

OPOTIKI

MOTU CHALLENGE



Saturday 8th October
2016



4 Events



Multisport Race

65km mountain bike, 17km run, 52km road cycle, 27km kayak, 8km road cycle and 3km run.



Riverlock Motu 160

65km mountain bike and 90km road cycle.



Motu Duathlon

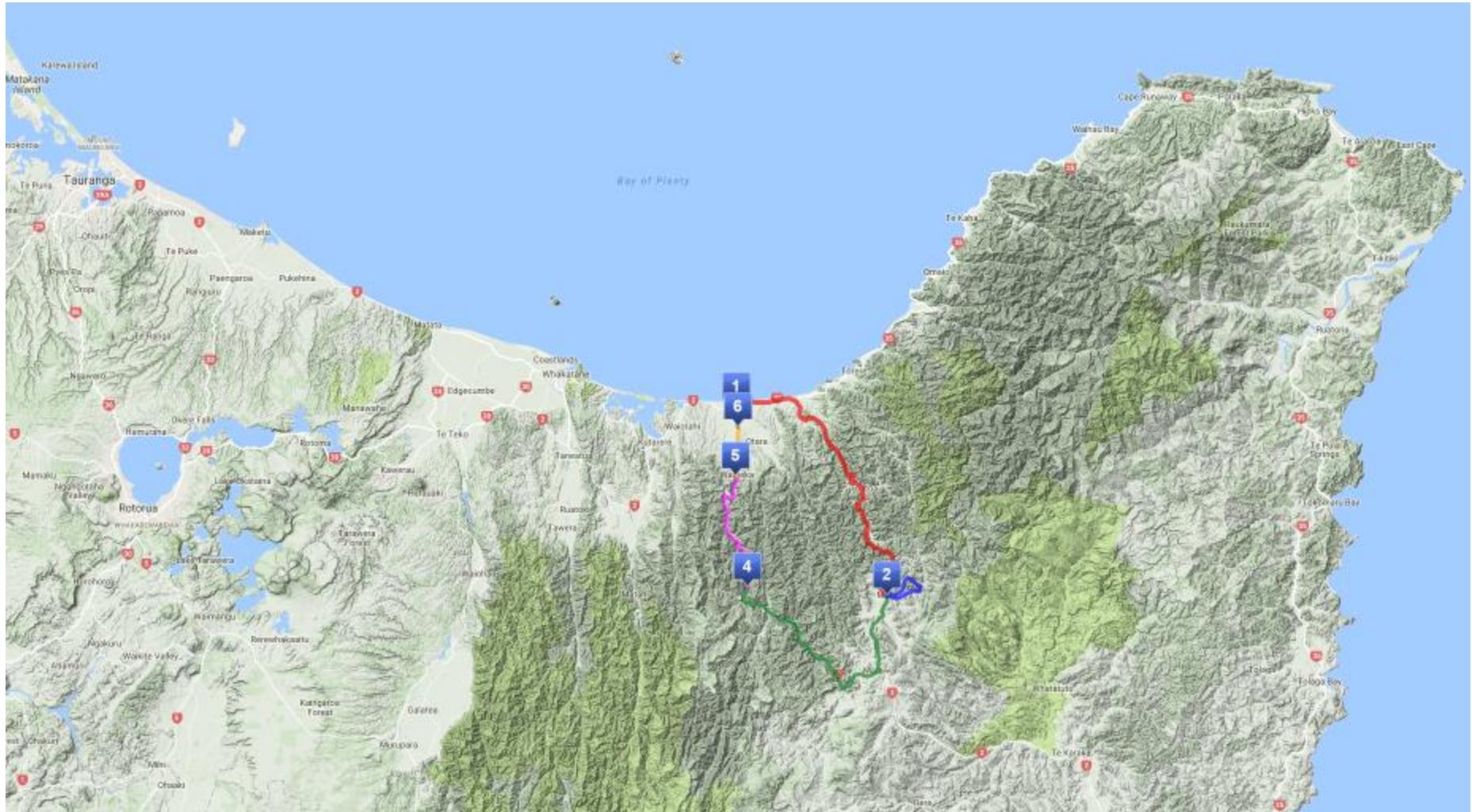
Long course: 65 km mountain bike, 17km run and 90km road cycle.
Short course: 65km mountain bike and 17km run.



