



Fresh Choice Women's Bike Run Tri Briefing Sheet

Follow directions of the marshalls.

Athletes only in transition areas

Course & Safety Outline:

SWIM – out from beach, starting in water on either side of tree, around one buoy, then back to beach in the center – run up to transition area by top gates

KAYAK – out from beach – start in water in front of swimmers – to buoy towards the left end of the lake and then back to beach on left side of tree, run up to transition area by top gates. Life jackets must be worn by kayakers.

Time will be taken to determine the difference between first swimmers and first kayakers and all athletes times amended accordingly.

Safety– raise hand or paddle for jetboat to come and assist you.

RUN ONLY - from start at waterfront run towards Arrowtown and complete the lap of the lake to return to start area and up into the showground to finish.

BIKE – from transition area – ride along new road inside showground area, turn left onto Arrowtown / Lake Hayes Road,

Note : be careful as you turn onto the road. Normal road rules apply.

Turn left into Speargrass Flat Road, ride 3.4 kms and U-turn to ride back to Lake Hayes Road, turn right - careful - and cycle back to Lake Hayes. Just before the intersection turn into the reserve and ride along the road back to the transition area. A ST staff member will follow last cyclist.

Safety – No bikes ridden in transition area. **Road rules apply – keep left.**

Helmets must be worn

If there are any incidents please report to the nearest marshall who will be able to pass on to Race Officials and St Johns. No spectators to follow athletes in vehicles on the course at any stage at any time.

RUN for Duathlon and Triathlon: from transition down to lake side track and turn right towards Arrowtown – along to turn around where there will be a water stop, and then return along the same route. Finishing outside the pavilion.

FIRST AID Located at St John's van

Women in Business supporting Women in Sport

* Elysium * The Cow Restaurant

* Over The Top - The Helicopter Company * Real Journeys

* Cutting Edge Hair Design

* The Studio * Lakes Leisure * H & J Smith

And: Kawarau Jet * More FM * Altrusa Club