stalls and entertainment at the finish arena.

Prize Giving and Results

- Prize Giving will commence at 5.00pm on the Buffalo Beach Reserve
- The main spot prizes will be a fantastic Cervelo Road Bike and a \$1,000 travel voucher from Flight Centre.
- The Elite Mens prize giving will take place at 2pm along with the Nicholas Browne Challenge.
- Results will be published on our web site at www.arcevents.co.nz
- To qualify for the major spot prizes - you must attend the prize giving at 5.00pm.

Please have a safe and enjoyable race
All the best
The ARC Team