

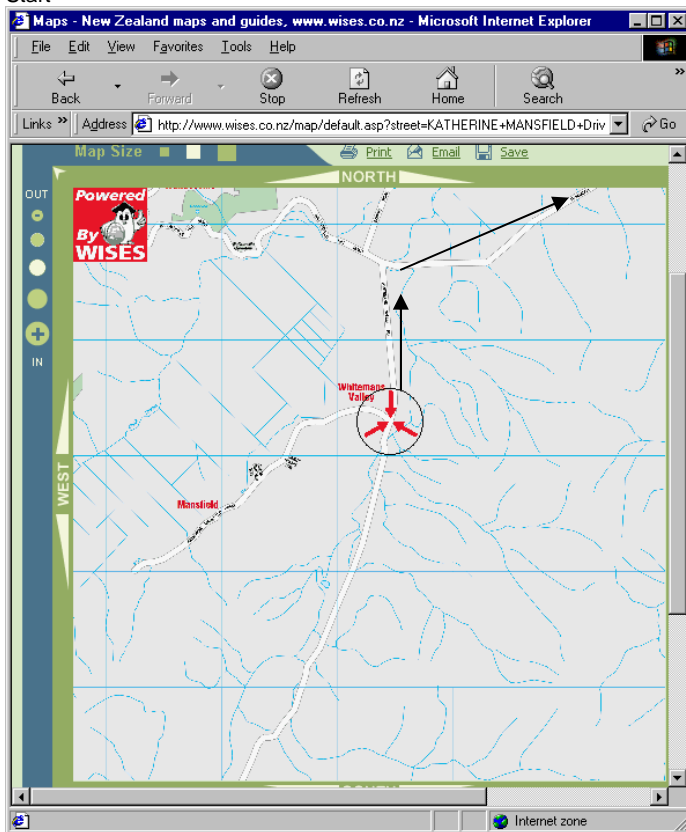
Leave Wgtn: 6am drive to first transition, dump bike and gear (pre-prepared).

| Stage | Gear | Instructions/requests | Location |
|---|---|---|--|
| First run – START 7am arrive having setup T1 before then you can go straight to T2 | Cycle Top Arm warmers and/or polyprop Sunscreen applied twice Bike shorts Second Shoes – Adidas marked with Name Gloves Sunglasses White Khatmandu socks | Once I'm registered you can leave for T2 ANTI-CHAFE | 50 F Catherine Mansfield Drive |
| T1 Run/Cycle – Unattended (setup before registration 6:15am) | Shoes and Helmet clipped onto bike bars | Front wheel QR to RHS looking down – make sure computer registers, reset to 0 (push both buttons for 3 seconds) | KMD |
| T2 Cycle/Mountain Run | Salomon Shoes (XA Pro with Orthotics) Camleback Bag (pre prepared) Food: 4 squeezies, 1 muesli bar in front mesh of bag Pump bottle of water to drink in transition | Enter transtion, - Take bike. Remove helmet, remove shoes, remove gloves, stretch hamstrings, drink water ONLY . Put on shoes, make sure no ruffles in socks, pack pockets with food, put on camleback, if sunny sunscreen again if time, Hat, sunglasses Dump bike gear in box in car, remove front wheel ONLY and dump in car – watch out for computer sensor when you put it back together | Parks Line, Park on Te Marua Side |
| T3 Mountain run to Road Ride | Shoes Helmet Gloves Food (Muesli Bar + 3 squeezies) Spare socks (cows or sperm) Spare cycling top Towel Sunscreen Plain water bottle (pump for drinking at transition) + banana | Enter transition, remove Camelback, Hat Towel and Sunscreen Put on helmet – sunglasses Stretch hamstrings and quads – eat something and drink plain water Change top if required Change socks and put on shoes Exit | Western Lake Road, Turn R at Featherston and head towards Cross Creek which is the end of the Rimutaka Incline track. Transition is at the end of the gravel road which takes you to the Cross Creek carpark so just park beside the road facing towards Featherstone – you'll then drive past me on the way to the Kayak put in. |
| T4 Cycle to Kayak transition | Setup kayak, check rudder is OK and face into water with 2/3 of the boat on the shore – I'll then hop in and you can shove me out. | Kayak is secured on roof with 2 straps which go over kayak, under bar, over kayak and under bar (like two U's each side of the Kayak, the rubber covers go under the bar if you lick them and push them but watch the paintwork ! Also make sure they are | Ruamahanga River Access , SH 53. Just across the bridge that crosses the Ruamahanga there is a gravel R turn that takes you down to the river – just park down |

