

## Coastal Challenge - Pre-Event Email #2

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Subject: Coastal Challenge - Final Event Information!!

21 February, 2012

Hi everyone

Great to see you all registered nice and early for the 10<sup>th</sup> anniversary of the Coastal Challenge. Entry numbers are quite a bit up on last year's, we've just hit the 1000 mark, with a few days to go...:) It's going to make for a fitting birthday celebration for total sport's oldest event!

Online registrations (including booking your bus, event t-shirt etc) for this event will close at **5.00pm this Thursday (23 Feb)**, after this time people will only be able to register at the individual event registration and race start points.

If you are wanting to make any changes to your entry (eg. downgrading distance), please call the total sport office on 09 412 5508, or email Susan; [susanb@totalsport.co.nz](mailto:susanb@totalsport.co.nz) by the end of the day this Thursday (23 Feb) – after this time, we can't guarantee that we can make these changes.

In recognition of the Hospice North Shore becoming the official charity for the Coastal Challenge, a number of Hospice staff have entered for the first time. They are looking forward to competing in the 33km relay under the banner of "Hospice Hobbler's" to raise awareness and funds for the people they care for. Check out their training and fundraising progress on <http://www.fundraiseonline.co.nz/HospiceHobblers/> If you've got a few coins lying around make sure you bring them down as a donation for your sausage this year to help out this very worthy North Shore charity.

Please take a moment to **thoroughly** read the below information. Contained in this pre-event email;

- Getting to the Start Line
- Pre-Event Registrations
- Race & Tide Information / Start locations
- Foul Weather Contingency
- A note for 33km participants
- What's happening after your race
- Coastal Challenge t-shirts

### **\*Getting to the Start Line**

It is highly recommended that all participants park their car at Windsor Reserve, Devonport and take the bus to their individual race start line. Participants wanting to take the bus to their start line must pre-book this, if you did not book the bus when you registered please use the following link to do so <http://nz.eventdirector.net/Store.aspx?StoreID=285>

The ability to book a bus online will close at **5.00pm this Thursday (23 Feb)**, after this time participants will not be able to book a bus and will have to find their own way to their event start line. This is not a problem if you have someone to drop you off at your designated start line, or if you are intending to drive to your start line you'll need to have organised a lift back to your car. **There are NO buses after the event from Windsor Reserve back to the start line to collect your car.**

#### Bus Schedule:

- 33km Arkles Bay - bus departs Windsor Reserve, Devonport at 8.15am
- 22km Long Bay - bus departs Windsor Reserve, Devonport at 10.00am
- 17km Browns Bay (runners & walkers) - bus departs Windsor Reserve, Devonport at 10.45am
- 11km Milford (runners & walkers) - bus departs Windsor Reserve, Devonport at 11.00am
- 6km Takapuna (runners & walkers) - bus departs Windsor Reserve, Devonport at 11.00am

Please aim to arrive at Windsor Reserve, Devonport at least **30 minutes** before your schedule departure time.

#### \*Pre-Event Registration

There will be no pre-event registration the day before for the Coastal Challenge; participants will register and receive their race number and transponder at the start line on event day (Saturday 25 Feb) for their individual event. All participants will then receive their event registration bags at the event finish line at Windsor Reserve in Devonport.

#### \*Race & Tide Information / Start locations

Please aim to arrive at least **45 minutes** before your scheduled briefing time; there will be a lot of people that need to be registered before the event briefing.

Competitors will be able to tag and name a gear bag at the individual event start lines; this gear will then be transported to the event finish line by total sport staff, where it can be collected once you finish your event.

#### **Walk Events;**

- 6 km - briefing 12.45pm, start time 1.00pm at Takapuna Beach
  - Start point – Southern end of Takapuna Beach (end of Hauraki Road)
- 11 km - briefing 11.45am, start time 12.00pm at Milford Beach
  - Start point – Northern end of Milford Beach
- 17km - briefing 11.45am, start time 12.00pm at Browns Bay
  - Start point – Northern end Browns Bay Beach, next to the boat ramp

#### **Run Events;**

- 6 km - briefing 12.45pm, start time 1.00pm at Takapuna Beach
  - Start point – Southern end of Takapuna Beach (end of Hauraki Road)
- 11 km - briefing 12.15pm, start time 12.30pm at Milford Beach
  - Start point – Northern end of Milford Beach

