



# 2010 TRAIL JOURNEYS RAIL TRAIL DUATHLON

## SATURDAY 27 & SUNDAY 28 FEBRUARY 2010



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### NON-PROFIT EVENT

### ENTRY FORM

The Otago Central Rail Trail Duathlon is organised by the combined Lions Clubs of Central Otago, who hold a licence from DOC. This is a non-profit event with all officials working in a voluntary capacity. Any surplus from each year's event is committed through the Lions Clubs to projects associated with the Otago Central Rail Trail to maintain, develop and promote this unique recreational facility. Thank you for your support of both the duathlon and the Otago Central Rail Trail.

**Entries close 3pm Wednesday 24 February 2010.**

REGISTRATION WILL ONLY BE VALID IF ENTRY FORM IS SIGNED AND ACCOMPANIED BY FEES.

<b>ENTRY FORM (TEAM)</b>
Team Name
Team Members
1 .....
2 .....
3 .....
4 .....
Name of Team Captain
Contact Address
Contact Phone
Team Category <i>(Circle one)</i>
Men (Open) Women (Open) Mixed Veteran Women (40+)
Secondary Schools Corporate Veteran Men (40+)

<b>ENTRY FORM (INDIVIDUALS)</b>	
Surname	
First Names	
Address	
Contact Phone	Gender: Male Female <i>(Circle one)</i>
Date of Birth	Age (as at 27 Feb 2010)
Category <i>(Circle one)</i>	Open Veteran Men (40+) Veteran Women (40+)

<b>FEES</b>		
Details	Cost	Amount Paid
Individual Men/Women (Full two day race)	\$80.00	
Team (Full two day race)	\$80.00 per member	
Secondary School Team (Full two day race)	\$100.00 per team	
<b>TOTAL PAYABLE</b>		

**All entry enquiries to Barclay Hall** - refer "Duathlon Information."

**Payment by cheque.** Please make cheques payable to *Combined Lions Clubs of Central Otago*, mark *Not Transferable* and post to:  
**Duathlon, Maniototo Lions Club, Box 79, Ranfurly**

Competitors get free entry to Art Deco Festival in Ranfurly.

**Please note** The only confirmation of your entry will be the debit of your cheque on your bank statement.

All entries posted prior to Wed 17th Feb 2010 will be guaranteed entry.

### OTAGO CENTRAL RAIL TRAIL DUATHLON SAFETY AND RISK MANAGEMENT

#### HAZARD & RISK DISCLOSURE FORM

I ....., acknowledge and fully understand that there are inherent risks/dangers/hazards, both known (listed below) and unknown, involved with this activity and the environment within which it will occur.

I/my Team are aware of the implications of participating in this activity and the environment within which it will occur.

I/my Team are aware of the consequences of my/our actions should I/we ignore the Otago Central Rail Trail Duathlon organisers safety management procedures and systems and I/my Team accept full responsibility for my/our own actions, inaction, negligence or unacceptable behaviour while involved in this activity.

I/my Team acknowledge and understand that, while being involved in this activity, an unpredictable and/or uncontrollable event may occur that could possibly cause me/us serious harm or death.

I/my Team acknowledge that the Otago Central Rail Trail Duathlon organisers will be taking all reasonable and practical steps to ensure my safety while I am/we are involved in this activity.

#### THE IDENTIFIED HAZARDS/RISKS/DANGERS

(See p. 3 for a full Hazard/Risk Identification Table)

- |                |                       |                     |                               |
|----------------|-----------------------|---------------------|-------------------------------|
| • Falls        | • Hot weather         | • Medical problems  | • Exposure to sun             |
| • Hypothermia  | • General injuries    | • Rocks/hazards     | • Vehicle collision           |
| • Dehydration  | • Slippery conditions | • High winds        | • Collision with other people |
| • Cold weather | • Fire                | • Equipment failure |                               |

- I have read p. 3 of the entry form, acknowledge and understand the risks/dangers/hazards disclosed for the activity I/my Team are about to participate in and the environment within which it will occur.
- I have read and understand the Race Rules and Course Conditions.
- I agree to make my team members aware of these conditions.

Signed .....

Dated .....

