

2020 R5: Makara Park, Karori. Sun 13 Nov 2022

Ride Notes

NEW: Riders will be doing either **LONG** and **MID** length loops, or just **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



Start on the Tower 19 (T19) 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)

Ride up Snake Charmer 4WD (400m). Ignore the Arlington Rd Connector on your right.

Veer right (uphill) at the intersection with Tower 18 Connector (coming up from Missing Link). (Note: This 50m of 4WD will be ridden twice on the **LONG** loop, and once on the **MID** Loop)



On the **LONG** loop **OUTWARD** leg, turn left into THREE BROTHERS: PART 1 (in reverse). (Note: This is where the **LONG** and **MID** Loops split)

Keep right onto UPSWING, and continue riding over the swing bridge (1.3km)

Turn right onto ARATIHI for 70m

Turn left onto LIZARD LINK (70m), merging into UPPER LEAPING LIZARD (670m)

Cross the 4WD and continue down LEAPING LIZARD (420m)

Turn left into NIKAU VALLEY (200m)

Turn left into SUPA KANUKA (880m)

Turn right at the end, riding down past the pylon and ride all of MISSING LINK (1.6km). (Note: **KEEP LEFT** at the Nikau Valley intersection so that you ride back uphill.)

Turn left and ride along T18 4WD (200m) to the intersection with Snake Charmer.

Turn left onto SNAKE CHARMER and ride 50m up towards the Summit. (Note: This is the 2nd time riding this 50m of 4WD on the **LONG** loop)



On this **LONG** loop **HOMEWARD** leg, turn **RIGHT** into THREE BROTHERS - PART 2 (530m). (Note: This is where the **LONG** and **MID** Loops split)

Cross the 4WD then take the right-hand option to ride STARFISH (500m)



Cross the 4WD and continue on STARFISH to the bottom of the hill (1.2km). (Watch for Short Loop riders merging from the end of Lazy Fern)

Ride through the CARPARK then ride up most of KORU (2.0 km) (Note: The carpark will closed/taped off, but please show caution)

Turn right towards the Skills Area....

Turn left onto the T19 Connector 4WD, then left again into MAGIC CARPET.



At the end of Magic Carpet (at the Start line) turn left to ride to the FINISH at the Container (by the intersection with Snake Charmer 4WD).

If finishing, please clear the track for other riders still passing through.

Diff:
Long
vs
Mid

MID Loop Description



Start on the Tower 19 (T19) 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)

Ride up Snake Charmer 4WD (400m). Ignore the Arlington Rd Connector on your right.

Veer right (uphill) at the intersection with Tower 18 Connector (from Missing Link).

(Note: This 50m of 4WD will be ridden twice on the LONG loop, and once on the MID Loop)



On this **MID Loop**, turn RIGHT into THREE BROTHERS: PART 2 (530m).
(Note: This is where the LONG and MID Loops split)

Cross the 4WD then take the right-hand option to ride STARFISH (500m)



Cross the 4WD and continue on STARFISH to the bottom of the hill (1.2km).
(Watch for Short Loop riders merging from the end of Lazy Fern)

Ride through the CARPARK then ride up most of KORU (2.0 km)

(Note: The carpark will closed/taped off, but please show caution)

Turn right towards the Skills Area....

Turn left onto the T19 Connector 4WD, then left again into MAGIC CARPET.



At the end of Magic Carpet (at the Start line) turn left to ride to the FINISH at the Container (by the intersection with Snake Charmer 4WD).

If finishing, please clear the track for other riders still passing through.

Short Loop Description



Start on the Tower 19 (T19) Connector 4WD by the end of Koru.



Ride up the T19 4WD (120m), turning right into SNAKE CHARMER 4WD by the container.
(Note: this is where the LONG loop splits off)

Turn right into BIG TOM'S WHEELIE (170m)

U11 only: Take the right-fork option into LAZY FERN (160m) and ride this to the bottom.
(Beware of riders merging in from both SWIGG then Starfish towards the end)



U13 and older: Take the left-fork option into SWIGG and ride to the bottom
(Beware of U11 riders merging in from Lazy Fern then SWIGG towards the end)

Ride through the CARPARK then ride up most of KORU (2.0 km)

(Note: The carpark will closed/taped off, but please show caution)

Turn right towards the Skills Area....

Turn left onto the T19 Connector 4WD, then left again into MAGIC CARPET.



At the end of Magic Carpet (at the Start line) turn left to ride to the FINISH at the Container (by the intersection with Snake Charmer 4WD).

If finishing, please clear the track for other riders still passing through.

Loop Counts

Your age is based on the age you will be as at 31 Dec 2022. Distances are approximate.

