

bivouac / outdoor

COMMITTED TO ADVENTURE



3hr RACE

Saturday 7th October 2023

SPONSORS

A big thank you to our generous sponsors, please support them



SPONSOR DEALS



*Discount is off RRP, does not apply to items already reduced in price. Excludes electronic devices, hut and event tickets, and gift cards. Cannot be used in conjunction with any other offer.

Discount code can be used in store or online.



Delicious burgers for pre or post race fuelling.

Open 5pm - 8:30pm

And you might be lucky enough to win a voucher as a spot prize!



Simple food, done well. Pizzas, platters and burgers.

Free beer or wine with your meal, voucher in race packs.

Bookings essential, will fill up fast!

To make a reservation, please call or email.

07 865 6300

phil@crafthauswhanga.co.nz

Conditions apply. One voucher per person per meal.



Pedal & Paddle Whangamata

Our awesome local bike shop Pedal & Paddle will be open late on Friday night for any last minute gear, supplies or servicing.

Open til 8pm Friday.



Whangamatā's very own Craft Beer Brewery!

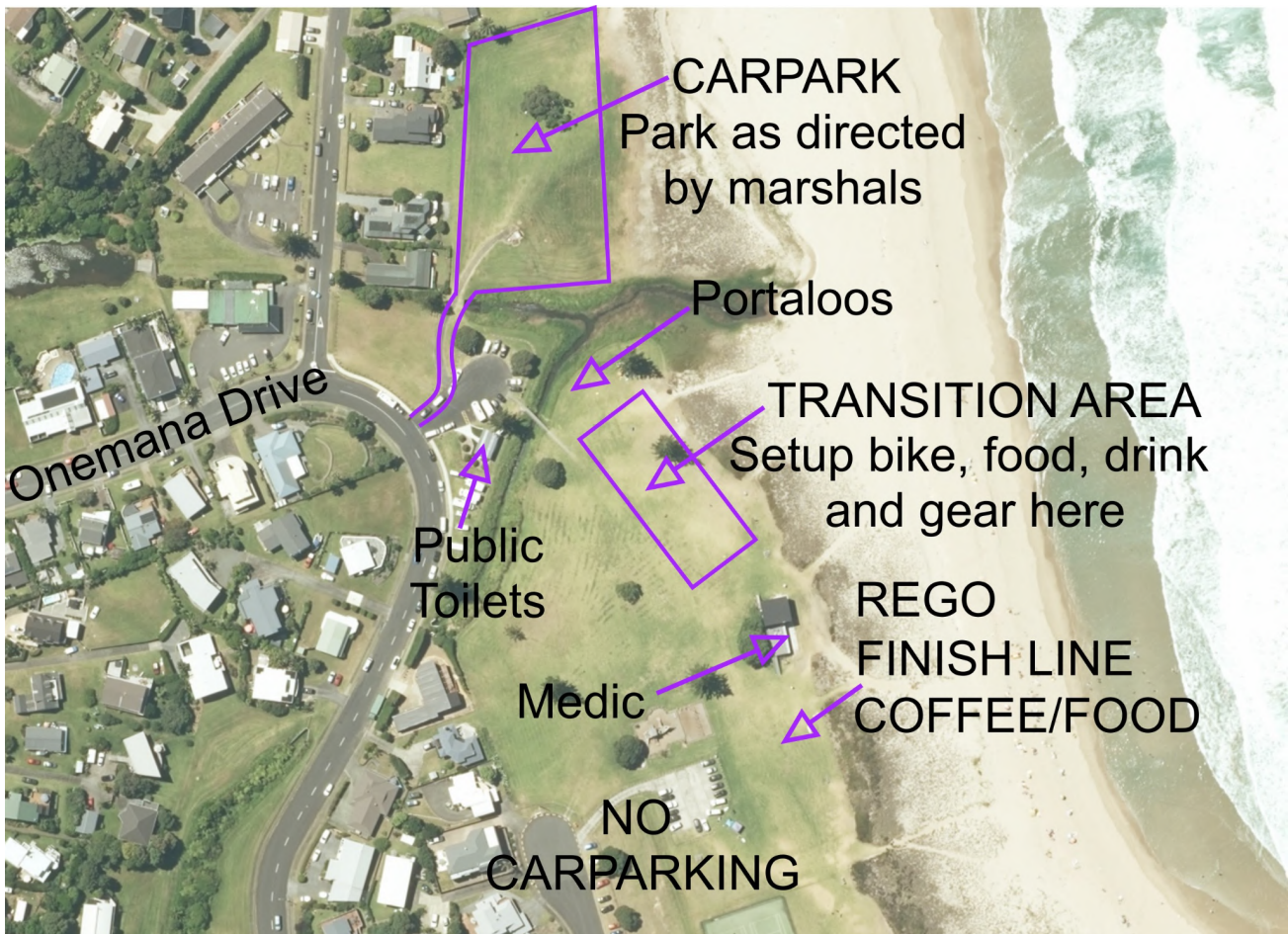
10% off vouchers will be in your race packs.

Check them out for a delicious post race beverage. 101b Winifredb Winifred Ave.

LOCATION

Start / Finish - Onemana Reserve - Onemana Drive, Onemana

Drive into Onemana. Follow signs to the carpark & park as directed by marshals.



