

2024 R5: Makara Park, Karori. Sun 17 Nov 2024

Senior riders will do **LONG** & **MEDIUM** loops. Juniors (U11, U13, U15) will ride **SHORT** loops. Please see your age group/distance to determine how many of each you will be racing.

Note: Registration will be at **Karori West Normal school**, with riders riding together to the start line at the end of Koru. The prizegiving will be back at the school.

LONG Loop Description (11.4 km)



Start on the **TOWER 19 CONNECTOR 4WD** by the end of Koru.



Ride up the T19 4WD (120m), veer left up **SNAKE CHARMER 4WD** by the container.
(Note: this is where the **SHORT** loop splits off)

After about 800m, turn left to ride down **TOWER 18 CONNECTOR 4WD**.

Turn right into **MISSING LINK** and ride this to **TOWER 16 CONNECTOR 4WD**.



(Note: Course crossing at this location riders heading up TOWER 16 give way)

Ride up **TOWER 16 CONNECTOR** for about 500 metres, then turn left into **LEAPING LIZARD**.

After about 400 metres, turn left into **NIKAU VALLEY**, then after another 100 metres left again into **SUPER KANUKA** and ride until the end of the track at **TOWER 16 CONNECTOR**.



(Note: Course crossing at this location riders heading up TOWER 16 give way)

Cross **TOWER 16 CONNECTOR** and ride up **ARATIHI** for about 1 km, continue at the intersection with UPSWING then turn left into the link track into **UPPER LEAPING LIZARD**, ride this for 800 metres to exit onto **TOWER 16 CONNECTOR**.

Turn right up **TOWER 16 CONNECTOR** for 700 metres then turn left to ride up **UPPER LEAPING LIZARD**. Continue for 750 metres then turn right at the 4WD then immediately left onto **TOWER 16 CONNECTOR**, continue left onto **SNAKE CHARMER** to the summit.

At the summit turn right into **RIDGELINE** then after 200 metres turn left into **POHATU**. Turn right onto **NORTH FACE** where those two tracks cross and ride to the end.

Turn right up and over **ALLINGTON CONNECTOR** then turn into the third of the **THREE BROTHERS** and ride to the end.

Ride across the 4WD into **SMOKIN'** and ride to the end, exiting onto **SNAKE CHARMER 4WD**.



Warnings: The last section of Smokin' is shared with the Short Loop with U11/U13 riders. Please give them some room IF you encounter them. (They should be finished) Just before its end, Smokin' merges with Pohatu and Starfish.



On **SNAKE CHARMER 4WD**, turn right and ride the last 50m up to the **FINISH**.

LONG LOOP MAP



SHORT Loop Description & Map - 'Figure 8' loops (U11, U13) (3 km)

AFTER the other waves have started, the U11/U13 riders will start on the **TOWER 19 (T19) CONNECTOR 4WD** but up close to the finish line starting facing SOUTH (the other direction to the adults).

Ride down to the Signboard/Picnic table by the Koru Exit (@Blue Dot) then turn right into **MAGIC CARPET** (reverse direction). Ride the first half of this trail (700m).

Turn right onto the 4WD for 30m then quickly exit left into the rest of **MAGIC CARPET**. Ride the second half of Magic Carpet (700m)

Exit onto the 4WD and veer right (NOT: sharp right), riding back toward the signboard/picnic table.

Turn right into **BIG TOM'S WHEELIE** and ride this in reverse direction (180m).

Exit onto the **SNAKE CHARMER 4WD** and turn right. Ride down 30m then turn left into **MIRO**.


Keep left at the next two intersections to continue on **MIRO**.

At the end of **MIRO** you will merge into **SMOKIN'** (Note: this is a brief merge with the **LONG** loop)

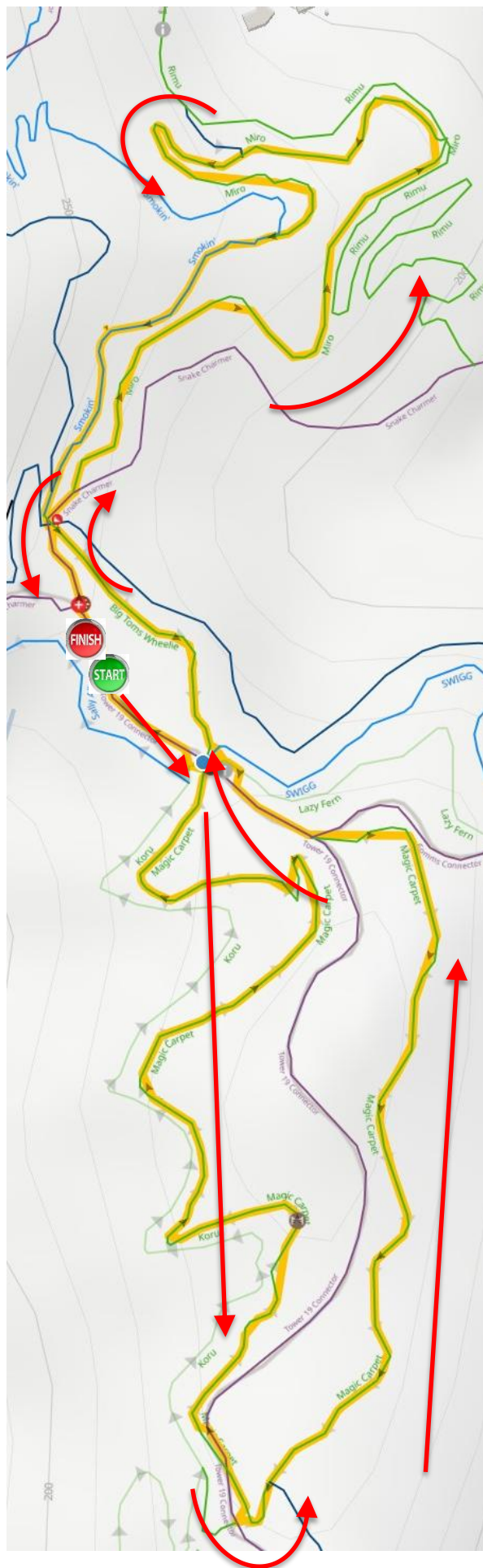


At the exit onto **SNAKE CHARMER 4WD**, veer right (uphill) then left by the Container to cross the **FINISH LINE**.