Open Men	1 long loop, 2 MID loops (24.0 km)
Open Women	1 long loop, 2 MID loops (24.0 km)
Masters Men 1 (30-39 years)	1 long loop, 2 MID loops (24.0 km)
Masters Men 2 (40-49)	1 long loop, 2 MID loops (24.0 km)
U19 Men	1 long loop, 2 MID loops (24.0 km)

Masters Men 3 (50-59)	1 long loop, 1 MID loops (18.0 km)
Masters Men 4 (60+)	1 long loop, 1 MID loops (18.0 km)
Masters Women (40+)	1 long loop, 1 MID loops (18.0 km)
U17 Men	1 long loop, 1 MID loops (18.0 km)

Social Men (Open age group)	3 short loops (13.5 km)
Social Women (Open age group)	3 short loops (13.5 km)
Social eBike	3 short loops (13.5 km)
U15 Boys	3 short loops (13.5 km)

U19 Women	2 short loops (9.0 km)
U17 Women	2 short loops (9.0 km)
U15 Girls	2 short loops (9.0 km)
U13 Boys	2 short loops (9.0 km)
U13 Girls	2 short loops (9.0 km)

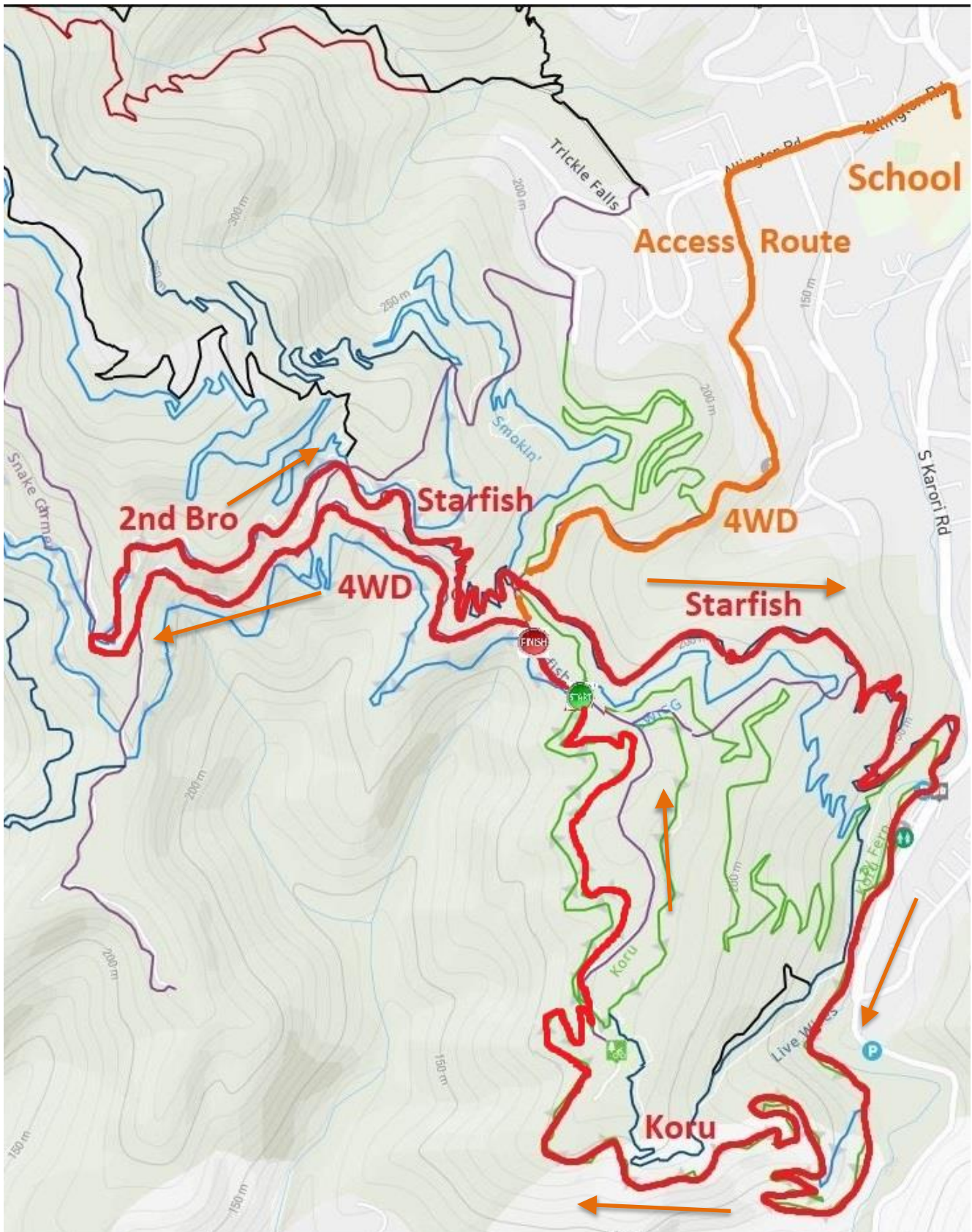
U11 Boys	1 short loop (Lazy Fern: 4.7 km)
U11 Girls	1 short loop (Lazy Fern: 4.7 km)

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.

LONG Loop Map



MID Loop Map



Short Loop Map (+U11 Route)



Key Personnel

Key personnel responsible for safely running this event are:

Name	Position	Contact Number
Pete Mitchell	Event Director Volunteer Manager	021 332 666
Robert Comeskey	Race Manager	021 717 311
Mark Renall	PNP President	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/pnptmb>

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-event, 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.
- Some track areas will be closed. Late route planning has taken this into account.
- 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.

Covid-19: This event is run with no required restrictions. However all riders are strongly encouraged to maintain social distancing and sanitisation. Hand sanitiser will be available for riders. Please stay at home if you feel unwell. We will credit your entry against another event.

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.