

Traffic Management NZ

Taupo Great Lake Relay

*The largest relay in
New Zealand on one of
the world's most
picturesque courses*

155km
**The Ultimate
Teams Relay**
Teams of 9 - 18 or Solo Competitors

3,500
**Runners &
Walkers**



PLUS

smiths
TAUPO 2014

asics
sound mind, sound body

67km Length of the Lake - Relay

Length of Lake Taupo: Four - eight members only
or Solo Runners / Walkers

TEAM MANAGERS BOOK

Event day contact: 0274 877 967 www.eventpromotions.co.nz

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Team Name _____

Team Manager _____ Team Number _____



Great Lake Relay - Teams Event

155km Full Circuit of Lake Taupo option TEAMS OF NINE - EIGHTEEN MEMBERS

Composite Teams (Runners & Walkers)
Start time 11.00pm Friday

Running Teams
Start time 2.00am Saturday



Great Lake Relay - Solo Event

155km Full Circuit of Lake Taupo option

Solo Runners Male Female
Start times: Over 14 hours 7.00am Saturday, Under 14 hours 11.00pm Friday



Length of the Lake - Teams Event

67km Length of Lake Taupo option TEAMS OF FOUR - EIGHT MEMBERS

Walking Teams
Start time 7.00am Saturday

Composite Teams (Runners & Walkers)
Start time 7.00am Saturday

Running Teams
Start time 9.00am Saturday



Length of the Lake - Solo Event

67km Length of Lake Taupo option

Solo Walkers Male Female
Start time 7.00am Saturday

Solo Runners Male Female
Start time 7.00am Saturday

Number of Runners/Walkers _____

PLEASE NOTE: Any alterations to your entry can be made by calling **(07) 348 3301**
or emailing: **info@eventpromotions.co.nz**

IMPORTANT INFORMATION

Registration

Please bring your confirmation email to registration

Registration time

Friday 5pm-9pm

Registration location

Great Lake Centre, Tongariro Street, TAUPO

Event Director

Murray Fleming

Phone: (07) 348 3301

Mobile: 0274 877 967

email: info@eventpromotions.co.nz

Extra entry forms

Either photocopy the one you have,

or email: **info@eventpromotions.co.nz**

or download one from: **www.eventpromotions.co.nz**

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GENERAL EVENT INFORMATION - RULES

Team Event Numbers

You will be given four numbers. These numbers, one on the front and one on the back, must be worn at all times. One number must be returned to the Event Headquarters at the finish area. These will be used for drawing spot prizes at prize giving. Great Lake relay teams, please return your two flashing lights and two Event Promotion torches to Event HQ too.

What Side of the Road?

During the hours of darkness you must run/walk on the left hand side. At 6.15am, change to the right hand side. For safety reasons on legs 14, 17 and 18 Great Lake Relay or legs 4, 7 and 8 Length of the Lake Relay all competitors must run/walk on the left hand side only as the road is very narrow and dangerous. Reflective clothing is recommended but optional on this leg. Please take extreme care around this area and be aware of other users of the road.

Toilets

There will be two porta loos at every change-over, plus at Tihoi Trading Post, Tokaanu, Turangi, and at various spots on the lake edge from Turangi to Taupo. At night time you will need a torch. If you need to go outside of these places please make sure you do not leave anything obvious behind! We are keen to keep NZ green! This is a very important issue for all of the surrounding farmers! Please respect their turf!

Petrol

No petrol is available outside of Taupo for the first 100km of the Great Lake Relay.

Results

A full set of results will be available from Monday morning on the Event Promotions website: www.eventpromotions.co.nz

Uniform

During the Relay, it would be an advantage if all your team wear the same colours. It makes it easier for you to recognise your team member. Competitors during the hours of darkness are to run or walk on the left hand side of the road and **MUST WEAR REFLECTIVE CLOTHING**. Your team will not be permitted to start that leg without reflective clothing. Reflective clothing must be supplied by each team.

Prize-giving: Yes!

This will be held on the grass area between the Great Lake Centre and the finish area from 7.00pm - 7.30pm. Teams must be present to be eligible for the spot prizes. Good luck!
(Remember, you needed to have handed in your flashing lights and one race number).

Rubbish

At all times around the lake, you must pick up your own rubbish! Thank you.

