

HALF NUGGET Pre-Race SAFETY BRIEFING NOTES

GENERAL

1. You must wear the race numbers provided (they are coded for your event) on the outside of your clothing at all times. Use either pins or a race belt.
2. The course is marked with red-on-white arrows. Tape across the track means do not cross it. Ignore all other track markings.
3. You should carry your own hydration and food. The aid stations are just for a top-up.
4. Follow the instructions of the marshals.
5. No earbuds. Tracks are shared so you must be aware of what's going on around you.
6. No dogs anywhere on the course.
7. Please don't litter.
1. Please stop and help injured competitors, and report incidents to the next marshal you see. You are part of our safety team.
8. Anyone who withdraws from the race must notify an official who is in contact with race HQ as soon as practicable. This is essential to avoid unnecessary searches and emergency services being engaged.

COASTAL RUN

1. There are no track closures. Be aware of, and be courteous to the public.
2. Stay on the marked track and don't take shortcuts – there are steep cliffs everywhere.
3. Take extreme care around the coastal cliffs. The track is very slippery in places.
4. It is recommended that you carry a first aid kit and a jacket.
5. There are no aid stations on the run leg.
6. Poo in the Loo! There is a toilet at the start of the run leg, another out on the course at approximately 6 km, and also at T3.
7. Clean your shoes. You will be running through an ecologically significant reserve so please help stop the spread of weeds.
8. Respect any culturally sensitive areas. These will be taped off, please don't enter.

MOUNTAIN BIKE

1. Take care on, and crossing public roads. All roads and tracks are open and shared. All cyclists must abide by New Zealand road rules. You have no special rights just because you're in a race.
2. It is compulsory to wear a certified bike helmet.
3. Stay on the marked track – shortcutting is cheating and could get you excluded.
4. Be sensible, and ride within your ability. The track is slippery and rough in places and there are some steep sections, drop-offs and stream crossings. Dismount and walk if you are unsure of your ability to safely negotiate an obstacle.
5. It is recommended to carry a first aid kit and a jacket.
6. You will be sharing some tracks with our runners and walkers – TAKE CARE/BE NICE.

FINAL 500 m RUN – Half Nugget

1. Both team members must complete the final run from T4 to the finish line - together.
2. Stay on the marked track and follow the marshals' instructions.
3. Do not venture into the mine site. No dogs. Please don't litter.

23 km Run/Walk Pre-Race SAFETY BRIEFING NOTES

1. Expect the course to be around 23 km.
2. We recommend you carry your own hydration and food. The first aid station is at 10 km.
3. It is recommended to carry a first aid kit and a jacket.
4. Follow the instructions of the marshals.
5. You must wear your race numbers provided (they are coded for your event) on the OUTSIDE and on your FRONT at all times. Use safety pins or a race belt.
6. The course is marked with red-on-white arrows. Tape across the track means do not cross it
7. Ignore all other track markings.
8. Stay on the marked track and don't take shortcuts – there are old mine shafts everywhere.
9. Take extreme care around the coastal cliffs. The track is slippery and rooty in places.
10. Please stop and help any injured competitors and report any incidents to a marshal immediately. You are part of our safety team.
11. If you withdraw from the race you MUST notify an official who is in contact with race HQ, or notify race HQ yourself as soon as practicable. This is essential to avoid unnecessary searches and emergency services being engaged.
12. There are no track closures. Be aware of, and be courteous to the public.
13. All roads are open, you have no special rights, take care on all crossings.
14. Runners and walkers will be sharing some tracks with FAST mountain bikes – TAKE CARE.
15. No ear buds. For everyone's safety you must be aware of what's going on around you.
16. No dogs anywhere on the course.
17. Keep away from farm animals.
18. Please don't litter.
19. Poo in the Loo! There is a toilet at the start of the run leg, and also near the surf club, and another out on the course at approximately 6 km, and also at T3.
20. Clean your shoes. You will be running through an ecologically significant reserve so please help stop the spread of weeds.
21. Respect any culturally sensitive areas. These will be taped off, please don't enter.
22. WALKERS - If you are entered as a walker, YOU MUST NOT RUN!
23. There will be a staggered start — walkers will start 5 minutes after the runners.