



## Speight's West Coaster - important information

Hi there West Coaster's,

We are now only a couple of days out from the final total sport event of the year, The Speight's West Coaster. We hope the training has gone well, and you're injury free and raring to get into it!

Included in this email is all the information you need to know to get you to the start line. Included is

- Event Base
- Driving Direction's
- Parking
- Kauri Die Back Disease
- Registration Process
- Coffee
- Child Care
- Start Times
- Cut-off Times
- Teams
- Compulsory Gear
- Drink Stations
- Spot Prizes
- Prize Giving
- Results
- Christmas Sale
- Sponsors

### EVENT BASE

The event base is Bethells Reserve at Bethells Beach

### DRIVING DIRECTIONS

The driving time to the event base from Auckland CBD is 40 minutes.

- From the North-western motorway get off at the Lincoln Road exit, and turn left (if coming from city) onto Lincoln Road as you come off the off-ramp.
- At the second set of lights turn right onto Universal Drive.
- After 2km on Universal Drive go straight at the round-about onto Swanson Road.
- Then follow Swanson Road for 4km and then make a right onto Waitakere Road.
- After 3km on Waitakere Road you will need to make a left onto Bethells Road.
- Follow Bethells Road for 11km (turning right after 4km to stay on Bethells Road), and you will get to the event base.

(NOTE: please drive slowly when entering the Bethells area, there are a numbers of families and kids around in the weekends)

## PARKING

The event parking will primarily be on Bethells reserve (weather permitting). Please follow the signage and the directions giving by the parking marshal's. Secondary parking will be on the adjoining streets, please car pool if possible. NOTE: Please do not park in the Lake Wainamu car park or the Bethells Beach public car park area (these need to be kept for the public users)

## KAURI DIE BACK DISEASE

We are very privileged to have access to some wonderful tracks through some amazing native bush on the West Coast! The Kauri Dieback Disease is thought to be a soil-borne species that basically root's Kauri trees, and kills them. No good at all! So please follow these steps below:

- Make sure shoes, tyres and equipment are clean of dirt before and after visiting kauri forest.
- Clean shoes and any other equipment that comes into contact with soil after every visit, especially if moving between bush areas.
- Keep to defined park tracks at all times. Any movement of soil around the roots of a tree has the potential to spread the disease.
- Keep your dog on a leash at all times. Dogs can inadvertently spread the disease if they disturb the soil around the trees.

Check out [http://www.arc.govt.nz/environment/biosecurity/kauri-dieback/kauri-dieback-how-you-can-help\\_home.cfm](http://www.arc.govt.nz/environment/biosecurity/kauri-dieback/kauri-dieback-how-you-can-help_home.cfm) for more information on how you can help stop the spread.

## COFFEE

The Bethells Beach Café will be open and serving up the good stuff from 9am, cash only. Please note there will be no coffee available before 9am.

## CHILD-CARE

New Zealand's largest nanny agency, Rockmybaby, is teaming up with total sport to provide child care with a safe, secure and stimulating environment at event base. The fee depends on which course you are doing, and is:

*6km - \$10*

*13km - \$20*

*21km - \$25*

*30km - \$30*

*42km - \$35*

*(For your first child - With all siblings getting 50% discount.)*

Then you and your partner can both head off for a run or walk and Rockmybaby will look after your little ones for the entire duration of the event. Please note that payment for this service is cash only, and if you are interested in this service or want to know more about it, please express your interest with [rachael@rockmybaby.co.nz](mailto:rachael@rockmybaby.co.nz) by midday Friday, so we can get an idea on numbers.

## REGISTRATION PROCESS

Whether you are already entered, or entering on the day, please arrive at the event base at least 45 minutes before your designated start time.

Individual entrants:

Your race number, timing transponder and sponsor's goodies' can be picked up from the event base on the day of the event.