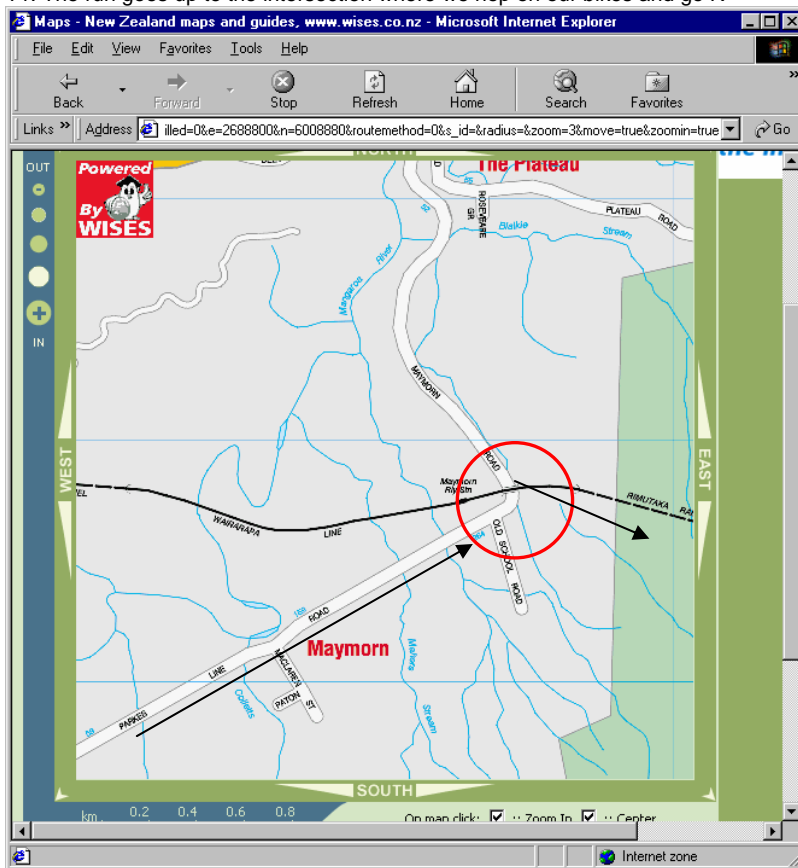
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|-----------------------------|---|---|--|
| | <p>Assemble paddle. I use it at 214cm so line up end of RHS quicklock plastic bit with second vertical etched line, point arrow between 55 and 60 degrees (i.e. 57.5) tighten quicklock quite hard but not too hard.</p> <p>Food: 3 muesli bars in front lycra pocket + 2 squeezey, bottles in L and R pockets</p> <p>Paddle shoes Spraydeck Spray jacket (if required otherwise just cycle top) PFD SUNSCREEN Hat Oakley M Frame glasses</p> <p>Plain water bottle (pump for drinking at transition) + Banana</p> | <p>around the cradle and not the bar itself. Bow tie goes through towing loop , make sure cam is at top of kayak and that the strap is tight but not bendgin boat and strap has no flapping as it strips the paint off the car.</p> <p>I'll get in and do up my own spraydeck, attach drinking hose and then hand me the paddle THE RIGHT WAY to paddle off otherwsie I'll capsize , bulge is on my RHS Push off into river in one movement don't hold boat and don't tip it – stand over the back of the boat behind the cockpit and shove me – its quite light.</p> | <p>there.</p> <p>I'll jog down with my bike or if someone can meet me I'll shout when I cross the bridge.</p> |
| T5 Kayak to Road Ride | <p>Shoes Helmet + Nike glasses Gloves Food (Banana + 3 squeezeys + sweeties !) Towel Sunscreen</p> <p>Plain water bottle (pump for drinking at transition) + Banana</p> | <p>Enter transition, remove Kayak gear , dump in plastic box Towel and Sunscreen face</p> <p>Put on helmet – sunglasses</p> <p>Stretch hamstrings – eat something and drink plain water Change top if required Change shorts of really required (not recommended) Change socks and put on shoes Exit</p> | <p>Kahuatara Road just before the bridge – hopefully the gate is open otherwise you'll have to come down to the beach and transition up at the road.</p> |
| T6 Road Cycle to run (500M) | Nowt | Collect bike, marvel at how broken I am and encourage with cold can of beer over the finish line ;-) | Jellicoe Street to Martinburgh Square |
| | | | |