Leg Times

Total team times will be taken and results available after prize-giving. Individual leg times are the responsibility of each team. For your convenience we have supplied a sheet for you on the back page.

Medical

All teams are responsible for carrying their own medical kits. Check with all team members and make sure they have their appropriate medication if necessary. Remember blisters, falls and scrapes could occur.

Accommodation

A variety of accommodation options are available via a link on the event website www.eventpromotions.co.nz

Drink Stations

No drink stations are provided so be prepared. You must be prepared to carry enough water for your team with you at all times. Please ensure your bottles are thrown in a bin and not on the side of the road! Thanks.

Have sufficient drinking water available for the team. It is suggested 2 litres per team member. Bring a chilly bin to keep them cold.

Weather

This has in the past, been terrific. But who knows? Be prepared for wind, rain or very hot and dry weather.

Refunds

No refunds will be given within 7 days of each event - no exceptions. A \$50.00 administration fee per team, or \$10.00 per solo, will apply prior to this date.

Animals

Animals are not permitted at any of the venues, or on the course.

Team Members

Runners / Walkers may compete for only one team and run/walk a maximum of two legs (can be consecutive). Minimum age is 13 years.

Injury

If injured, a runner / walker may be replaced by the runner / walker who is to compete next. If it is the final leg, the runner / walker of the previous leg may take over. Under no circumstances may an injured competitor, after being replaced rejoin the event.

Pacing

No pacing by vehicles, bicycles or other runner / walkers is permitted. *(For the health and safety of competitors, vehicles cannot travel directly behind their team member. The competitor behind this vehicle ends up breathing in the exhaust fumes - Yuk!).*

Disqualification and Protests

Only the Manager may lodge a protest. This should be done as soon as possible in writing to the Event Director. All protests will be heard by the Judicial Committee once all teams have completed the Relay. The Committee will comprise of two Event Directors and one Event Referee. All decisions made by the committee will be final and no correspondence will be entered into.

Change-overs

Each change-over is to be made by touch within the change-over zone. Any change over at any other point will result in disqualification, except in the case of injury or catch up legs (Great Lake Relay only).

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Traffic - Transport

All teams are responsible for their own transport with a limit of two vehicles per team to be on the course at any one time. Please respect this as too many vehicles will jeopardise the event in future years. No parking is permitted within coned areas at the change-over stations. Please abide by all traffic rules and give competitors the right-of-way at ALL TIMES! Extreme caution is required on legs 14 and 15 Great Lake Relay or legs 4 and 5 Length of the Lake Relay.

Team Rivalry

This is fine but with water only! Water pistols must not be directed at moving vehicles! This can be extremely dangerous and could cause an accident. No water bombs are permitted due to safety reasons. Thank you.

This event can be competitive. The atmosphere will be awesome. To maintain this, at no stage can anything but water be squirted at other competitors. The whole emphasis of the event is for all to have a great time.

Team Member Safety

Please support and keep a close eye on team members, especially during the hours of darkness on remote roads.

Event Officials

Event Officials will be patrolling the event. The directions of event officials must be obeyed at all times. Any team breaking the event rules may be either:

- stopped from completing the event, or
- allowed to complete the event but will be disqualified and ineligible for any spot prizes.

The organisers reserve the right to withdraw any entrants they consider unable to continue for medical reasons.

Finish Time

All teams must complete the course by 6.00pm.

Finish Shoot

You have all participated in successfully achieving the Relay so we request that you all run or walk into the finish shoot and across the finish line together please.

