

Oamaru Stamina Event 2010 Briefing

Welcome to the 26th Stamina. **This does not replace the briefing before the race. You must attend it.**

The course is given section by section. There are marshals, wearing orange bibs, or a sign or cone, at intersections which are unmanned turning points. Remember that it is your responsibility to follow all road rules. Marshals are there to help only.

For all drivers –Vehicles may **NOT** leave the harbour area between the start of the race and the last cyclist leaving the Transition Area. **Car parking for the event is available off Tyne St** – there is a short walk to the transition area. Look for the signs. For those needing to shift their vehicles before the start of the event, you will need to do so immediately after this briefing.

The main point to note, for those who have been here before, is that all the transitions now take place at the reserve at the harbour, where the briefing takes place.

We start with the **Junior and Intermediate Secondary, and Recreational individuals and teams** sections at 10.00am. The swim starts, on the beach, at the bay, opposite where the briefing is held, and follows a triangular course. The first part is parallel to the wharf, then a right turn for the second part, and another right turn to return to the beach. Please wait until a couple of minutes before the start. We want to be on time, and not have people in the water putting pressure on us to start early. The duathlon starts from opposite the tri swim start, **and at the same time**. The runners go straight up the road turn left and turn at the cone just before the penguin colony, then come back, on the grass on the seaward side of the sheds, to the transition. You enter the transition to the bike from the same point as the swimmers. From there your course is exactly the same as the swimmers, who have done triangle in the harbour and come out on the beach to run up to the transition. All duathletes remember to run back on the hard right of the road. This avoids clashes with bikers.

A word about the transition area. No support crew, spectators or competitors not in actual transition are allowed into the transition area until the event has been declared finished, ie the last competitor is in. This is a security measure we must meet.

The **Senior Secondary School competitors, all the Stamina Event competitors, Tri and Duathlon**, start at 10.10am. Please stay out of the water until just before the start. There will be a call. Competitors complete the same course as the previous group. The swimmers and runners all go through the same point to the transition.

All competitors then bike out Marine Parade, Waterfront Rd, down Tyne St and first left into Wansbeck St. Bike all the way up this hill. At the top of Wansbeck St cycle through an “S” bend to Awamoa Rd. All competitors be careful here – road rules still apply! Stay on Awamoa Rd until the “Y” intersection. Juniors, intermediates and recreational competitors go straight ahead and seniors and stamina veer right and follow the arrows and signs. Those doing the long course have a turn-around on Thousand Acre Road. They return to the top end of the Awamoa Road, Awamoa Central Road corner, then turn down Awamoa Central Road. Please take care at the end of Awamoa Central Road. The corner is tight, and there could be some loose gravel. Everyone goes past the picturesque Golf Club, then up that wicked hill and straight through the intersection at the top. You will be turned right down Test St and then left into Tyne and down Tyne to a right into Waterfront Road, **slow right down for the corner**. The hill is steep and the corner sharp. Then turn a left into Marine Parade to the transition area, which is the same place as for the swim/cycle transition. The corners have an arrow sprayed on them to help you. Wear your helmet properly until you’ve secured your bike on the bike rack. This is a Tri NZ requirement and will be enforced. If you take your helmet off prematurely you will have to stop, strap it on again then proceed. Sorry, that is how it is. Go into the transition on the near end and out the back. Follow the line of cones. There is to be no support of individuals in the transition area. Teams **must** tag in the tagging area to the left of the entry to the transition area.

All competitors. Runners go out the North end of the transition area, and follow the cones to Humber St. Stay on the right hand side of Humber St.

Junior and Intermediate Secondary School and Recreational competitors turn left at Eden St. Turn left again at Thames St, (coned) and left again into Coquet St. Cross Humber St and stay on the left of it, then in Tyne St to the gravel short-cut into Waterfront Road, then Marine Parade and the finish just after the Rowing Club building.

Seniors Secondary and Stamina competitors run out the same route, down Humber St to the end of it, and then take a left at Orwell St. Turn left at Thames St (coned) left again at Ouse St. Cross Humber St and stay on the left side, then in Tyne St, to the gravel short-cut into Waterfront Rd, left into Marine Parade and finish just after the Rowing Club building.

All competitors please make sure your number and time is confirmed before you leave the finish chute.

Drafting is always an issue. We ask that you don’t. If you are seen by draft busters you will be asked to stand down for 15 seconds – from the time you are stopped and any discussion is over! Please respect the riders who ask you to get off their wheel. It’s better for everyone. In the event of an accident please let the first official you see know.

Please take off all ipods etc now, as they are not allowed. They are a safety issue and must be put away now.

Spectators must stay behind the barrier on the road to allow cyclists and runners a clear road. Remember that you cannot enter the transition area.

The train is scheduled to run during the race. Please don’t try to beat it. Stop! If there is an official there ask them to record the fact that you stopped, and the time you had to wait. Make sure you let the officials at the finish know of this, so it will be checked and taken off your time.

That’s the course. You can check the maps on the website www.oamarumultisport.org.nz. The after match function is at the Rowing Club, where you registered, and a BBQ lunch is being prepared, by the Waiareka Valley Lions Club, for competitors shortly after 12.00pm. It is hoped to have the prize-giving as soon after lunch is cleared up as is possible. The results will be published before the prize giving. Have a look at the results and let us know of any errors.

Good luck.