**Individual/Team Captain**

**RACE OFFICIALS**

- Race Controller** Graeme Duncan - Ph 03 444 9124  
Email: info@railtrailduathlon.co.nz
- Race Co-ordinator** John Hore - Ph 03 444 9089
- Entry Enquiries** Barclay Hall - Ph 03 444 7804  
Email: entry-enquiries@railtrailduathlon.co.nz
- Treasurer** John Levido - Ph 03 444 9612  
Email: treasurer@railtrailduathlon.co.nz

**RACE RULES AND COURSE CONDITIONS**

- The Rail Trail is a public facility and is not closed for the duathlon. Competitors may encounter other users and must co-operate with them.
- Minimum entry age for the individual duathlon is 14 years.
- Minimum number of team members is 2 (maximum 4). The secondary schools teams must have 4 team members.
- Entries are not transferable to other competitors. If this occurs both competitors will be disqualified.
- Teams may only enter in one category and an individual competitor may not be part of a team.
- Competitors must not be accompanied or paced by cyclists, vehicles, other competitors, etc. If this occurs the competitor or team will be disqualified.
- Competitors must keep to the Rail Trail. Failure to do so will result in disqualification.
- All entries must be signed and full payment sent with the entry form for the entry to be valid.
- The race number must be worn as issued and passed on at transitions. They must not be altered and must be clearly visible during the race.
- Only competitors wearing official race numbers will be allowed to finish.
- **No roads will be closed.**
- Marshals will be located at each SH85 and 87 crossing and competitors must adhere to their directions. Motorists have right of way at all times.
- In the event of a rider having an accident you must stop to assist, then call the first Marshall or First Aid Unit you get to.
- Competitors must dismount fully and push cycles across crossings
- Failure to do so will result in the disqualification from the event of the individual or team.
- There are a number of roads which will not have Marshals on duty. Normal road rules prevail — motorists have right of way at all times.
- While every attempt is made to clear wandering stock off the trail, the organisers advise that this is not always possible.
- Helmets are compulsory on the cycle stages.
- No passing on bridges or in tunnels.
- Drink stations will be located at each transition point, in the Poolburn Gorge and at Ngapuna.
- Every team member must do at least one complete stage per day.
- All stages must be completed by the member starting the stage.

- A torch is recommended for sections with tunnels.
- Hazard Identification and Disclosure must be read and understood.
- At Hyde Station transition all competitors must dismount and push their bikes through the transition area.
- Competitors disobeying marshalls at transition may incur a time penalty.

**RACE DATES**

SATURDAY 27 &amp; SUNDAY 28 FEBRUARY 2010

**ENTRIES**

Entries on the official form accompanied by the correct entry fee must be received by the Maniototo Lions Club by **3pm Wednesday 24 February 2010**. Entries received after that date **will not** be accepted.

**REGISTRATION / RACE BRIEFING**

All individual competitors and team captains must report to Race Registration on Saturday 27 February no later than half an hour prior to the race start, and collect their race number and information packs. Registration starts from 7.30am.

On Saturday 27 February a race briefing will be given at the Clyde Railhead start point at 9am, half an hour prior to race start time.

On Sunday 28 February a race briefing will be given at Ranfurly Station start point at 9am. A spot prize of a new mountain bike will also be drawn.

**RACE START****Day One — Clyde Railhead to Ranfurly**

9.30am from the Clyde Railhead, corner of SH8 and Springvale Road, to Ranfurly Railway Station.

**Day Two — Ranfurly to Middlemarch**

9.30am from in front of the Ranfurly Railway Station to the Middlemarch Railway Station.

**RACE FINISH**

**Day One — Ranfurly** - drop bike at last road crossing. Run 200m to finish line.

**Day Two — Middlemarch** - run last 150m to finish in chute. No overtaking once in chute.

**RACE SUPPORT**

Trail Journeys provides facilities and support at the Clyde Railhead start of the race.

The Cycle Surgery, Middlemarch, provides facilities and support at the Middlemarch Railhead at the finish of the race.

MoreFM provides Event Promotion and Prize Giving MC.

**PRIZE GIVING**

Prizes for category winners will be presented at Middlemarch at approx 2.15 pm on Sunday 28th.

**RESULTS**

A summary of final results in each category will be available on the Rail Trail Duathlon website within 7 days of the race finish.

**WEBSITE** [www.railtrailduathlon.co.nz](http://www.railtrailduathlon.co.nz)

**DUATHLON PRIZES**

Prize money for Individual competitors will be awarded to the fastest three men and three women in each category to complete the full 150km course, regardless of age.

Prize money for teams will be awarded down to third dependent upon the number of entries in each category.

If there are not five or more entries in a category (Individual or Teams), then spot prizes may be substituted for cash.

The winners of the Men's and Women's Individual categories will receive the McLaren's Machinery Ltd cup and the Radio 4XO cup respectively to hold for one year.