TRAFFIC MANAGEMENT GREAT LAKE RELAY ESTIMATED LEG START TIMES		
	COMPOSITE TEAMS	RUNNING TEAMS
Start Leg 1	11pm (Friday)	2am
Start Leg 2	12am – 2am	2.45am – 4am
Start Leg 3	1.30am – 3am	3.30am – 5am
Start Leg 4	2.15am – 3.45am	4.15am – 6am
Start Leg 5	3.15am – 4.15am	5.15am – 7am
Start Leg 6	4am – 5.15am	6am – 7.45am
Start Leg 7	5am – 6.20am	6.45am – 8.30am
Start Leg 8	5.45am – 7.15am	7.30am – 9.15am
Start Leg 9	6.30am – 8.15am	8am – 10am
Start Leg 10	7.15am – 9.15am	8.45am – 11am
Start Leg 11	8am – 10.10am	9.15am – 11.45am
Start Leg 12	8.45am – 11.10am	10am – 12.45pm
Start Leg 13	9.30am – 12.05pm	10.45am – 1.30pm
Start Leg 14	10.15am – 1pm	11.45am – 2.15pm
Start Leg 15	11am – 2pm	12.30pm – 3pm
Start Leg 16	11.45am – 3pm	1pm – 3.45pm
Start Leg 17	12.30pm – 4pm	1.30pm – 4.30pm
Start Leg 18	1.15pm – 5pm	2pm – 5.15pm
FINISH	2pm – 6pm	2.30pm – 6pm

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TRAFFIC MANAGEMENT GREAT LAKE RELAY RULES

Composite Teams (Runners and Walkers)

Each team must consist of 9 to 18 members. Runners/Walkers may compete for only one team and run/walk a maximum of two legs, can be consecutive. Walkers must complete legs 1, 3, 4, 9, 10, 15 & 16. Team members may walk or run legs 2, 5, 6, 7, 8, 11, 12, 13, 14, 17 & 18. Start time is 11.00pm on Friday.

During the hours of darkness all competitors must wear reflective clothing and run or walk on the left hand side of the road. A torch may be beneficial. Teams are responsible for taking their own leg times. Total team times will be recorded by the organisers.

Runners

Each team must consist of 9 to 18 runners. Runners may compete for only one team and run/walk a maximum of two legs, can be consecutive. Start time is 2.00am on Saturday.

During the hours of darkness all competitors must wear reflective clothing and run on the left hand side of the road. A torch may be beneficial. Teams are responsible for taking their own leg times. Total team times will be recorded by the organisers.

Solo Competitors

All solos must have their own support vehicles. During the hours of darkness competitors must wear reflective clothing and run on the left hand side of the road. A torch may be beneficial. Competitors that will take over 14 hours will start at 7pm on Friday and competitors that will take under 14 Hours will start at 11pm on Friday.

Finish Time

COURSE DESCRIPTION - TRAFFIC MANAGEMENT GREAT LAKE RELAY

155KM FULL CIRCUIT OF LAKE TAUPO

Leg 1: Start outside the Tennis Club on Redoubt Street. Proceed down Redoubt Street, turn left onto State Highway 1 (run/walk on left hand side). Over bridge then uphill for 1.0 km. Turn left into Poihipi Road. Undulating and gradual uphill.
Flat for 1.2km then gradual uphill for 1.0km.
Flat for 0.5km then turn left into Whangamata Road. Easy undulating with mostly gradual downhill's.
Stage Classification: Average
Distance: 14.4km
Changeover to leg 2: 25m past house driveway 333 Whangamata Road
Composite teams this leg is a compulsory walking leg

Leg 2: Flat with gradual downhill's for 5.0km. A long 2.2km uphill with a steep 0.8km downhill. A long gradual 2.5km uphill with a steep 1.0km downhill stretch. Uphill for 0.5km then undulating with long uphill and downhill sections for the remainder of the leg.
Stage Classification: Hard
Distance: 14.1km
Changeover to leg 3: 280m past box 1723 Whangamata Road
Composite teams may either run or walk this leg

Leg 3: Large rolling hills for the first 3.8km then easy gradual downhill for the remaining 6.3km.
Stage Classification: Average
Distance: 10.1km
Changeover to leg 4: 250m before intersection Whangamata Rd/Western Bays Rd
Composite teams this leg is a compulsory walking leg

All teams/solo must complete the course by 6.00pm. Teams may be requested by the "Tail end Charlie" official to start a team member on the next leg before the current team member has completed their particular leg. The changeover station marshals will record the time difference and this will be added to your total team time.

This is called a Catch Up Leg and can be initiated at the start of legs 5, 11 and 17 only.

Catch-up Legs

Teams must only do catch-up legs at the start of legs 5, 11 and 17 if there is a definite need for it. Only use a catch-up leg as a last resort. A time indication sheet is provided for you on page 15. If you are more than half an hour behind the last estimated time at legs 4, 10 and 16, you should do a catch-up.