<http://www.coastalchallenge.co.nz/>

- 17 km - briefing 12.15pm, start time 12.30pm at Browns Bay
  - Start point – Northern end Browns Bay Beach, next to the boat ramp
- 22 km - briefing 11.15am, start time 11.30am at Long Bay
  - Start point – Southern end of Long Bay
- 33 km Full Monty & Teams Run - briefing 09.45am, start time 10.00am at Arkles Bay, Whangaparaoa
  - Start point – Northern end of Arkles Bay

**You MUST attend your designated event briefing!!**

**High Tide:** 10.45am (3.2m) – this is higher than average high tide!

**Low Tide:** 4.45pm (0.6m)

**\*Foul Weather Contingency - PLEASE READ!!**

In the unlikely event that there are stormy seas, high winds, a tsunami warning etc all event options (including bus departure times) will be postponed and pushed out by **2 hours** and will be run at a lower tide. If it is bad weather on Saturday morning please refer to the event website [www.coastalchallenge.co.nz](http://www.coastalchallenge.co.nz) If the event is to be postponed, a note will be put on the main **home page**, if there is nothing on the home page the event will be going ahead at the normal times outlined.

If the weather is not suitable on the day 33km Full Monty & Team participants could be moved to an alternate course, starting at Long Bay, which will remove the two estuary swims from the start of the course over the first 11km (Arkles Bay to Long Bay). Please refer to the event website for this 33km contingency course map.

**\*33km Participants**

One small note for all 33km participants; we had a couple of people last year who managed to swim in their clothes like fish during the Okura River-mouth swim and swam from Arkles Bay directly to Long Bay. This year **ALL** participants **MUST** run or walk the Okura beach before heading over to Long Bay, crossing the Okura River. This is a safety management issue and an event rule this year; anyone swimming directly across will be disqualified.

The intention is, and always has been, that the Coastal Challenge is a “run” event with a few unavoidable swims, not a “run/swim” event – please don’t make us have to disqualify you, so if you were thinking about swimming this section, please re-address your race day plan!!

The tide this year will be higher than normal, which will impact on the two swims. The first of the two swims will be around 100m and the second will be around 500m-600m. Competitors on the second estuary swim will not be able to swim approximately a quarter of this section and will not be able to touch the bottom; it is highly recommended that all competitors are confident in the water. Please contact Susan Blundell if you would like to change to the 22km course because of the high tide - [susanb@totalsport.co.nz](mailto:susanb@totalsport.co.nz) or 09 412 5508.

There will be ample water-based support on the water (3 boats & 2 paddle boards), with a particular focus around the two river crossings. If you’re in trouble on either of these two

<http://www.coastalchallenge.co.nz/>

sections, please put your hand up and our water safety crew will be very happy to provide assistance in getting you across. You will not be disqualified if you fit in to this category, but please don't use the water safety crew to get a free ride, and save you some energy – that would be uncool.

**\*After your race**

Once you've made it down the North Shore coastline to the event base at Windsor Reserve in Devonport you'll be able to relax in the park in the sun (hopefully!) with a cold Speight's, sausage, maybe a spot prize! and enjoy the live band that will be playing this year. If some of the family aren't competing make sure you tell them to come down and enjoy the post-race entertainment!

**\*Coastal Challenge t-shirts**

If you've pre-ordered one of the specially designed casual tees or one of the performance tees you'll be able to pick these up at the finish line after you've completed your race. If you didn't purchase one of your tees and you'd like to, these can be viewed on the event website <http://coastalchallenge.co.nz/events.php#app> and can be purchased via the following link <http://nz.eventdirector.net/Store.aspx?StoreID=285> The casual tees have been hand-drawn and specifically designed for this event and look awesome - only \$35!

**\*The final 1km stretch to Devonport**

For all course options, the final 1km (approx) will be on roads / footpaths that are **NOT** closed and are open to the public. This will be set up with directional signs and marshals at key points, but please do exercise caution on this final section.

If you have any questions please contact the Event Manager Nick Carroll on 09 412 5508 or [nickc@totalsport.co.nz](mailto:nickc@totalsport.co.nz) – up until the end of the day Thursday.

Please note: we will all be out of the office on Friday setting up, so for any last minute queries, please call Nick Carroll on 021 800 985.

Can't wait to see everyone on Saturday!!

***the total sport team***

