



9<sup>th</sup> October 2010

# Information for Participants

The event starts at the Port FitzRoy wharf and finishes at the Tryphena wharf, 42.2kms later. The route takes runners, walkers and mountain bikers through mature bush, the main settlement areas, and past some of the coastline Great Barrier Island (GBI) is famous for. It's truly spectacular by nature.

## **Brief Description of the Course** by Aaron Carter of Total Sport

If on a dark and lonely night, the Waitakere Ranges, Colville (Coromandel), Waiheke Island, the 42 Traverse and Rotorua's Redwood Forest met and set about on a night of unbridled group passion, and then 9 months later the "party kid" was born, it might look quite a bit like the Great Barrier Wharf to Wharf course.

**Km's 0 – 3** Undulating gravel road (along Kaiaraara Bay Rd), nice views to the water – more up than down. This bit reminded me of the Colville Connection Mountain Bike course, held in the Coromandel.

**Km's 3 – 16.5** Wide 4WD track (known as Forest Rd), with some technical bits, but over all run-able 90% of the time, more up than down with some pretty solid (and lengthy) climbs. I was pleased to be on foot during this section because she was pretty slippery and rutted. This bit was "Waitakere Ranges (the wide track sections that is) meets the 42 Traverse" (National Park).

**Km's 16.5 – 21.5** This bit was without a doubt the "oh my goodness" section! A short, but sharp climb, followed by about 4km of un-believable trail goodness – as good as anything I've seen or done that I can remember. The closest we got to single track (the Mountain bikers with any energy left would have been loving it) with some technical bits, boardwalks and views from out of this world – magic stuff!!

**Km's 21.5 – 42.2** Road, road and road. As far as a road section goes, this was pretty good. A couple of reasonable climbs and one good one (started at the "10km to go point") that went for a good 2.5km. A lot of dropping in and out of very scenic bays with a flat 1km to the finish at the Tryphena wharf.

For a **map and profile of the 2010 course** plus the full description of Aaron Carter's experience of the 2009 race go to [www.thebarrier.co.nz/wharf2wharf.htm](http://www.thebarrier.co.nz/wharf2wharf.htm)

**PARTICIPANTS NEED TO BE AWARE THAT THE ROAD SECTIONS OF THE RACE ARE OPEN TO NORMAL TRAFFIC AND THAT EACH PARTICIPANT IS INDIVIDUALLY RESPONSIBLE FOR FOLLOWING THE TRAFFIC LAWS AND FOR THE CONSEQUENCES OF ANY BREACHES OF THE LAW. There will be water stops at regular intervals throughout the race.**

## CANCELLATION AND POSTPONEMENT POLICY

The island can, occasionally, be isolated due to weather conditions. Should the event have to be cancelled due to storm conditions participants money will be refunded.

Any cancellation of this event will be made 48 hours before the date in question and will be advertised on [www.thebarrier.co.nz](http://www.thebarrier.co.nz) and broadcast on NEWSTALK ZB 1080 AM or 89.4 FM and also on the local Aotea Community Radio Station 94.6 FM

Phone Kylie on 09 4290 343 or Lynn on 09 4290 136 if in doubt.

## TEAM EVENT

For those who intend to complete this run as part of a team (*option available to runners and walkers only*) legs are as follows;

### Leg One: Start point at Port FitzRoy Wharf to the top of Whangaparapara Hill

This is the Forest Road section of the run which is 16.5kms and is tough and hilly and slippery when wet. It is recommended for fit active team members.

### Leg Two: Whangaparapara Hill to Medlands Beach Church

This leg is 14.8kms long and consists of the 5km Te Ahumata track which is challenging underfoot and slippery if wet. This is followed by 9.8kms downhill and along the flats to Medlands Beach and includes a 1.4km detour through Kaitoke School

### Leg Three: Medlands Beach Church to Tryphena Wharf

This is the end of the event. The leg is 10.9kms and starts with a long uphill and then sealed road to the wharf.

Team members who are not starting at the Port FitzRoy wharf can catch a shuttle bus to their designated starts leaving at 8.00am from the Tryphena Wharf.

A shuttle bus will pick up team members from each of these finish points and transport them to the end of the event every hour.

## RACE INFORMATION

- Registration forms can be located at [www.thebarrier.co.nz/wharf2wharf.htm](http://www.thebarrier.co.nz/wharf2wharf.htm)
- Closing dates for entries: 17th September 2010
- Late entries will incur a penalty fee of \$25.00

## REGISTRATION

Participants will be required to appear in person on Friday the 8th of October at the venue they have designated between 11am and 1.00pm or between 4.00pm and 7.00pm at the venues listed below.