It goes like this: Once you have dropped one team member off at the previous change-over. You need to then inform the Marshall at that change-over of your team name and number; then send off your next competitor. The Marshall will time the difference of our two competitors which will be added to your total team time. All teams must finish by 6.00pm.

Flashing Lights

For added safety each team will be issued with two flashing lights and two torches at registration. The flashing lights clip on the back of your shorts. One of these MUST be worn at all times during the hours of darkness by the competitor. These lights are to be returned to the event headquarters at the finish area (along with your event number), where they will be ticked off. Your team will not be eligible for spot prizes if these are not returned. Thank you.

Leg 4: Uphill for 250m, turn left into Western Bay Road (State Highway 32). Very gradual uphill with some downhill's for 4.0km, followed by an easy 3.0km downhill section with some flats. Undulating to finish.
Stage Classification: Average
Distance: 8.3km
Changeover to leg 5: 300m past Waihora Road (Pureora Forest Park) at clearing under power lines on Western Bays Rd.
Composite teams this leg is a compulsory walking leg

Leg 5: Easy uphill for 0.9km followed by gradual downhill with steep downhill sections for 4.1km with some flats. Slight rise then downhill 1.0km, over bridge then hard climb for 4.1km to finish.
Stage Classification: Hard
(Catch-Up Leg option) Distance: 10.1 km
Changeover to leg 6: 100m before Motere Station (Box 4392), Western Bays Rd.
Composite teams may either run or walk this leg

Leg 6: Flat for 1km with an easy downhill for 1km. A small rise followed by another 1.1 km downhill. A steady climb then downhill for 1 km and undulating to finish.
Stage Classification: Average
Distance: 8.4km
Changeover to leg 7: 50m past Hauhungaroa 2C Station drive way, Western Bays Rd
Composite teams may either run or walk this leg

Leg 7: Undulating for 5.0 km with a 500 metre climb to finish.
Stage Classification: Average
Distance: 5.5 km
Changeover to leg 8: At lookout, Western Bays Rd
Composite teams may either run or walk this leg

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Leg 8: 2.0km downhill and 500m flat. Long gradual downhill and flat sections to finish with a couple of hills.

Stage Classification: Easy

Distance: 7.0km

Changeover to leg 9: Middle of straight by white gate, 100m past the last set of power lines on Western Bays Rd.

Composite teams may either run or walk this leg

Leg 9: Gradual downhill for 1.5km then a slight climb. An 800m gradual downhill to corner. Turn left into State Highway 41 and a hard climb up the Kuratau Hill for 3.0km. A small dip and climb to finish.

Stage Classification: Hard

Distance: 7.0km

Changeover to leg 10: Opposite gateway 1782, S.H. 41

Composite teams this leg is a compulsory walking leg

Leg 10: Steep downhill for 2.0km followed by an undulating section of 1.0km and a climb for 0.9km. Easy undulating section to finish.

Stage Classification: Easy

Distance: 6.9km

Changeover to leg 11: 100m past Box 1136, S.H. 41

Composite teams this leg is a compulsory walking leg

Leg 11: An undulating section for 1.3km followed by a long downhill section of 3.2km to the Tokaanu flats. All the rest of the leg is flat.

Stage Classification: Average

(Catch-Up Leg option) Distance: 10.9km

Changeover to leg 12: Opposite welcome to Turangi sign on Atirau Road.

Parking on Atirau Road Only.

Composite teams may either run or walk this leg

Leg 12: Flat to State Highway 1 for 500m. Turn left, stay on right hand side of State Highway 1, flat to finish at the Motuoapa Reserve.

Stage Classification: Average

Distance: 10.2km

Changeover to leg 13: Opposite Café at Motuoapa, S.H. 1

Parking in side streets of Motuoapa only – strictly no parking permitted on S.H. 1

Composite teams may either run or walk this leg

Leg 13: Flat for 3.0km to the Tauranga-Taupo River bridge and flat to finish..

Stage Classification: Average

Distance: 8.6km

Changeover to leg 14: 20m past reserve entry road, middle of Mission Bay straight S.H. 1.

Parking in reserve only – strictly no parking permitted on S.H. 1

Composite teams may either run or walk this leg

Leg 14: For safety reasons all competitors must run/walk on the left hand side only. Reflective clothing recommended but optional.