Maps

Start

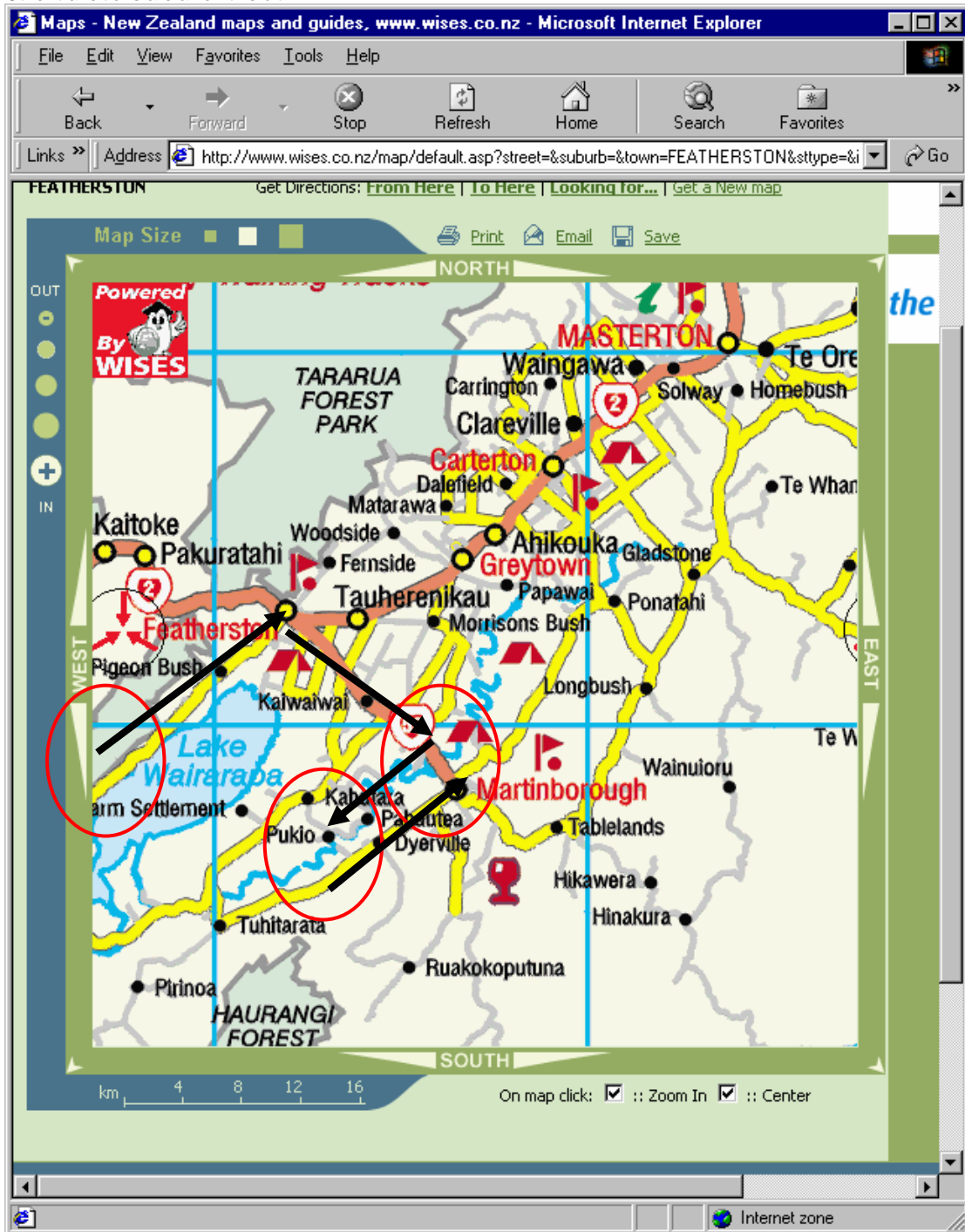


T1: The run goes up to the intersection where we hop on our bikes and go R



T2: Bike to Mtn Run – same as previous duathlon, Maymorn Hall is on LHS opposite Old School Road – Park there, the run heads up beside the railway through to Tunnel Gully on a 4wd track.

Other transitions are all on this bit:



Mountain Run to Bike is at the end of Runitaka Incline Track on Western Lake Road (Turn R in Featherston and its about 10K's down there).

Kayak get in is on SH53 where it intersects with the Big River (no – really) we then Paddle S to the Tuhitaratia Rd Overbridge and then we ride in a painful way to the dairy at Pirinoa where we then double back to Martinborough.