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## ***Cycling – Hill Climb – COMPETITOR NOTES***

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It is compulsory for all entrants in this event and their supporters to read this notice and comply with its stipulations. They are also responsible for familiarising themselves with the Event Location, Rules and all its hazards. Please inform your supporters of their responsibility to comply.

Signing your waiver or completing your online entry is an indication you agree to comply with these guidelines.

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### ***PRIMARY RESPONSIBILITY***

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-  You are responsible for your own health and safety during the event.
-  You should only undertake to participate in this event if you believe that you are fit to do so.
-  At no stage during this event should you engage in activity that would threaten your own safety and the safety of other people.
-  You should obey marshal and Event Staff where they are instructing you for your safety.
-  Marshals, Officials and Referee's are giving up their time to help you, please treat them with respect. If you have any issues with a Marshals, Officials and Referee's conduct please do not approach them independently – please refer to the Event Manager.

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### ***GAMES REGISTRATION***

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All participants are required to check in at the Registration Desk at the Games Hub (Rotorua Energy Events Centre) in person before playing sports or taking part in an activity.

For safety and security, we cannot accept someone checking you in on your behalf. This includes Teams. Each Team Member is required to check in individually at the Games Registration.

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## VENUE

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The venue for the Cycling – Hill Climb will be at Driveway, 22 Mountain Road, Western Heights, Rotorua.

The Hill Climb Race parking is available at 26 Mountain Road, Western Height, Rotorua (see below)



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## COURSE MAP

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The course is a 6.39km Climb up Mount Ngongotaha.

To view the map and download a GPX file click [HERE](#)

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## PARKING

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Parking is provided at the following location – 26 Mountain Road, Western Heights, Rotorua.

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## COMPETITOR PRIMARY RESPONSIBILITY

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- 🚫 You are responsible for your own health and safety during the event.
- 🚫 You should only undertake to participate in this event if you believe that you are fit to do so.
- 🚫 At no stage during this event should you engage in activity that would threaten your own safety and the safety of other people.
- 🚫 You should obey marshals and Event Staff where they are instructing you for your safety.
- 🚫 Marshals are giving up their time to help you, please treat them with respect. If you have any issues with a marshal's conduct, please do not approach them independently – please refer to the Event Manager.
- 🚫 Whilst every effort is made to make sure the course is marked accurately, and marshals are available at key points it is your responsibility to know the course prior to starting your race.
- 🚫 You will be riding on Open Roads at all times and must comply with NZ Traffic Regulations.

- 🚫 The course will be marshalled, but the ultimate responsibility is with you to ride safely and be aware of other traffic.
- 🚫 **DO NOT CROSS THE CENTRE LINE – you must keep to the left half of the road at all times.**
- 🚫 Do not drop any litter on the circuit, including gels or bottles.

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### ***EVENT CHECK-IN***

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Event Check-in for the Cycling Hill Climb will be at the following time / location:

Sunday 5<sup>th</sup> March 2023 from 0815am – 0845am at 26 Mountain Road, Western Heights, Rotorua.

You will collect your timing chip and number plates at Registration.

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### ***COMPETITION RULES***

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**Description:** This Cycling – Hill Climb takes place on Mountain Road with a steady 6.39km climb up Mount Ngongotaha.

Riders will be set-off at 2-minute intervals.

There will be a recovery tent and refreshments available at the finish line. It would be great if competitors remained at the finish to support the riders as they finish the Hill Climb.

If you choose to head back down the course after your race, whilst other competitors are still competing, extreme care needs to be taken. You must remain on the left of the road at all times and descend slowly to ensure your safety and the safety of other riders and race officials.

It is your responsibility to manage your own safety during the event, to be aware of other road users at all times and to make responsible decisions. There is Traffic Management in place, however, **the roads are OPEN**, and there will be public and official traffic on the circuit during your race. Riders must keep left of the centreline at all times during the event, and where there is no centreline riders must stay to the left half of the road.

We do also ask that whether you are racing, warming up, training or just riding back to accommodation, that you show other road users and residents' courtesy, adhere to all road rules and respect the environment.

#### **Equipment:**

**Bike:** Competitors need to make sure your bike is well maintained and set up properly. This includes checking tyres are inflated and not leaking, drive train is in great working condition, both front and rear brakes are functioning properly, and your seat at the correct height. We recommend you get a professional service prior to the event. Please carry your own spares and tools and know how to use them.

**Helmets:** Competitors helmets must be compliant with appropriate NZ Transport Agency Standards for use on open roads and must be worn at all times when riding your bike.

**Clothing:** Competitors should be wearing clothing appropriate for the weather conditions and the type of riding being conducted.

**Lights:** Whilst not compulsory we **highly** recommend you have a rear red flashing light either fitted to your bike or worn on your back or helmet.

**General:**

**Support Vehicle:** Absolutely no support vehicles are allowed on the course on Sunday. There is no need to have support vehicles. Water stops, medical needs and bike mechanics are available on the course.

**Stay on left:** Do not cross the centre line. Always stay as far left as reasonably practicable.

**Passing:** Pass on the Right, not the left.

**Age Groups:** OPEN | 18-29 | 30-39 | 40-49 | 50-59 | 60+

All Competitors will be eligible for the Open Competition.

**Timing:** Electronic timing will be used for the Cycling – Hill Climb Event and is provided by Fastway Timing Systems.

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***SCHEDULE OF PLAY / DRAW***

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<b>Saturday</b>	
08:15am	Registration
08:45am	Participant Briefing
09:00am	Hill Climb - Starts
11:00am onwards	Race Finish

Timings will run as close to those published but may be subject to change depending on the weather and any race incidents. Please listen for announcements on the day of the event.

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***MEDICAL PROVISION***

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Medical services will be present at the event with Paramedic Qualified personnel. This will be provided by Peak Safety.

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## **SPECTATORS**

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Spectators are welcome to attend the Cycling – Hill Climb Event. The cycling – Hill Climb is on open residential road for a distance before entering a gated road near the top. Spectators are encouraged to watch the event from the Start or Finish area. We do not want additional vehicles on the course so spectators may have to walk alongside the road to a suitable vantage point.

Here are some pointers to help spectators stay safe while watching the event:

- 🚫 Be responsible and keep your own safety in mind.
- 🚫 Always follow and obey marshal's instructions.
- 🚫 Observe and follow all event signs.
- 🚫 Stay within designated spectator areas.
- 🚫 Do not enter any restricted areas. If you are unsure, please ask a marshal.
- 🚫 Keep off the road and always pay attention.
- 🚫 Children to be accompanied at all times.

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## **PRIZE GIVING**

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Prize Giving will take place at the Games Hub, Rotorua Energy Events Centre between 5pm – 7pm on Sunday 5<sup>th</sup> March 2023. Full details of the medal ceremony will be provided once Games Registration closes on 10<sup>th</sup> February 2023.

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## **KEY CONTACTS / INFORMATION**

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<b>Name</b>	<b>Role/Organisation</b>	<b>Contact Number</b>
Chris Newson	Event Manager	021 232 1457
Graham Perks	APES Games Sports Manager	021 191 3660

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## **ADDITIONAL INFORMATION**

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There will be an aid station / hydration available at the Finish Area.

Physio services are available through Go Physio (1221 Haupapa Street, Rotorua – Tel: 07 347 8380) who will be operating a Drop-in Clinic 8am – 5pm Monday 6<sup>th</sup> March – Friday 10<sup>th</sup> March 2023 - <https://gophysio.co.nz/>