Race packs and event numbers will be issued at this time.

## VENUES:

Tryphena Hall

Claris Airport - Great Barrier Island Terminal

Port FitzRoy Information Centre 4290 848 10am-4pm unless other arrangements have been made.

**There will be a final briefing at 7.00am at the Port FitzRoy Wharf. All participants need to be at the wharf for that briefing.**

**Those completing the team legs who do not have to travel to Port FitzRoy will be briefed at the Tryphena Wharf at 7.30 am.**

## TRANSPORT OPTIONS TO GREAT BARRIER ISLAND

Participants are responsible for their own transportation to the island:

The **SEALINK** ferry departs from Wynyard Wharf on Friday the 8th October at 7am arriving at Tryphena at around 11.30am and returning to Auckland on Sunday the 10th October leaving from Tryphena at 3pm, arriving back in Auckland at around 7.30pm.

**Special rates are available for Wharf to Wharf participants.**

Contact: 0800 732 546 or online at [www.sealink.co.nz](http://www.sealink.co.nz)

**GREAT BARRIER AIRLINES** flights depart from both North Shore Airfield at Dairy Flat and from the Auckland domestic terminal daily for the approximately half hour flight:

From Auckland and North Shore to Great Barrier Island Monday to Saturday;  
07:45am and 10.15am and 3.45pm

From Great Barrier Island to Auckland and North Shore on Sundays 1.00pm and 4.40pm

**Special rates are available for wharf to wharf participants.**

Contact: 0800 900 600 or 09 275 9120 or online at [www.greatbarrierairlines.co.nz](http://www.greatbarrierairlines.co.nz)  
or by email [gba@gbair.co.nz](mailto:gba@gbair.co.nz)

## TRANSPORT OPTIONS ON GREAT BARRIER ISLAND

For those who choose to have their race transport arranged for them, buses will pick up from designated places on the island close to participants' accommodation and will transport them to the start point at Port FitzRoy. There is a \$50pp additional fee for this service- please add the \$50 to your entry fee and fill out the additional details on the entry form. Shuttle buses will also transport participants from their finish points back to their accommodation as required.

Alternatively;

Vehicles may be hired on the island from the following companies:

Aotea Rentals ..... 09 4290474

GBI Rent-A-Car and Island Shuttle Buses ..... 09 4290062

Medlands Rentals ..... 09 4290861

Please bear in mind that if you take a vehicle to the start point you will need someone to drive it back for you and there is limited parking available in the Port FitzRoy and Tryphena areas.

## RACE TRANSPORT

For those who chose to finish at the halfway point at the Crossroads, there will be a shuttle bus for participants to take them to the finish. The bus will leave from the Crossroads at 10mins past the hour approximately every hour.

The bus will be able to transport team members who have completed their legs of the race from the designated finish points to the Tryphena Wharf.

## ACCOMMODATION

There are a number of great places to stay on the island to suit all budgets. Check the listings at [www.thebarrier.co.nz/accommodation.htm](http://www.thebarrier.co.nz/accommodation.htm)

## PRIZE GIVING

Prize giving will be held at the Great Barrier Island Sports and Social Club on Whangaparapara Road from 6.00pm.

Transport to and from the Club is not included, participants must make their own arrangements.

Participants must be present to receive spot prizes.

Food and drink may be purchased at the Club.

## START TIMES

**There will be a final briefing at 7.00am at the Port FitzRoy Wharf.**

Mountain Bikers ..... 7.15am

**Mountain Bikers must complete the entire event as transport is not available for their bikes after the start.**

Run (*individual and team*) ..... 7.20am

Walk ..... 7.25am

**For safety reasons all participants will need to check in at the Port FitzRoy Wharf on Saturday morning at 7.00am to have their names recorded prior to starting the event.**

Participants must be finished by 4.00pm or they will be picked up and transported to the finish line.

## RACE NUMBERS

Race numbers and baggage labels will be issued to participants at the Friday night registration.

## BAGGAGE

Labelled baggage will be transported from the Port FitzRoy Wharf back to the Crossroads or to the Tryphena Wharf for collection. If you wish to have running shoes transported to the Crossroads so that you can change footwear please label the footwear and see one of the organisers on the day.