Blue Light Mini Motu

An event for the juniors. A short duathlon utilising the dunes cycle trail and back roads of Opotiki. Age groups: 4-5, 6-9 and 10-15.

She's a pretty big job!



Didymo

River Snot

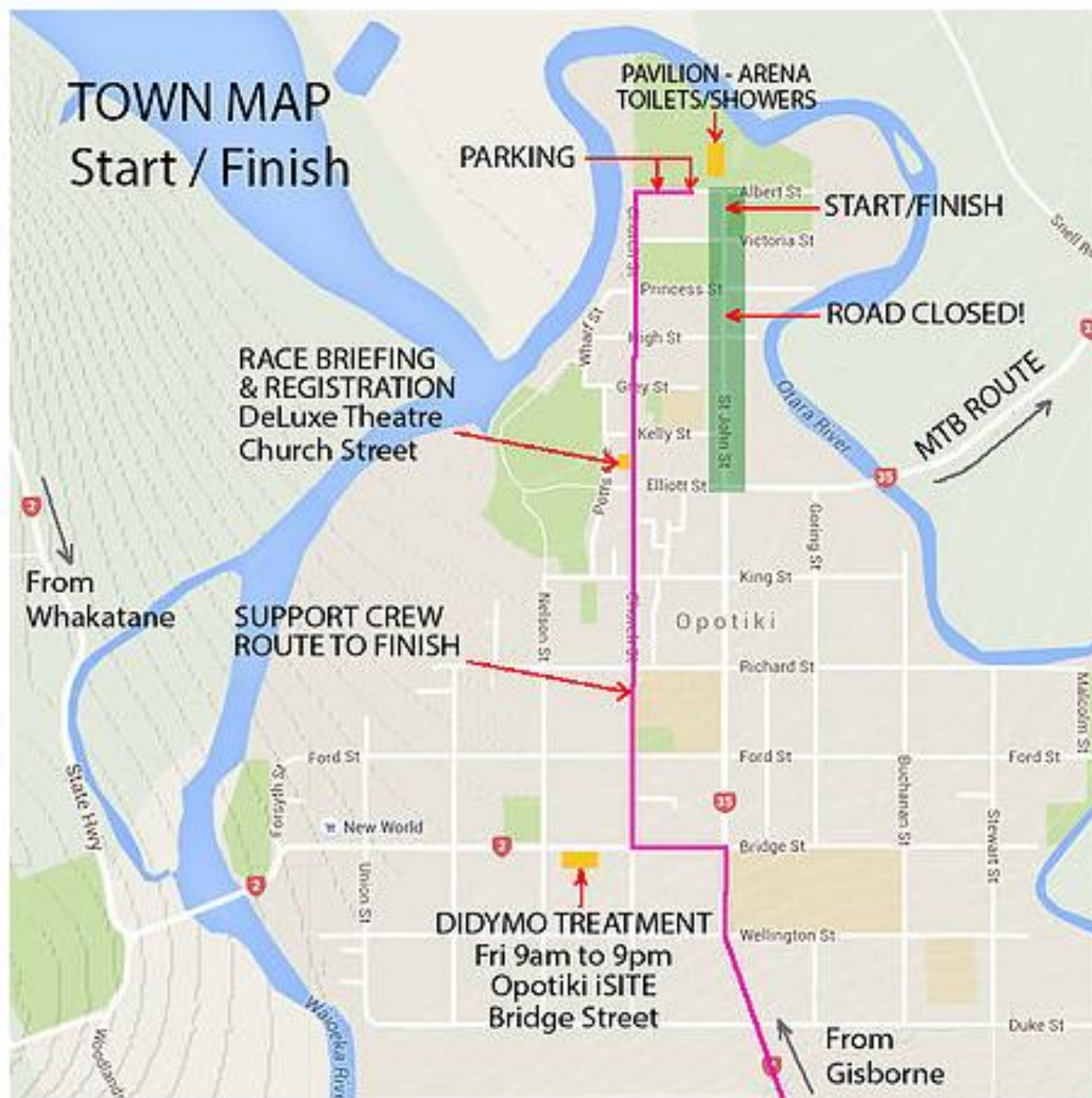
**All kayaks and paddle gear
MUST be decontaminated**