 If you have more laps to do, continue riding downhill as per the start, turning right into **MIRO** to do your next loop

 If you have completed all your loops - Congratulations! you may stop.

Please ensure you keep yourself and your bike out of the way of other rides still racing.



Loop Counts

Your age is based on the age you will be as at 31 Dec 2024. Distances are approximate.

If people would like to challenge themselves, it is possible to race in higher grade.

Open Men	2 Long	22.8 km
Open Women	2 Long	22.8 km
Masters Men 1 (30-39 years)	2 Long	22.8 km
Masters Men 2 (40-49)	2 Long	22.8 km
Masters Men 3 (50-59)	2 Long	22.8 km
Masters Men 4 (60+)	1 Long, 1 Medium	18.9 km
Masters Women (40+)	1 Long, 1 Medium	18.9 km

Social Men (Any age)	2 Medium	15 km
Social Women (Any age)	2 Medium	15 km
Social eBike	2 Long	22.8 km

U19 Men	2 Medium	15 km
U19 Women	2 Medium	15 km
U17 Men	2 Medium	15 km
U17 Women	2 Medium	15 km

U15 Boys	2 Medium	15 km
U15 Girls	2 Medium	15 km

Short Loops

U13 Boys	3 Short Loops	9.0 km
U13 Girls	3 Short Loops	9.0 km
U11 Boys	2 Short Loops	6.0 km
U11 Girls	2 Short Loops	6.0 km

Child (open to beginners 3-9 years) For our youngest riders, their course will be a series of loops of the pump track at the school, for a period of 10 mins prior to the prizegiving.

Key Personnel

Key personnel responsible for safely running this event are:

Name	Position	Contact Number
Robert Comeskey	Race Manager	021 717 311
Deb Sherwin	MTB Committee	021 215 4450
Mark Renall	MTB Committee	021 2689506

Traffic/Parking Management

Parking will be available at Karori West Normal School and on surrounding roads. Riders will ride up to the start area as a group once registrations at the school are closed.

Event Updates/Communications

For event updates see the website: pnp.org.nz/mtb or <http://www.facebook.com/pnppmtb>

At the Event Hub, a sound system will be used for all announcements and pre-race briefings.

Communication between organisers and marshals located around the event will be via PNP's 2-way repeater radios communicating on Channel 13.

Mobile Phone numbers for marshals will be distributed as a backup communication method, but it is known that mobile reception is very limited in this park.

Health & Safety

The full PNP MTB Health and Safety Policy, Emergency Response Plan and Risk Management Plan are available via links from the MTB page on the website: pnp.org.nz/mtb.

Equipment: Riders should ensure that their bikes and other equipment are suitable for the conditions and are in a well maintained state.

Hazards: The following hazards specific to this site/event have been identified:

- The use of Public roads. This is only pre/post event, managed as a managed ride up to the Start line. Riders may return to the school individually or periodically in groups with delegated club members as guides.
- Upper Leaping Lizard is ridden in reverse (uphill). Cones, tiger tails, signage and a marshal will be posted at the top to ensure no casual riders ride this in a downhill direction.
- Walkers and social riders are common. Track closure signs will be out at least two weeks prior to the event. Notifications will be done via relevant social media groups, including Welly Tracks.

Procedures: Riders are to be aware of the following Health & Safety procedures. Time allowances will be made for any riders stopping to assist with an injury.

Instructions: Riders are to follow instructions of marshals and event organisers. Failure to do so can result in disqualification and barred entry from future events.

Non-serious self-injury on course: If you have a non-serious injury on the course, but are able to safely move, please clear the track as quickly as possible to protect yourself and others from being hit by a following rider. If on an obscured part of the course, keep calling "Rider Down".

If you need assistance, call to the next rider to stop. Advise them of your **Injury, Name** and **Number** and they will be able to inform the next marshal on the course.

If abandoning the race, do NOT travel backwards on the track into oncoming riders.

Finding an Injured Rider on course: If you encounter an injured rider on the course, you must assist if they need assistance. If they are unable to move, this is to be treated as a serious injury and you must:

- Stop and stay with the injured rider until First Aid or a marshal arrives on-site.
- DO NOT MOVE the rider if they are unable to easily move themselves.
- Secure the scene, ensuring approaching riders do not hit you or the injured rider. Stop following riders for assistance: (one as messenger, one as lookout).
- Get any details of the **Injury** as well as the **Name** and **Number** of the rider.
- Send the following rider with these details onto the next marshal.

Stoppage: In the event of emergency where racing has been stopped, riders will be advised by marshals to return to the Event Base via the most direct safe route.

Evacuation: If the Event Base area needs to be evacuated e.g. due to a fire. The evacuation point will initially be on open space within the school away from the fire, e.g. down by the pump track.

Waste Management Plan

Waste collection will be provided for at the Event Base (Registration). ALL waste is to go into the approved collection bags, and will be sorted for Recycling materials after each event.

Any competitor who litters either during the race or at any time during the event will be subject to time penalties at this event and/or subsequent PNP MTB events.