

Flight Centre K2

Saturday 27th October 2018

SAFETY NOTES AND RULES

Welcome to the 17th running of the Flight Centre K2

RULES

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

SAFETY NOTES, HAZARDS AND GENERAL POINTS

- We wish you a safe race and draw your attention to the following safety notes.
- The main point is that you must obey all of the road rules and make sure you keep to the left 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!!!
- Parts of the Thames coastline are very narrow with no centre line. In these areas you should ride single file.
- Thames Roundabout – This is located in the middle of Thames. Be very careful of cars from the left and right as you cross over the roundabout.
- The Kopu Roundabout – Please stay to the left of the cones as you pass through the roundabout at Kopu.
- Downhill Sections – there are many 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 steep corner on the descent of the Manaia Hill, the first hill out of Coromandel.
- If it's a windy day there can be sudden wind bursts at the bottom of the Kopu – Hikuai Hill.
- There are a series of steep 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.
- 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

- Support / spectator vehicles are not allowed on the course.
- 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 in the Flight Centre K2
- Riders must be at least 18 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 which will be marked 500 metres prior to the stop:

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

Bottle swaps are available at the above stations. The first person at each of the above aid stations will be carrying bottles filled with Leppin Electrolyte and subsequent people will be carrying bottles filled with water. After bottles have run out riders will need to stop and refill. There will also be bananas and jelly beans at the aid stations.

There will also be an aid station near the halfway mark on the Pepe Reserve in Tairua. You can stop here and fill up your water bottles with water or Leppin Electrolyte.

You can also arrange for a food parcel to be dropped at the ½ way point at the Pepe Reserve. These should be dropped off at registration in clearly marked disposable bags. Bags will be available at registration for you to use. These bags will not be returned, so please ensure they are disposable.

King of the Mountains

- There are 7 qualifying hills in this years King of the Mountains, they will be marked 500 metres prior to the top.
- Manaia (cat 3 /20pts), Kereta (cat 4/ 25pts), Kopu-Hikuai (cat 5/ 30pts) and Pumpkin (cat 3 / 20pts), Kuaotuna (cat 2 /15pts), Myundermans (cat 1 / 10pts), Whangapoua (unclassified/ 40pts)
- Points are scored for first three riders across the top of each hill.
- Your race number must be clearly visible on your race helmet and back to qualify.

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.

Race Registration, Briefing and Start – Flight Centre K2 - Coromandel

- Race Registration is at the Coromandel Area School Sports Hall, close to the start line
- The race starts in Woollams Avenue, Coromandel
- The Race Briefing will be at 7.35 am at the start line.
- The Elite Race starts at 7.45 am.
- There will be a controlled start for the first 400 metres.
- A blessing will be performed prior to the start of the race.
- There will be a special 6.00am start for Group 15.

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 Coromandel School Field
- The main spot prizes will be a fantastic Cervelo Road Bike and a \$1,000 travel voucher from Flight Centre.
- 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.
- The Elite Mens prize giving will take place at 2pm as well as the Nicholas Browne Challenge.

Please have a safe and enjoyable race

All the best
The ARC team