Leg is flat / undulating

No parking from Motutere to change over. The last 4.3km is very dangerous due to narrow and windy sections of road.

Stage Classification: Dangerous

Distance: 7.4km

Changeover to leg 15: South end of Hatepe Reserve, S.H. 1

Parking in reserve only – strictly no parking permitted on S.H. 1

Composite teams may either run or walk this leg

Leg 15: Run/walk on the right hand side of the road. Flat for 2km to Hatepe then a steep hard climb up the famous Hatepe hill for 2.7km Flat to finish.

Stage Classification: Average

Distance: 6.1 km

Changeover to leg 16: At the entrance to the weigh bridge 1.3km past top of hill, S.H. 1

Parking in weigh bridge area only – all vehicles must be parked well off the road.

Composite teams this leg is a compulsory walking leg

Leg 16: Very easy downhill for 6.0km followed by a steep downhill for 1.3km into Waitahanui. Flat for 600m to finish.

Stage Classification: Easy

Distance: 8.0km

Changeover to leg 17: 100m past 100km speed sign leaving Waitahanui.

Parking in reserve only – strictly no parking permitted on S.H. 1

Composite teams this leg is a compulsory walking leg

Leg 17: Flat for 3.7km passing through Five Mile Bay. 1km climb to finish on left hand side of road.

Stage Classification: Easy

(Catch-Up Leg option) Distance: 4.7km

Changeover to leg 18: At scenic lookout road sign (Earnest Kemp Rise), S.H. 1

Parking in scenic lookout road only – strictly no parking permitted S.H. 1

Composite teams may either run or walk this leg

Leg 18: Continue on the left hand side of the road on a gradual downhill to Taupo and run/walk on the footpath. Straight into Boat Harbour, around Boat Harbour, past Tennis Club, turn right into Domain to FINISH.

Stage Classification: Average

Distance: 7.5km

Composite teams may either run or walk this leg

Note: all distances are + or - 0.2km

TEAM NOTES



LENGTH OF THE LAKE RELAY RULES

DIRECTIONS TO START

Travel west on SH41 from Turangi for approximately 13km to the Pukawa township intersection (Pukawa Road). Turn right and travel down Pukawa Road for 2km and turn right into the Pukawa Reserve on Kaiuru Ave. The start is at this reserve.

GRADES

Walkers: Each team must consist of four to eight walkers who must complete one or two legs each. There are eight legs in total, varying from 4.7km to 15km in length.

Start time is 7.00am on Saturday.

Composite: (Runners & Walkers) Each team must consist of four to eight members who each must complete one or two legs. There are eight legs in total, varying from 4.7km to 15km in length. Walkers must complete legs 1,5,6. Team members may either walk or run legs 2,3,4,7,8.

Start time is 7.00am on Saturday.

Runners: Each team must consist of four to eight runners who each must complete one or two legs. There are eight legs in total, varying from 4.7km to 15km in length.

Start time is 9.00am on Saturday.

Solo Competitors: (Runners and Walkers)

Start time is 7.00am on Saturday.

If you think you will take longer than 11 hours there is an unofficial additional start at 5am – Please manually record your start time.

If you choose to start at the earlier time of 5am you are not eligible for podium prizes

ESTIMATED LEG START TIMES - LENGTH OF LAKE RELAY			
	WALKING TEAMS	COMPOSITE TEAMS	RUNNING TEAMS
Start Leg 1	7am	7am	9am
Start Leg 2	8.45am – 10am	8.45am – 10am	10am – 11am
Start Leg 3	9.45am – 11.30am	9.30am – 11am	10.30am – 12pm
Start Leg 4	10.30am – 1pm	10am – 12pm	11am – 1pm
Start Leg 5	11.15am – 2.30pm	10.30am – 1pm	11.30am – 1.30pm
Start Leg 6	12pm – 3.30pm	11am – 2pm	12pm – 2.30pm
Start Leg 7	12.45pm – 4.45pm	11.30am – 3.30pm	12.30pm – 3pm
Start Leg 8	1.20pm – 5.30pm	12pm – 4.30pm	1pm – 4.15pm
Finish	2pm – 6pm	12.45pm – 6pm	1.45pm – 6pm

