

TRAIL TRILOGY SAFETY BRIEFING

EVERYONE

1. ALL ROADS ARE OPEN and shared. Take extra care crossing all roads. All runners must adhere to New Zealand road rules. You have no special rights just because you are in a race.
2. There are no track closures. Be aware of walkers/cyclists – especially those with dogs and children. Keep Left and be courteous to other track users.
3. You have a responsibility by the Health and Safety in the Work Place act of 2015 to stop and help any injured competitors. Please report any incidents to the next event marshal immediately. We rely on your input to tell us what's happening on the course, YOU are part of our safety crew.
4. We are a cupless event – carry your own drinking vessel.
5. Don't litter, there will be rubbish bags at every aid station.
6. You must wear the race numbers provided (they are coded for your event) on the outside-front of your clothing at all times. Use pins or a race belt.
7. The course is marked with red (on white) arrows. If there are no arrows follow the Hauraki Rail Trail marking.
8. Do not deviate from the marked track or take shortcuts.
9. Anyone who withdraws from the race MUST notify an official as soon as practicable. This is essential to avoid unnecessary searches and emergency services being engaged.
10. Railway Crossing – Take care crossing the train tracks, the train is fully operational today.
11. When you get back to Waihi, please keep off the train tracks – they are strictly out of bounds.
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.

9 km Run/Walk — Race the Train

1. When disembarking the train at Waikino, please cross road to HRT car park. TAKE CARE/ Obey Marshals instructions.
2. The Train has the right of way
3. Train crossing will be taped off when train approaches, DO NOT CROSS OR GO AROUND TAPE, you will be disqualified.
4. You can still beat the train, even once it has passed.
5. There is an Aid Station @ 5.5 km

21 km Run/Walk K'Hake Half

1. It is recommended to carry your own hydration and food.
2. Take care on cattle stops and bridges.
3. Aid Stations @ 12 and 17 km

42 km and 55 km K'Hake Marathon and Hauraki 50-Five

1. It is recommended to carry your own hydration and food.
2. Take care on cattle stops.
3. Aid stations for 42 km @ roughly 14, 21, 34 and 38.5 km
4. Aid stations for 55 km @ roughly 7.5, 15, 22, 33, 46 and 50.5 km

100 km Hauraki Hundee

1. It is recommended to carry your own hydration and food.
2. Take care on cattle stops.
3. Medics along the way will be assessing you, please co-operate for your safety.
4. Aid stations @ roughly 10, 21, 33, 42, 50, 58, 65, 77, 90 & 95 km

42/55/100 km SUPPORT CREWS & RELAY CHANGEOVER POINTS

1. Most aid stations /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 will not expect you.
2. Take care on the road, normal road rules apply everywhere. Runners will not expect you.
3. Beware of fatigue, sleep where possible.
4. The Waikino Aid Station is accessible via the footbridge opposite the Waikino Hotel. Walk over the footbridge and the Aid Station will be right in front of you.