

Energy Club NZ – K4

Saturday 27th October 2018

SAFETY NOTES AND RULES

Welcome to the 17th edition of the Flight Centre K2 and the 4th running of the Energy Club NZ K4

RULES

A full set of the race rules are provided below. Please take the time to read them. The rules for the K4 are the same as the K2, with one exception. You are allowed a support vehicle on the first lap.

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"

Support Vehicles

- You are allowed a support vehicle on the first lap of the course.
- It is a police requirement that support vehicles must not follow directly behind their rider. Drivers must leap frog their rider and drive to the next available area where the vehicle can pull off the road completely and cause no hazard to other road users. Support vehicle driver behaviour will be monitored. Should a support vehicle breach these rules, their rider will be disqualified.
- Support / spectator vehicles are not allowed on the course during the 2nd lap
- Any competitor that is seen being supported by a vehicle during the 2nd lap 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.

The marshals are authorised to remove any rider from the course who is breaching key road rules.

Compulsory Gear

- For the first lap, all bikes must have a strong front white light and 2 rear red lights fitted. It is recommended that one or both of the rear lights are set to flashing mode if riding alone, or at the rear of a bunch, in order to maximise visibility. Riders should also have a back-up front light or have a spare set of batteries in case batteries go flat.
- All riders must wear the official K4 helmet cover for the entire race. This will be issued at race registration.
- For all of the first lap and that part of the second lap ridden while it is still dark, it is compulsory for all riders must wear high viz and reflective clothing at night, so they are visible to oncoming and following traffic. This includes as a minimum reflective and high- viz jacket and reflective ankle bands. A jacket or vest that is high-vis but not reflective is not sufficient.
- Lights and clothing will be checked by the organisers prior to the start and riders who do not have lights and clothing as specified as above will not be allowed to start. There will also be a roving marshal on the course to ensure that riders are wearing the appropriate high viz, reflective clothing. The marshals are authorised to remove any rider from the course who is not wearing the compulsory clothing or who does not have sufficient lighting.

Aid Stations

There will be limited aid on the first lap.

- There will be an unmanned water station and toilets at Tairua (106km).
- There will be an aid station opposite the ITM on the Tiki Road, which is about 600m after the sharp left-hand turn near Coromandel town. If its daylight when you arrive here you can leave surplus gear. Gear can also be dropped off at the aid station on Kopu-Hikuai Hill and will be returned to the finish line. No gear can be dropped at ITM before day light at 6.30am.
- There will also be a water /comfort stop and showers at the Swimming Pool after 6.00am in Coromandel Town at the end of the first lap (this is by the start line).
- There will be a tail- end Charlie following the last rider during the first lap.

During the 2nd lap 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 and on Buffalo Beach Road as you leave Whitianga. You can stop 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 for the 2nd lap only. These should be dropped off at registration in clearly marked disposable bags. These bags will not be returned, so please ensure they are disposable.

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 compulsory gear checks will take place between 9.00pm and 9.40am at the Coromandel School Sports Hall prior to the race start on Friday evening
- There will be a compulsory race briefing at 9.40am in the School Hall. All riders must attend
- The race starts in Woollams Avenue, Coromandel at 10.00pm

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