TEAM NOTES



COURSE DESCRIPTION

SMITHS SPORTS SHOES/ASICS LENGTH OF THE LAKE RELAY

67km length of Lake Taupo

Leg 1: Start at Pukawa Reserve on Kaiuru Ave, Pukawa. Steep, hard uphill for 2km, turn left on SH41. Undulating section for 2.2km.
DO NOT change over at Great Lake Relay Leg 1 | change over point just past Box 1136 on SH41. This change over does not apply to the Length Of The Lake Event.
 An undulating section for 1.3km followed by a long downhill section of 3.2km to the Tokaanu flats. All the rest of the leg is flat.
Stage Classification: Hard
Distance: 15.0km
Changeover to leg 2: Opposite welcome to Turangi sign on Atirau Road.
Parking on Atirau Road Only.
Composite teams this is a compulsory walking leg.

Leg 2: Flat to State Highway 1 for 500m. **Turn left, stay on right hand side of State Highway 1**, flat to finish at the Motuoapa Reserve.
Stage Classification: Average
Distance: 10.2km
Changeover to leg 3: Opposite Café at Motuoapa, S.H. 1
Parking in side streets of Motuoapa only – strictly no parking permitted on S.H. 1
Composite teams may either run or walk this leg

Leg 3: Flat for 3.0km to the Tauranga-Taupo River bridge and flat to finish.
Stage Classification: Average
Distance: 8.6km
Changeover to leg 4: 20m past reserve entry road, middle of Mission Bay straight S.H. 1
Parking in reserve only – strictly no parking permitted on S.H. 1
Composite teams may either run or walk this leg

Leg 4: **For safety reasons all competitors must run/walk on the left hand side only. Reflective clothing recommended but optional.**
 Leg is flat / undulating
No parking from Motutere to change over. The last 4.3km is very dangerous due to narrow and windy sections of road.
Stage Classification: Dangerous
Distance: 7.4km
Changeover to leg 5: South end of Hatepe Reserve, S.H. 1
Parking in reserve only – strictly no parking permitted on S.H. 1
Composite teams may either run or walk this leg

Leg 5: Run/walk on the right hand side of the road. Flat for 2km to Hatepe then a steep hard climb up the famous Hatepe hill for 2.7km Flat to finish.
Stage Classification: Average
Distance: 6.1 km
Changeover to leg 6: At the entrance to the weigh bridge 1.3km past top of hill, S.H. 1
Parking in weigh bridge area only – all vehicles must be parked well off the road.
Composite teams this is a compulsory walking leg

Leg 6: Very easy downhill for 6.0km followed by a steep downhill for 1.3km into Waitahanui. Flat for 600m to finish.
Stage Classification: Easy
Distance: 8.0km
Changeover to leg 7: 100m past 100km speed sign leaving Waitahanui.
Parking in reserve only – strictly no parking permitted on S.H. 1
Composite teams this is a compulsory walking leg

Leg 7: Flat for 3.7km passing through Five Mile Bay. 1km climb to finish on the left hand side of the road.
Stage Classification: Easy
Distance: 4.7km
Changeover to leg 8: At scenic lookout road sign (Earnest Kemp Rise), S.H. 1
Parking in scenic lookout road only – strictly no parking permitted S.H. 1
Composite teams may either run or walk this leg

Leg 8: Continue on the left hand side of the road on a gradual downhill to Taupo and run/walk on footpath. Straight into Boat Harbour, around Boat Harbour, past Tennis Club, turn right into Domain to FINISH.
Stage Classification: Average
Distance: 7.5km
Composite teams may either run or walk this leg.

Note: all distances are + or - 0.2km

TEAM NOTES



Taupo Great Lake Relay

Great Lake Relay Course - 155km



Event organised by





Length of the Lake Relay

Length of the Lake Course - 67km



Event organised by



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TEAM LEG TIMES

	NAME	START TIME	FINISH TIME	ACTUAL TIME
Leg 1				
Leg 2				
Leg 3				
Leg 4				
Leg 5				
Leg 6				
Leg 7				
Leg 8				
Leg 9				
Leg 10				
Leg 11				
Leg 12				
Leg 13				
Leg 14				
Leg 15				
Leg 16				
Leg 17				
Leg 18				

TEAM NOTES
