



RACE RULES & INFORMATION



WELCOME TO THE 2022 PULSE ENERGY OPARARA WILDERNESS TRAIL RUN.

In compliance with our Health and Safety plan, all competitors must read these notes carefully as well as "Assessing Risk as a Competitor" prior to starting the race. The following rules must be strictly adhered to and failure to comply with the rules could result in a withdrawal from the race. You will be notified of any updates at the start lines.

Race numbers: All participants get one race number bib with embedded timing chips to be worn on the front and walkers get an additional smaller number to be worn on their backpack. Both these must be clearly visible at all times. Please **print** your emergency contact details clearly on the reverse side. The smaller number must be worn on your backpack and visible at all times.

TRANSPORT TO START LINES

20km competitors: The access road to your start line at the Oparara Basin is narrow and steep and is closed to ALL traffic except buses. Your buses will depart from outside the Karamea Area School on Waverley Street at 7.30am. Please ensure your race number is clearly visible so marshals can write it down. Please arrive 15 minutes early for your bus connection as there is no alternative way of getting to the start line. No bus ride in - no race, no exceptions!

36km competitors: Your bus will depart from the Karamea Area School on Waverley Street at 8.00am. Please ensure your race number is clearly visible so marshals can write it down. If you miss the bus, it will be your responsibility to get yourself to the start line on time (parking is available there). If you arrive after the race has started, you will not be permitted to run.

Arriving at the start lines: As you disembark your bus, marshals will direct you to where you are to have your mandatory gear checked. Please have your gear ready. Make sure you have warm clothing to wear at the start lines. Mandatory gear checks will be carried out at both start lines. If there is a missing item, the competitor will be withdrawn from the race.

Mandatory gear:

- Hat/beanie, gloves, long sleeve top (all to be either woollen or thermal)
- Waterproof Jacket
- Survival bag/blanket
- Whistle
- Simple first aid kit suitable to cope with any minor injury.

Surplus clothing: You will be able to drop your gear bags at the allocated sites and these will be transported back to the Karamea Domain where they can be collected from the finish line. The green race pack doubles as your surplus gear bag if you wish, please pull the handles together securely on your race pack. Make sure your race number is written clearly and visible in the white printed area on the front of the bag.

Medical conditions: It is the responsibility of the competitor to carry all necessary medications during the race. This includes medication for those who suffer with asthma, allergies, and wasps.

IPODS, MP3 Players, headphones/earbuds or equivalent are not permitted for use during the race. You need to be able to hear if runners are approaching from behind and if anyone is calling for help.

Rubbish: It is a privilege to have been granted consent by the Department of Conservation to hold the Pulse Energy OWTR in Kahurangi National Park. Please respect this privilege by placing your rubbish in the bins provided at McCallum's Mill, Oparara Basin and at the Karamea Domain. This is also to be adhered to regarding food and wrappers along the track during the race. Our policy is "if you carry it in, you carry it out".

Being withdrawn from the race: A competitor may be withdrawn from the race at the sole discretion of a medic or the Race Director if it is considered that they are unfit to continue.

Voluntarily withdrawing from the race: Any runner who voluntarily withdraws from the race for reasons other than medical may be required to pay to have them uplifted from the track.

Overtaking: A competitor wishing to overtake a slower runner or walker on the Oparara and Fenian track must call out "Passing" so that the slower runner can step aside to create safe overtaking room. There is limited room along the track so please be very careful.

Holding up runners: Slower runners or walkers must not deliberately attempt to hold up faster runners. Please be respectful of all competitors at all times.

Stick to the track: You are required to stay on the track at all times. If you leave the track for any reason, you must take your whistle, remove your backpack, and leave it to the side of the track where it is clearly visible. Watch your footing as there are many holes and trip hazards.

Lost: If you find that you have become lost you must **stay where you are**, use your whistle, put on your warm clothing, and call out. Do not try to find your way out - wait for the tail end Charlie.

Accidents and injuries: In the event of an accident where an injury has occurred, it is the responsibility of all other runners to give assistance. If medical intervention is required, make sure the person uses their mandatory clothing to stay warm and at least one runner should proceed to the nearest first aid station to report the incident. If you fall over a bank and are unable to pull yourself but not seriously injured, use your whistle and call out.

Road closures: The McCallum's Mill Road will be closed from 5.00pm Friday afternoon until 12.00 noon on Saturday and there should not be any unauthorized vehicles in the area, however, please treat the road as open and run on the **left**-hand side. The Fenian Road from the carpark to the lime works is not officially closed to traffic so care needs to be taken and you must run on the **right** side of the road facing any traffic. Be cautious crossing the Oparara Loop Road just past the lime works.

Other track users: It is unlikely that anyone else not associated with the race will be using the track, however, we ask competitors to be mindful of those who wish to do so.

Postal River suspension bridge: DO NOT RUN ON THE BRIDGE. Marshals will be stationed at either end of the bridge and any competitor who runs on the bridge or does not adhere to the directions of the marshals will be immediately disqualified.

Marshals: All competitors must obey the directions of the marshals.

Road rules: Once on Flaxmill Road, all runners must face oncoming traffic on the **right** side of the road until you reach Karamea/Kohaihai Road where you will be directed by a marshal to continue on the **left**, along and into Waverley Street. A marshal will direct you across the road to the entrance to the Karamea Domain and the finish line.

Farmland: You must stick to the marked route, do not enter any unauthorized areas or where there is stock. Some parts of the farm trail could be uneven and slippery, so caution is advised.

Drink stations These will be situated at 5.6 km, 10 km and at the Oparara Basin, Fenian Carpark and at the end of Flaxmill Road. They will serve Electrolyte Fizz and plain water in 280 ml compostable cups with lids as well as bulk water to top up your own hydration vessels. It is strongly advised that you also carry your own fluid as there will be no drink stations through the Oparara Valley and Fenian tracks. Drink stations from McCallum's Mill to the Oparara Basin will be unmanned. Please drop your finished cups in the containers provided along the way, do not throw them to the side of the track.

Check points: Marshals, medics and LandSAR personnel will be situated at McCallum's Mill, Oparara Basin, Sunshine Flat, Postal River, Maloney's Bluff & Fenian/Oparara Road junction.

Please note there will be no medic at McCallum's Mill.

Approaching check points: On approach to each check point you must call out your race number loud and clear. There are signs warning that you are about to approach a check point.

Toilets: Toilets are positioned at McCallum's Mill, Oparara Basin, Sunshine Flat and Fenian Carpark and Karamea Domain.

Karamea Domain finish line: Please ensure your race number bib is in full plain view on your front. Make sure you step on the timing mats, not jump over them. If you do, your tag may not be activated, and your time will not be recorded. Once over the finish line, please do not re-cross the mats or go near timing aerials as they could accidentally restart your timing.

Event cancellation: The event organisers reserve the right to cancel the race without warning if they consider that proceeding could pose a major health and safety risk to competitors, supporters, or race volunteers. Under these circumstances there will be no refund given.