

TRAIL TRILOGY RACE DAY QUICK GUIDE



9 km: WAIKINO TO WAIHI

Start Location: Car park opposite Waikino Station
Rego: 7.30 am to 8.15 am at Waihi Station
Briefing: On the train + 9.15 am at Start Line
Race Start: 9.30 am
Prizegiving: 11.30 am at finish line. Waihi.



21.1 km: PAEROA TO WAIHI

Start Location: Oranga Tamariki - 8 Rotokohu Rd.
Rego: 7.30 am to 9.00 am at Paeroa Squash Club
Briefing: 9.15 am at Paeroa Squash Club
Race Start: 9.30 am
Prizegiving: 1.30 pm at finish line. Waihi



42.2 km: TE AROHA TO WAIHI

Start Location: Te Aroha Station, 37 Burgess St.
Rego: 7.00 am to 8.00 am at Te Aroha Station
Briefing: 8.15 am at Te Aroha Station
Race Start: 8.30 am
Prizegiving: 2.30 pm at finish line. Waihi.



55 km: THAMES TO WAIHI

Start Location: Grahamstown Station,
401 Brown St, Thames.
Rego: 6.45 am to 7.45 am at Grahamstown Station
Briefing: 7.45 am at Grahamstown Station
Race Start: 8.00 am
Prizegiving: 2.30 pm at finish line. Waihi.



100 km: WAIHI - KOPU - WAIHI

Start Location: Waihi Station. 30 Wrigley St. Waihi
Rego: From 10.30 pm at Waihi Station (Saturday)
Briefing: 00.40 am at Waihi Station
Race Start: 01.00 am Sunday
Prizegiving: 2.30 pm at finish line. Waihi.

FULL RACE INFO

www.trailtrilogy.com

YOUR SAFETY BRIEFING

EVERYONE

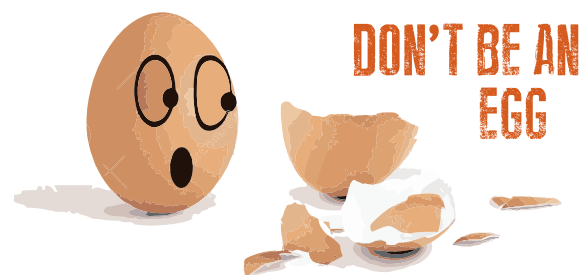
1. ALL ROADS ARE OPEN and shared. All runners must adhere to New Zealand road rules. You have no special rights just because you are in a race.
2. It is recommended to carry your own hydration and food.
3. Take care on cattle stops.
4. There are no track closures. Be aware of walkers/bikers – especially those with dogs/children. Be courteous to other track users and share with care.
5. Please report any incidents to an event marshal immediately. We rely on your input to tell us what's happening on the course, YOU are part of our safety crew.
You have a responsibility under the Health and Safety in the Work Place Act 2015 to stop and help any injured competitors.
6. Don't litter, there will be rubbish bags at every aid station.
7. You must wear the race numbers provided (they are coded for your event) on the outside of your clothing at all times.
8. The course is marked with red (on white) arrows. If there are no arrows follow the Hauraki Rail Trail marking.
9. Do not deviate from the marked track or take shortcuts.
10. Anyone who withdraws from the race MUST notify an official who is in radio/mobile contact with race HQ as soon as practicable. This is essential to avoid unnecessary searches and emergency services being engaged.
11. Railway Crossing – Take care crossing the train tracks, the train is fully operational on race day.
12. Always follow and obey the Marshals' instructions.
13. We recommend you don't use ear buds. For everyone's safety, you need to be aware of what's going on around you.
14. When you get back to Waihi, please keep off the train tracks – they are strictly out of bounds.

