



Southern District Lakes, Queenstown - Saturday 6 March 2010
Hunua Ranges, Auckland - Friday 23 April 2010

RACE RULES & INFORMATION

The Course

- The complete 'Secret Course' will be presented to competitors and support crews at the pre-race briefing on race-day.
- The course may be modified at any time by the organisers due to adverse weather or other circumstances deemed significant by the Race Director.
- Competitors must follow the course and any alternatives designated by the organisers and must comply with the rules and spirit of the competition. Breaches of the race rules will result in significant time penalties or disqualification.
- **Parts of the course will take place on public roads. These roads will NOT be closed to public traffic. Competitors must comply with all road traffic safety rules.**

Checkpoints and Transition Areas

- The course is defined by checkpoints that competitors must pass as a complete team and with all gear and equipment required for that section. A checkpoint will usually be manned by event officials but may also be remote and unmanned. A Transition Area is not only a checkpoint but (usually) also an assistance area where teams meet their support crew and (usually) change discipline.
- The checkpoints are placed in locations described in the competitor's and support crew notes (distributed on race-day) with the exact locations provided by map coordinates. Check points are clearly identified in the field by a sign with their number and location name e.g. CPI – Bethells Beach.
- All team members must be present and check in and out together at checkpoints. Times are recorded when the last member of the team has crossed through the checkpoint.
- In the case of a remote and unmanned checkpoint, teams must follow the instructions provided at the briefing i.e. record a password/number in order to prove their passage. The recorded password/number must then be subsequently advised to race officials on request.
- Missing a checkpoint will result in the team being excluded from being ranked.
- Teams must follow all instructions given by officials at checkpoints.

Cut-off times - alternative course/s

- The race organisers reserve the right to impose cut-off times on sections of the race at any time, for logistics and safety reasons.
- Alternative routes will be established for teams unable to meet cut-off times. These routes will be advised at the race briefing and must be followed. Further cut-off times will apply to any altered course.

Team requirements

- **Cure Kids Great Adventure Race** is a competition for corporate teams of four competitors and four support crew per team.
- Please carefully note the **team category eligibility criteria** as defined under "Team Type" in the official entry form.
- The team must have an appointed leader who will act as the sole interface with the race organisers. He/she receives all information, instructions and final form race rules and must accept responsibility for passing such

information on to all team members. He/she will be responsible for advising the race organisers of all matters affecting the team and be the spokesperson for any complaints or protests. He/she is also responsible overall for the entire team, including the support crew, meeting the requirements of the race organisers.

- Team members must travel together at all times and sufficiently closely to allow voice communication between each member in all conditions.

For safety purposes, competitors must meet the following criteria:

- Two team members at least must be able to navigate with compass, altimeter and topographic map.
- At least two team members must possess a working knowledge of First Aid including how to effectively utilise all items in their required kit.
- All team members must be capable of swimming at least 50 metres wearing race clothing and pack.
- All bicycles used on race day must be inspected for safety and passed as fit for purpose by an authorised bike shop within one month of the event. Team captains are required to provide written confirmation to the race organisers that these checks have been completed, prior to race day.

Support Crew

- A support crew is obligatory for teams and must include four members. All support crew must be registered with the race organisers.
- Support crew will supply their team with food/water during the competition and will be responsible for the transport of the required equipment to transition areas.
- Communicating with the team during the race by any means is strictly forbidden (other than in transition areas).
- Support crew are required to follow the directions of the race organisers at all times.
- Each team's support crew must be a self-sufficient unit with transport, clothing for all weather conditions, food, water etc. for themselves and their competitors.
- Support crew may only establish their transition support areas where indicated by the race organisers.
- Assistance to the teams may be provided only at designated transition areas. All outside help is prohibited between or at checkpoints including the supply of food or equipment anywhere on the course.
- Each support crew must have a first aid kit to supplement their team's kit.
- Support crews also have the vital role of being prime fund-raisers for the Cure Kids charity.

The more prepared and organised the support crew, the better your team will go, the more satisfaction you will receive and the more fun you will have! The alternative can be hell on earth. Being a member of a support crew is a challenging job and characterised by intense periods of stressful activity interspersed by long periods of waiting for somebody to turn up. You'll have fun if you are prepared and have the right attitude, trust your team and enjoy being out there. We recommend support crew members are made responsible for their own areas of expertise, e.g. look after the bikes, food preparation, medical maintenance, camp set-up, team morale etc.

You must be dedicated to your competitors and know what their expectations are before the race. You have to know what kind of food they like, drink-mix ratios, the gear they'll need for each discipline, any other specific requirements or support like strapping feet, medication or massage. It is important to get to know the needs of each individual team member. Interview them, make notes, push them a bit, insist on getting this information. You have to know before the gun goes, and it's all too late. A few hints for better organisation: mark competitors' clothes and equipment, including socks and underwear, get a bag or a big box for each competitor viz: one bag of personal gear per competitor, one bag of personal equipment per competitor. Make sure you can get to their stuff at any moment during the transitions.

Support crew will need to set up transition camps during the race. The following is a list of equipment experience suggests is essential to be efficient and comfortable: -

- Two large tarpaulins (to sit on and shelter under)
- Chilly bins / water containers
- Towels (to dry feet or for a quick wash)
- Zip-lock bags – different sizes for food or to keep gear dry

Compulsory Equipment

- NOTE: The following list may be subject to minor additions and/or alterations prior to the competition.
- Team Captains will be advised of any such changes, which will also be posted on the race website.

