

## Fresh Choice Womens Bike Run Tri General Information and Rules

Please read carefully as it contains information for your safety, and reminds you of your obligations and responsibilities.

### At registration:

You will be provided with a number, a transponder, and a goodie bag.  
You will also find a copy of the rules, and a map of the different courses.

### Swim:

Swimm is in Lake Hayes. If you need assistance, raise your hand so that our safety boat/kayak can see you.

### Paddle:

Life jackets compulsory  
Raise paddle for assistance for the safety boats to see you.  
Competitors must assist any other competitor in trouble on the lake  
Kayaks can be dropped off at the Lake Hayes Beach

### Bike:

Beware of your speed, you may be going faster than you think!  
A very important note: be extremely careful coming back onto the Arrowtown Lake Hayes road from Speargrass Road and when crossing the Arrowtown road back onto the Lake Hayes grounds: follow the marshals' instructions at all times.  
Helmets must be worn at all times  
Ride with respect to the conditions  
Normal road rules apply: You must follow road rules at all times (keep left) and be safe with sharing the road with other vehicles  
No bikes to be ridden in transition area at any stage  
Any style of bike can be used, as long as they are road worthy  
No Ipods or other devices precluding normal hearing allowed

### Run:

Please follow usual pedestrian rules

### Transition area:

Athletes only in transition area  
No bikes to be ridden in transition area at any stage  
Please be mindful of children and dogs  
Do not remove any of your equipment from transition until instructed by a marshal, or until after the last athlete has finished

Water:

There will be one water stops at the run turn around, and at the finish line.  
Make sure you have a water bottle for the bike section.

Please be mindful of your property, we do not provide security. In case you would have lost some gear, contact us at the office after the event.