## FOOD AND DRINK

There will be some food and drink to purchase at the finish. Please carry some money if you wish to purchase anything.

## PHOTOS

Photos may be taken throughout the event and these will be available to purchase.

## T-SHIRTS

Race T-shirts have been included in the Registration Fee. Additional tshirts can be ordered.

## RUBBISH

Great Barrier Island is a special place with limited resources for rubbish cleanup. Bins will be provided at all water stop areas. Please help us look after our beautiful environment by not littering.

## RACE RULES

1. Participants need to be aware that the road sections of the race are open to normal traffic and that they are individually responsible for following the traffic laws and for the consequences of any breaches of those laws.
2. Participants must stay on the approved course for the event and obey any instructions from the Marshal.
3. Children must be accompanied by an adult at all times during the event. Children are considered to be 16 and under.
4. Race numbers must be worn on the front of the competitor and must be clearly visible to enable Marshals to track participants throughout the race. For safety reasons participants will be checked off at each water stop. Please ensure that your number is easily seen by our Marshals.
5. If a competitor chooses to withdraw from the event it is their responsibility to notify a Marshal.
6. The medical team has the final authority to remove a competitor from the race.
7. Participants need to be finished the race by 4.00pm or they will be picked up and transported to the finish line.
8. Participants seen deliberately littering will be disqualified.
9. Bikers must wear Standards Approved safety helmets at all times while riding.

Thank you for your support of this event. We look forward to seeing you on the 9th October.



OFFICE USE ONLY

9<sup>th</sup> October 2010

# Registration Form

## WALK IT, RUN IT, RIDE IT

Name: \_\_\_\_\_

Male or Female

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

Tick if part of a team  Team Name: \_\_\_\_\_

Full Event

Half Event

Mountain Bike

Run

Walk

### FEES:

		No. of Participants		
<b>Individual</b> (exclusive of transport costs) .....	\$75.00 pp	x	=	\$
<b>16 Years and Under</b> (exclusive of transport costs) .....	\$35.00 pp	x	=	\$
<b>Transport Costs</b> - Shuttle bus or ferry to Port FitzRoy	\$50.00 pp	x	=	\$

Shuttle bus transport to Port FitzRoy is only available to participants who have booked and paid for this with their registration. There will be no extra places available on the day.

**T-shirts:** - please note number required in the boxes below

**Mens** tshirts - sizes S to 2XL **Women's** v neck fitted tshirts - sizes 8 to 18

Number Required

Sizes Required

**Children:**

4-6

8-10

12-14

**Total Paid = \$** \_\_\_\_\_

Payment:

Cheques to be made payable to Kaitoke School. Post to Kaitoke School, RD1, Great Barrier Island

Bank Transfer: ASB 12-3011-0815735-00 Please Reference: Surname and Code: W2W10

**PLEASE PRINT** both the registration form and the waiver form, **SIGN** the waiver form and **POST BOTH** along with cheques to Wharf to Wharf Event, Kaitoke School, RD1, Great Barrier Island

**Medical information:** Please advise us prior to the event if you have any medical or health issues that organisers need to be aware of.



9<sup>th</sup> October 2010

## Competitor Waiver Form

I accept the conditions of entry on this form and the website, in the knowledge that mountain biking, running and walking are inherently dangerous and physically challenging.

I have read all the information as required and understand the risks, demands and dangers involved in the Wharf to Wharf challenge.

I take full responsibility for my fitness, experience, actions and all personal possessions and equipment I may use during the event.

My kin, heirs and executors of any estate hereby waive/release and forever discharge the event organisers, the Wharf to Wharf committee, directors, sponsors and all other persons associated with the event in whatsoever capacity, in the event, of any liability, claims or damages relating to personal injury, loss of or damage to any equipment or any other matter arising from the event.

I authorise the use, without payment, of my name, picture and voice in any capacity relating to the event.

I am aware that the road sections of the race are open to normal traffic and I will take responsibility for my safety on the road.

If I become ill or injured during the race I give permission for Race organisers to contact my next of kin.

\_\_\_\_\_  
Next of Kin Name

\_\_\_\_\_  
Their Phone Number

\_\_\_\_\_  
Competitor's Signature

\_\_\_\_\_  
Date

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Race packs and event numbers will be issued at this time.

**VENUES:** *Tick the designated venue.*

Tryphena Hall

Claris Health Centre- beside the airport

Port FitzRoy Information Centre 4290 848 10am-4pm  
unless other arrangements have been made.