3hr PROGRAM

FRIDAY 6th October

5:30pm - 9pm

Registration and map pickup at Whangamatā Memorial Hall (328 Port Road).

You can also register on Saturday morning, but Friday night is recommended so that you can get your maps earlier and be well organised for your race.

SATURDAY 7th October

9:30am - registration, map pickup and transition open for 3hr teams.

10:30am - START - Onemana Reserve

1:30pm - FINISH - Onemana Reserve

5:00pm - Prizegiving - Onemana Reserve

Race Info

The race is made up of 3 stages.

Stage 1 Rogaine

Setup: When you arrive in Onemana you can setup your bike and gear in the transition area to collect after stage 1.

Stage 2 MTB

Stage 3 Trek

You will return to the transition area at the end of each stage so it will be helpful to leave food, water & any extra gear there.

On each stage there are checkpoints (**CP**) to find which are marked on your maps.

Each CP is worth **50pts**. The aim is to get as many as you can within 3hrs.

You don't have to get them all and usually only the fastest teams will get every CP in 3hrs.

Rogaine checkpoints can be collected in any order. You choose your route.

MTB & Trek CPs must be collected in order. You cannot do them backwards or out of order.

You can however skip checkpoints. For example you could go CP1, CP2, CP5, CP6.

There is no penalty for missing a CP.

Mystery Activities (MA): there are team activities out on the course. When you get to one you must complete the activity at that location to get points. MAs aren't compulsory, but are well worth completing! All team members must complete the activity. **MAs are worth 200pts.**

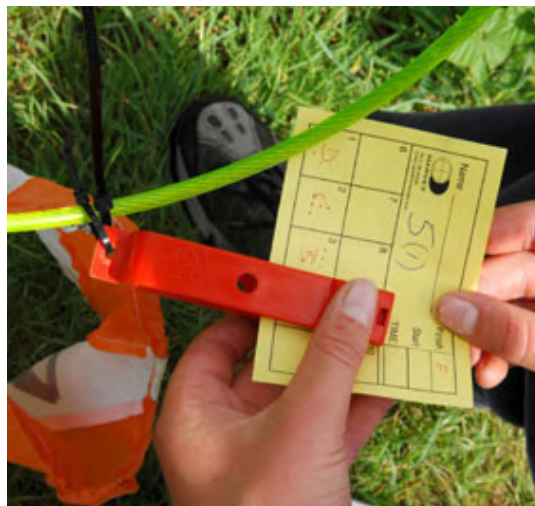
The team with the most points wins. If a number of teams collect all the points in under 3 hours the winner will be the team with the fastest time.

All teams must be back within 3 hours. For every minute you are late you will lose 20 points.

The CPs are an orange and white orienteering flag with an orienteering punch attached to them.

You will have a scorecard in your race pack that you will use to punch at each checkpoint.

You are responsible for the care of your scorecard. If it is lost or not readable then the points will not be awarded.



3hr Gear List

**You must carry everything on this list at all times during the race.
There won't be pre race gear check, but there may be a random gear check on the course.
If you don't have an item of gear you will be penalised.**

INDIVIDUAL (must be carried by each person)

- Thermal top long-sleeved top
- Beanie
- Whistle
- Waterproof seam sealed jacket- No plastic ponchos, windbreakers or puffer jackets
- Cycle helmet
- Mountain Bike (brakes must work, wheels safe, tyres in good condition)
- Running shoes
- Backpack
- Food & water

TEAM

- First Aid Kit - minimum: triangular bandage, crepe bandage, strapping tape, knife, antihistamine, gauze bandage, personal medication.
- Compass - 1 per team
- Maps - Provided
- Cell Phone (Fully Charged)
- Spare tube, pump, puncture repair and tools
- Map pens, highlighters & map bags

Race Rules

- **All teams must stick together at all times and visit each CP together (unless otherwise stated). If any team is found split up there will be a 500pt penalty. There will be marshals at random checkpoints. If your team doesn't arrive within 1 minute of each other you receive the 500pt penalty.**
- **You must carry all of your compulsory gear for each stage. There may be a gear check on course. If you don't have your gear you will receive a penalty.**
- **The use of GPS or cell phones as navigation aids is not allowed. Altimeters and cycle computers are permitted. Fitbits, Smart Watches or GPS watches cannot be used to assist you to navigate, including the monitoring of distance. Watches may be used to record for Strava (or similar apps) provided this data is viewed after you have finished the race.**
- **No assistance from friends or support crew is allowed during the race. You must carry all your own supplies and complete transitions yourself. A 500pt penalty will be given for receiving outside assistance.**

- No travelling through areas marked out of bounds on maps. Intentionally travelling on an out of bounds route will result in disqualification.
- You **MUST** ride single file on roads. Keep left at all times. All roads are open (including forestry roads) **EXPECT TRAFFIC**.
- If you see a team in stress or injured you must assist them and call the emergency number printed on your scorecard.
- Read the course notes carefully and follow all instructions given.
- In your race pack you will have two race numbers. These must be attached to the front of two team member's bikes.
- No E bikes

Please note these are the main rules, for all other race rules refer to the website.
http://whangamataevents.co.nz/?page_id=4

Upcoming Events



6hr / 12hr / 24hr Races

18th - 19th NOVEMBER 2023

www.marokopamunter.com