9 km Run/Walk – RACE THE TRAIN

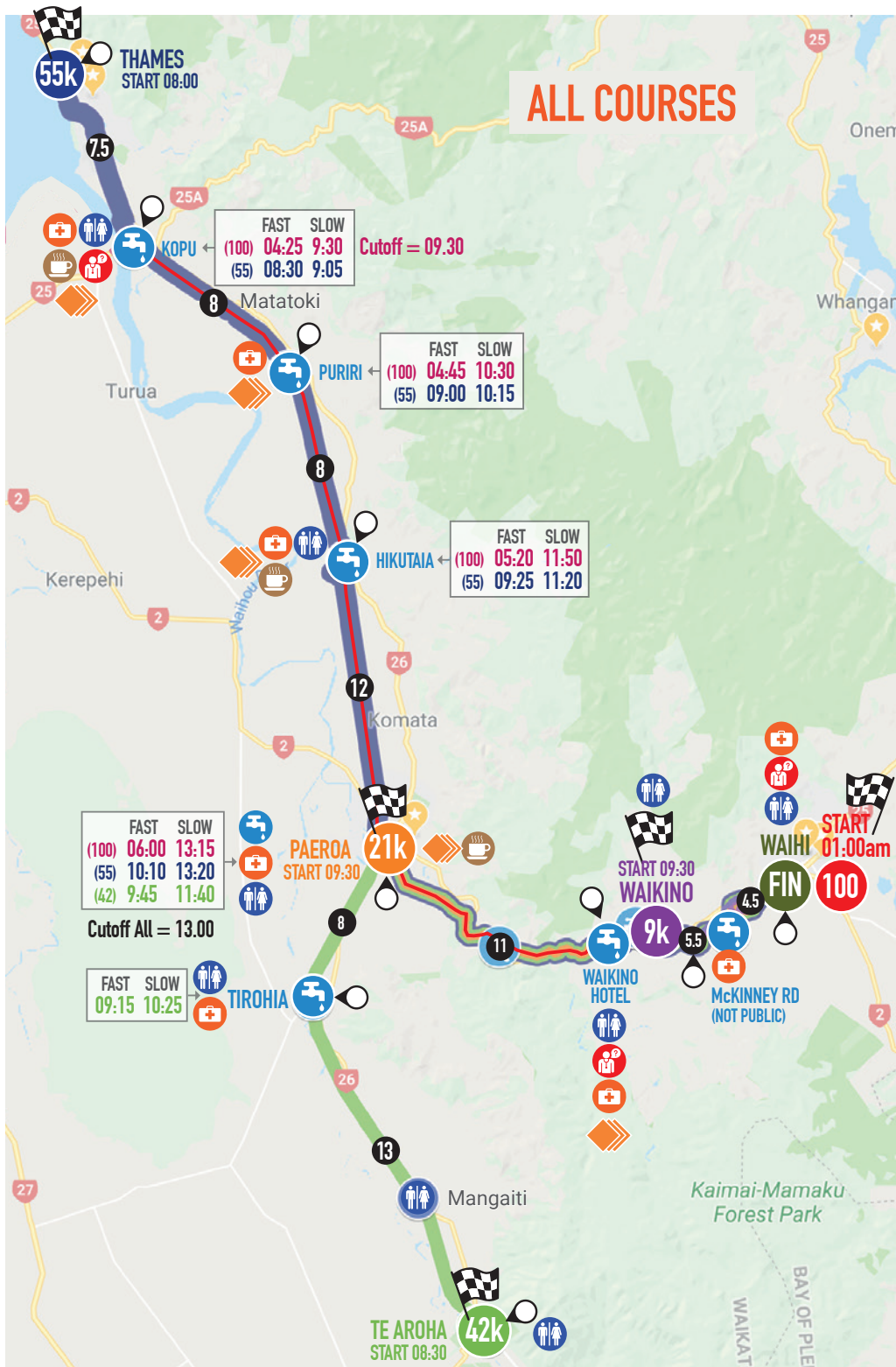
1. When disembarking the train at Waikino, please cross the road to the HRT car park. TAKE CARE/ Obey marshals instructions.
2. The Train ALWAYS has the right of way - it cannot stop for you!
3. The train crossing will be taped off when the train approaches, DO NOT CROSS OR GO AROUND TAPE, or you will be disqualified.

SUPPORT CREWS (for 42, 55 & 100 km relay events) & SPECTATORS

1. Most aid stations and relay changes are marked from the road with a red THIRST AID sign. Take extreme care as you might be parking on or close to the track. Runners and other traffic will not expect you.
2. Take care on the road, normal road rules apply everywhere.
3. Beware of fatigue, sleep where possible.
4. The Aid Stations might be congested. Please don't hang around after your runner is through or your change-over is done.
5. The Waikino Aid Station is accessible via the swing bridge opposite the Waikino Hotel. Park opposite the hotel (off SH-2), then walk over the bridge to the Aid Station / Relay Change Point.



ALL COURSES



MAP KEY

- Event Start Line
- Aid Station
- First Aid Kit
- Medic
- LandSAR Marshal
- Toilets
- Refreshments
- Relay Leg Distance (km)
- Relay Leg Marker

PAEROA TO WAIHI