Per Competitor:

- Survival blanket
- Polypropylene/wool top (long sleeves) and bottom (long pants)
- Medium weight fleece or wool thermal top (long sleeves)
- Fleece or wool hat (balaclava style recommended)
- Whistle
- Polypropylene or wool gloves
- Waterproof long sleeve jacket with hood
- Headlamp or torch

Additional gear requirements for Queenstown Race:

- Long windproof pants
- Heavy weight fleece or down jacket or vest

Per Team:

- First Aid Kit (see list below) and the knowledge to use each item
- Altimeter
- Lighter/fire-starter (candle stub or tyre tube section)
- Knife/multi-tool (ie Leatherman or Swiss Army type)
- Bike multi-tool including chain-breaker and spare links
- Compass (Southern Hemisphere) digital accepted
- Specific event course map/s viz:
- **Auckland** - Hunua & Waitakere Recreational Areas Edition 2 2005(1:50 000)
- **Queenstown** – Glenorchy CB10 1:50,000
- Pencil and paper (waterproofed)
- Two cell-phones (one from each network) fully charged and waterproofed

First aid kit (minimum)

- Painkillers (aspirin, paracetamol), antiseptic, anti-histamine, sticking plasters, sterile wipes, bandages, gauze pads, adhesive tape, sunscreen, vaseline, scissors, tweezers.

Equipment inspection

At race registration, there will be a minimum gear inspection in order that the race organisers can certify that every team meets the requirements of the race regulations.

- Other gear inspections will occur at random times during the various sections of the race.
- Teams not meeting the requirements of the race at registration or at any time during the race, will be unable to proceed and/or will receive severe sanctions.
- All equipment must be fit and functional for the purpose intended e.g. appropriately sized clothing.

Prohibited race equipment/items:

- GPS navigation unit.
- Performance enhancing drugs.
- Motorised bicycles.
- Any device that compromises the spirit of the competition (if in doubt, consult the organisers).

Timing

The race organisers will start a chronometer at the start of the race. Times will be recorded at manned checkpoints and when the teams cross the finish line.

When a team decide to rest at a checkpoint or transition area, the clock doesn't stop.

Certain “no go” areas, “clock stopped” periods or “neutral sections” may be created for safety purposes or for any other reason deemed appropriate by the race organisers.

Ranking and Awards

- Ranking is based on finish line times.
- The winning team in each category will be the first team to have completed the prescribed course in the shortest time while meeting all race rules.
- Product prizes will be awarded to category winners.
- The Cure Kids Corporate Trophy will be presented to the fastest team in the “Corporate Classic Division” category.

Jury

A race jury will consider protests. All protests must be filed in writing with the race organisers within one hour of finishing the race.

The jury will include the Race Director, a neutral competitor (where possible) and relevant race officials.

The jury has the right to impose penalties, or add bonuses to team times.

Withdrawal

In case of withdrawal of a competitor or team, the team captain must inform the race organisers in writing as soon as possible. Failure to do so may result in a search and rescue operation. This operation may be the financial responsibility of the competitor/team if appropriate measures are not taken to inform the race organisers. A competitor/team who is disqualified or has withdrawn, may not rejoin the competition. Race organisers are not responsible for a competitor/team who has withdrawn without advising officials appropriately ie confirmed in writing.

Search & Rescue

The race organisers and search and rescue authorities (police) are responsible for search co-ordination. Evacuation by helicopter from remote locations (if possible) is limited to emergencies only and may involve competitors being charged for these services.

During the search process, the team’s support crew must remain at the official transition areas until notified by officials. The entire team who requested help must wait for the physical presence of a member of the race organising team who will then decide if it is appropriate for the team to resume the race.

Any breach in the regulations with respect to assistance to persons in danger will be penalised by disqualification.

Bibs, badges and stickers

Numbered race-bibs provided by the race organisers, must be worn at all times on the outside of all clothing, including life jackets/rain jackets etc. Teams will not be allowed to progress without bibs.

Competitor’s sponsor advertising must not be placed on the bibs. They may be placed on other areas e.g. sleeves, shorts, helmets and bikes.

The race organisers also reserves areas for sponsor advertising on helmets, and vehicles. Areas which are not used by the race organisers are available for the team’s sponsors.

Officials

Team members and support crew must respect instructions given by officials and must also follow their decisions regarding health, security, safety or for any other reason they deem suitable. Any abuse towards a member of the race organiser’s team will entail severe sanctions.

Insurance

All participants take part in the Cure Kids Great Adventure Race at their own risk, Cure Kids, the race organisers and their sponsors will not accept liability for any personal accident or injury occurring during or in relation to the event. Competitors and support crew should ensure they are members of an approved personal accident scheme. An event liability waiver form must be completed and signed by all competitors and support crew.

Administrative formalities

Before the race, registered teams will receive information with instructions regarding the time schedule as well as the location of the registration.

A team will not be able to start the race unless:

- The registration forms have been fully completed by each team member and support crew assistant.
- The entry fees have been paid.
- The team has met the minimum gear requirements.
- In case of absolute necessity, a team member can be replaced at registration provided the new team member meets the required criteria and is approved by the Race Director.
- Entries will not be accepted from people less than 18 years of age on race day.
- The liability waiver and disclaimer has been signed by each competitor, substitute and support crew assistant

Entries are limited to the first 50 teams. Entries received after the limit of 50 is reached will be placed on a waiting list.

For further information contact the race organiser:

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For further Cure Kids information please contact:

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Or visit our website (regularly updated) www.curekids.org.nz