- **Tomorrow 6:30am - Noon
Oponae transition area**



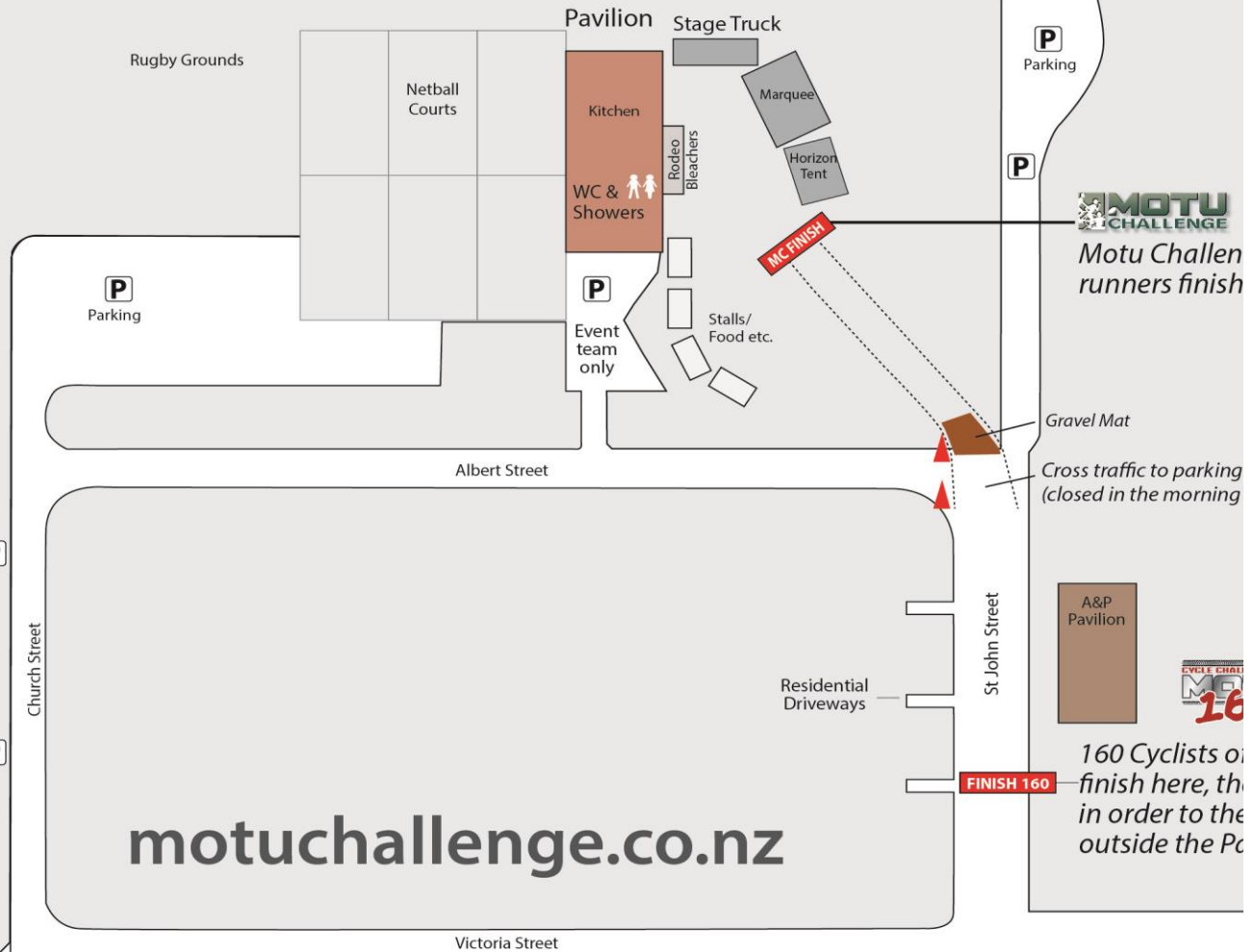
Map of Opotiki

Venues, support crew route, start, finish and registration



Start 7AM

New Start/Finish



MTB



- Race bib MUST be worn over EVERYTHING!
- SH35 open. Left side of road before the Otara bridge.
- Motu Road is closed at both ends – BUT normal road rules apply. Treat roads as OPEN at all times.
- Bunch riding safety – BE CAREFUL!