The winner of the secondary schools category will receive the Otago Central Rail Trail Duathlon Challenge Trophy to hold for one year.

All winners will receive a miniature trophy to keep.

\* Event organisers reserve the right to determine the number of prizes that will be paid out where there are not five or more entries in a category.

**Individual**

Mens 150km Open	1st \$240	2nd \$125	*3rd \$75
Womens 150km Open	1st \$240	2nd \$125	*3rd \$75
Veteran Men (40+) 150km	1st \$240	2nd \$125	*3rd \$75
Veteran Women (40+) 150km	1st \$240	2nd \$125	*3rd \$75

**Teams**

Mens 150km	1st \$240	2nd \$125	*3rd \$75
Womens 150km	1st \$240	2nd \$125	*3rd \$75
Mixed	1st \$240	2nd \$125	*3rd \$75
Veteran Women (40+) 150km	1st \$240	2nd \$125	*3rd \$75
Veteran Men (40+) 150km	1st \$240	2nd \$125	*3rd \$75
Corporate 150km	1st \$240	2nd \$125	*3rd \$75
Secondary Schools 150km Challenge	1st \$240	2nd \$125	*3rd \$75

## HAZARD IDENTIFICATION AND DISCLOSURE

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The organisers are committed to providing and ensuring proper Hazard Identification and instigate appropriate mitigation options. Additionally, the organisers are committed to providing open disclosure of risk information to competitors, marshals and others connected with the events. The following table has been produced to identify potential hazards and assist the organisers with identifying their response to these.

Activity	Potential Risks/ Hazards	Hazard Severity (H, M, L)	Response
General	Course	Low to High	At the start of both days the course is given a final pre-race drive over check to identify course conditions, and remove if possible any obstacles (rocks, stock etc). This information is provided at the pre-start briefing each day.
	Colliding with tailend charlie vehicle	Low to High	This vehicle follows the race at the rear and provides essential first aid, bike replacement and 'pick-up' support for competitors.
	Medical or allergy emergency	Low to High	All personnel directly involved with the race disclose any known medical issue that could cause an emergency.
Mountain Biking competitors	Falling off bike	Low to High	Usually at end of stages when tired. Warn and watch by marshals.
	Hitting a rock or end of bridge	Low to High	Warning given in briefings. Pre-race check carried out to minimise potential.
	Colliding with other competitors	Low to High	Warning given in briefings. Pre-race check carried out to minimise potential.
	Colliding with non-competitors (support crew, sheep etc)	Low to High	Warning given in briefings after pre-race check. Support crews advised to keep clear of transitions, marshals to manage these areas.
	Colliding with road users and official vehicles	High	Very clear warning given in briefings that roads are NOT closed. Event rules also clear. Traffic Management system supports slowing of vehicles with marshals managing crossings. All official drivers drive carefully.
Run competitors	Falling	Low to Med	Course condition advised at briefings after pre-race check. Usually fatigue at end of stage so marshals to monitor.
	Colliding with other competitors	Low to Med	Warning given in briefings. Most likely at transition points so advised to clear area immediately. Marshals to manage.
	Collision in tunnels (either other competitor or tunnel wall)	Low to Med	Competitors advised at briefing to carry torch for the tunnel stages and to slow down as they enter to allow orientation.
	Colliding with road users	High	Very clear warning given in briefings that roads are NOT closed. Event rules also clear. Traffic Management system supports slowing of vehicles with marshals managing crossings.
All competitors (run & bike)	Dehydration	Low	Advised to carry own fluids. 7 drink stations provided on course.
	Equipment failure particularly bikes	Low	Remind of own responsibility to check equipment (backup bikes with tailend charlie).
	Colliding with other Rail Trail users	Low to high	Most likely on blind corners. Warning given in briefings to be alert and respectful of others' rights.
	Hypothermia	Med to High	If colder weather is likely to occur during the race, competitors carry suitable clothing to protect themselves. Marshals have suitable clothing and shelter.
Marshals	Collision with competitors or road users	High	Follow traffic management plan. Wear hi-visibility vests issued. Briefed only to manage the competitors not the traffic. Keep clear of competitors racing.
	Dehydration	Low	Advised to carry own drink bottles.
Spectators, support crews and others	Collision with competitors or road users	High	Warning given in briefings to keep clear at transition points behind ropes. Follow traffic management plan and drive carefully.
Everybody	Fire	Low to High	Dependent upon the level of fire restriction applying, warnings are issued at the briefings. Smoking is discouraged. Parking in areas of long grass is restricted. DOC support with a fire trailer to follow the event is co-ordinated.