#### On the day entrants:

No problem at all if you want to turn up on the day and enter, we'll be ready for you. Please arrive at least 45 minutes before your scheduled event start time, and we'll have everything you need. Payment options include:

- Cash
- Cheque
- Credit card

#### START TIMES

- 0730 - Marathon
- 0900 - 30km
- 0930 - 21km
- 1000 - 13km
- 1030 - 6km

(Briefings will be 15minutes before your start time)

#### COURSE RULES

- Stick to the marked tracks at all times.
- Give way to other track user's - all tracks remain open to public
- Please NO DOGS at this one.
- Follow the instruction of the course marshal's
- Stay off the sand dunes.
- Roads are open - please observe normal road rules (only applies to a very short section of the 21.1km/30km and 42.2km courses)

#### CUT-OFF TIMES

The cut-off time for all courses is 3.30pm (8hrs - Marathon). That means everyone needs to be passed the 32km mark of the Marathon by 2pm - ie. Must be back on Te Henga Walkway by 2pm (6hrs 30mins)

#### TEAMS

For those of your doing the Marathon - Team option this one is for you. At registration you will be given 4 race numbers and 1 transponder. The race numbers are for each member of your team, and the transponder is effectively your 'baton'. So the transponder will start with the first team member and needs to be transferred between each team member.

#### COMPULSORY GEAR

It is an improving forecast for Saturday. The met service are predicting a cloudy (chance of showers) morning and clearing in the afternoon, with a high of 20, and moderate south-westerly winds.

The compulsory gear for the 42km, 30km, and 21.1km events is:

- Hydration pack with minimum 1.5L of fluid
- Additional food/gel's
- Waterproof shell jacket
- Basic first aid kit

And the compulsory gear for the 13km event is:

- Hydration pack or drink bottle with 750ml of fluid
- Waterproof shell jacket
- Basic first aid kit

Random spot tests will be carried out on compulsory gear.

*While some of this gear may seem excessive, we ask you to bring it for your safety. You may not need it while you are running or walking but if something happens and you have to stop you will need it. The event is on very exposed, rugged country and it can be cold if you get injured and have to stay in one spot in the wind.*

## **DRINKS STATIONS**

Because of the remote nature of this event we are unable to provide drink stations on the 6km or 13km events, are few and far between on the others, so please be fully prepared to be self-sufficient and only rely on drinks stations as back up.

6km - no drink station

13km - no drink station

21km - 10km

30km - 10km, 15km, 20km

42km - 12km, 22km, 27km, 32km

(Water, Vita-sport, Banana's)

## **SPOT PRIZES**

Thanks to our great group of sponsors we have some awesome spot prizes for you. We will be allocating these randomly as people come across the line. If you win a prize your name will be called out, and your prize will be given to you then. Easy-peasy, and you don't need to sit around for hours to wait and see if you have won a prize.

## **PRIZE GIVING**

There will not be an official prize giving for this event, as the people will be finishing all afternoon, and we know you don't want to be waiting around all day! So as mentioned above prizes will all be given out as people cross the finish line.

## **RESULTS**

Results will be up on the total sport website the evening of the event. Check them out at <http://www.thewestcoaster.co.nz/results.php>

## **CHRISTMAS SALE**

We will have heaps of hugely discounted event apparel for sale this Saturday, plus we've just received a delivery of awesome adidas sunnies, which are on sale for the crazy price of \$95, so bring a few extra \$ and get some bargains!!

## **SPONSORS**

We are very fortunate to have a great group of sponsors supporting the series this year, so please whenever possible please show them your support. We really couldn't do it without these guys, so thanks a lot!!

Speights - <http://www.speights.co.nz/Splash.aspx>

2XU - <http://www.2xu.com/>

adidas Eyewear - <http://www.adidas.com/Eyewear/content/nz/>

FIX - <http://www.fixmenaturally.com/>

Healthy Food Magazine - <http://www.healthyfood.co.nz/>

Jack Links <http://www.jacklinks.co.nz/>

INOV8 - <http://www.highbeam.co.nz/>

Vita Sport - <http://www.facebook.com/teamvitasport>

Partners Life - <http://www.partnerslife.co.nz/>

Bonita Bananas - <http://www.turnersandgrowers.com/>

A number of our sponsors will be on site with free samples for you and also some super discounted specials, so please support them!

See you all on Saturday! Drive Safe!

Cheers,

Dave Franks

Event Manager

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