Support Crew

- All support crew must use Waioeka Gorge (SH2) to Motu school
- Allow 2 hours to get to Motu to be set up and ready
- Didymo treatment on the way up to Motu
- Marshals will direct you for parking
- Motu school grounds are off limits
- NO dogs allowed at Motu

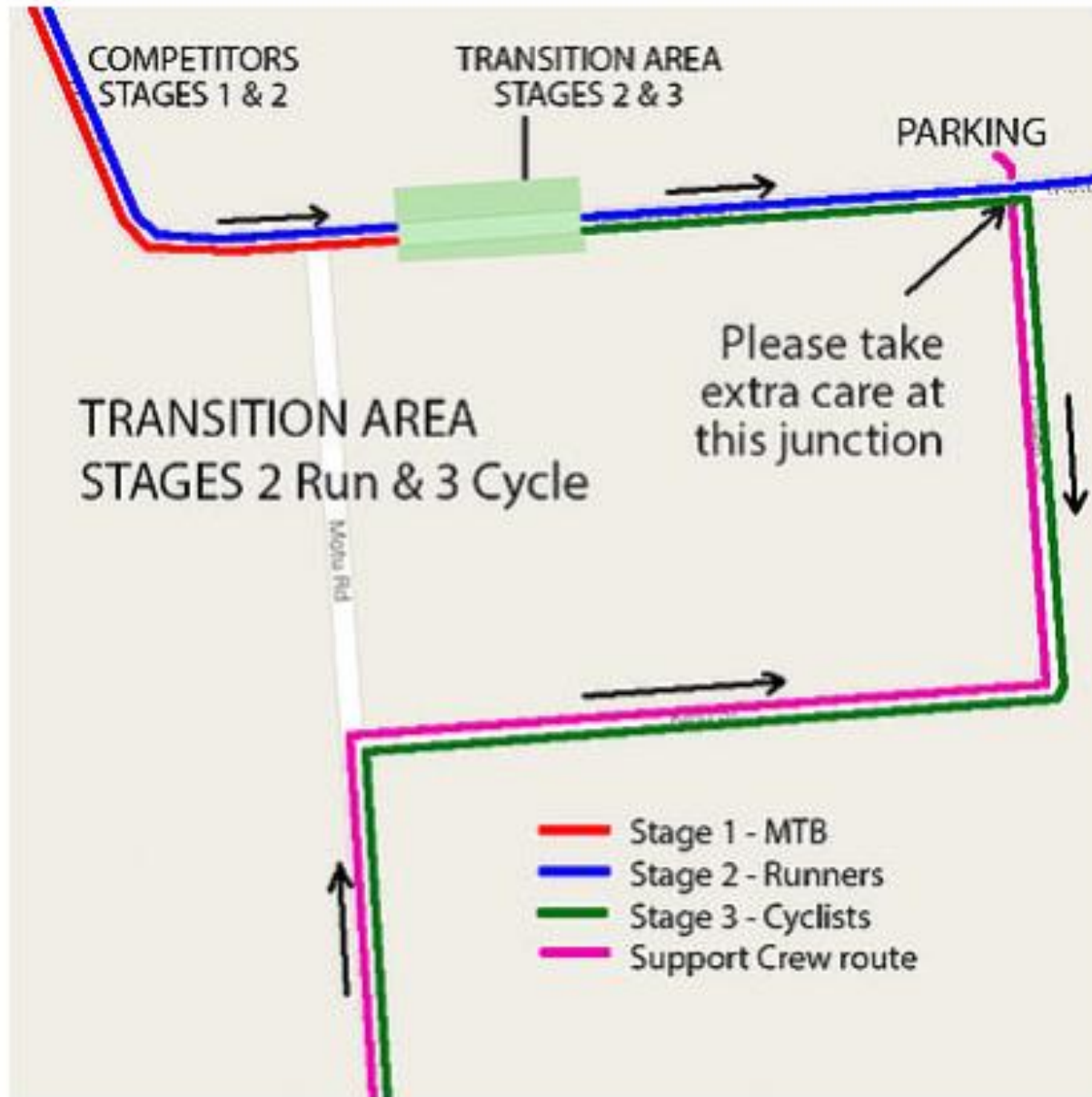


Transition Area – Motu

- Must dismount bike before entering transition
- All competitors must rack their bikes
- Must not remove race bib & transponder until bike is racked
- Team rider must take race bib to runner themselves.
- Runner must stay in designated area
- To avoid congestion team members must remove bikes ASAP
- Support crew may assist athlete in transition

Transition layout

Transition 1 mountain bike to road cycle



Run – 17km



Sponsored by Carlsen Dodds

- Motu Falls swing bridge – Please WALK!
- Maximum of 5 allowed on bridge
Otherwise - An immediate 2 min. stand-down penalty

Transition Area – Motu

- 1 Support member for individuals, 2 for team allowed in transition area.
- Team cyclist must leave bike racked until race bib transfer has occurred.
- Support crew may assist their cyclist in un-racking his/her bike
- All competitors must not mount bike until out of the transition area
- All support crew can assist in the mounting process
- All bikes must be on the racks provided
- Race bib **MUST** be worn over **EVERYTHING!**



Cycle – Multisport 52km or
90km Motu 160 and long course Duathlon

- All roads are open – normal road rules apply
- Drafting is allowed with other competitors



Transition Area – Oponae – Kayak Start

- Must dismount bike before entering transition
- Must not remove race bib until bike is racked
- Support crew or other team member can run down to transfer bib & transponder-
But the cyclist must have racked own bike first
- Remember race bib must be worn over all equipment

Riverlock Motu 160 and Duathlon Road Cyclists

Riding through Motu Challenge Transition areas

- Must not ride more than 2 abreast while riding through the Waioeka gorge

SAFETY IS ESSENTIAL!!

- While riding through the kayak stage transition at Oponae and the mouth of the gorge transition, all 160 riders **MUST drop to a speed no faster than 20kph** and ride in single file.
- Entry & exit to both transition areas are outlined by road cones.
- Break the 20kph or single file rule and you will be asked to stop for an immediate 1min stand down which starts as soon as the competitor is quiet.

Kayak–27km

Sponsored by Two Fish Cafe



- All kayaks must have some form of floatation e.g. airbags and must have front tow loop
- All paddlers must be wearing buoyancy aid and helmet
- Helmet sticker → **Transponder can be worn on wrist**

Transition Area – Mouth of gorge

- Kayaker can hand over at the bike rack to team member to complete the cycle and run.
- Support crew can assist all competitors getting out of boat
- Don't forget race bib on outside of all clothing → **Move transponder to ankle**

Transition Area – Old dairy factory

- Must dismount bike before entering transition area
- Once road is clear, cross to right hand side of road → **Move transponder to ankle**
- Extra timing mat here

Safety

- Radio contact over course.
- End of MTB cut-off 12 noon
- Kayak cut off – 3.00pm.
- Mid kayak cut-off 4:30pm
- Race bibs on top – you will be asked to stop if not visible.
- Don't wander onto private property at Motu.
- Don't litter - Instant disqualification if caught littering.
- Late race briefing tomorrow 6.45am.
- PRIZEGIVING Motu 160 3pm, Multisport and Dua 5.00pm

Competitors please thank marshals every chance you get!!

DuaMotu

Short MTB65KM RUN 17KM

Long MTB65KM RUN 17KM Road Cycle 90KM

Sponsor for this event required

- Individuals and Team MTBers start 7am with Motu 160 and Motu Challenge MTBers
- Team Runners use Motu Challenge transition area at T1 Motu village
- Short Course finish at Motu. Timing transponder – return to timing tent at finish line in Opotiki

The logo for Riverlock features the word "Riverlock" in a dark blue, sans-serif font. Above the letter 'o' is a graphic element consisting of five parallel, slanted lines in a light green color, radiating upwards and to the right.

Riverlock

Prize for breaking the record

Multisport Race

- \$3000 goes to team that breaks 4 person record
- Applies to Motu Challenge male and female teams only
- If two teams break record the prize goes to the team that
- breaks the record by the most time
- If the prize is unclaimed
- Another \$1000 will be added each year
- Until the records is broken
- Male record 2001 6:21:14
- Female record 2008 8:15:18

Thanks to...



Riverlock



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