



# ATHLETE HANDBOOK



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# KIA ORA

We're excited to have you with us for PTR! Welcome to those that are new to our whanau and great to see those that are returning.

To make your life a little easier, we've put everything you need to know in a little handy dandy document – saving you hours upon hours of time so you can focus on the training.

Consider this as your race briefing, so please read from START to FINISH. We've put in a bunch of pictures to help you. You'll also get another brief on race day from yours truly, but I'm liable to forget things.

The Pirongia Trail Run is Waikato's premiere community trail run. We've created an event that has a course for all ages and abilities. That being said, this is not your typical trail run. Mt Pirongia holds some of the most challenging terrain in the North Island.

We pride ourselves in putting forward a challenging course and love to see you take them on, but please be realistic about your abilities and how long you expect to take. By now we have a pretty good history of race times/results. Our fast runners are fast.

## IMPORTANT

**Our Grunter and Munter courses are very challenging and border the line between trail run and adventure run.**

If you read through this handbook and trawl through the website and you still have questions, please get in touch with the team.

See you out there, ya weapons.

Josh and the PTR crew.



# SCHEDULE

Race day kicks off at 0530 when registration opens at Race HQ – the Pirongia Forest Park Lodge. Please catch a suitable shuttle to Race HQ to allow time for registering and race briefing. See the shuttle timetable below.

## RACE DAY SCHEDULE

**0530 Registration opens**

All athletes to collect race bibs from Race HQ prior to their course race brief.

**Drop bags** (for Munter athletes) can be given to event staff at registration.

**Compulsory gear checks** will also be carried out at registration.

**0630 Munter race briefing**

**0700 Munter race start**

Briefing and start to happen at start/finish line at Race HQ

**1000 Grunter race brief**

**1015 Grunter race start**

Briefing and start to happen at start/finish line at Race HQ

**1100 Punter race brief**

**1115 Punter race start**

Briefing and start to happen at start/finish line at Race HQ

**1200 Runter race brief**

**1215 Runter race start**

Briefing and start to happen at start/finish line at Race HQ

**1230 BBQ fires up**

Snarlars on the hotplate. Get excited.

**1230 First Munter and Grunter athletes expected**

Our fastest athletes will be crossing the line around now.

Our winners to stage for a photo with the PTR trophies.

As you cross the line, collect your medal and join the sausie line.

**1800 All athletes off course**

Hopefully we're done and dusted by now. If not, we'll send out a search party to come and look for you.

## SHUTTLE SCHEDULE

We've provided a shuttle service to make life easier for you. Please remember to bring everything you need with you. If it's raining and cold – a change of clothes is a must! We're happy to store bags in a safe spot.

There is to be no parking at Race HQ or the Grey Road carpark. Please park at Te Pahu school and make the most of the shuttle.

Depart Te Pahu School	Depart Pirongia Lodge	Depart Te Pahu School	Depart Pirongia Lodge
0530 (Munters only)	0545 (Munters only)	1230 (BREAK)	1245 (BREAK)
0600 (Munters only)	0615 (Munters only)	1300 (BREAK)	1315 (BREAK ENDS)
0630 (Munters only)	0645 (Munters only)	1330	1345
0700	0715	1400	1415
0730	0745	1430	1445
0800	0815	1500	1515
0830	0845	1530	1545
0900	0915	1600	1615
0930	0945	1630	1645
1000	1015	1700	1715
1030	1045	1730	1745
1100	1115	1800	1815
	1145	1830	1845
1130			
1200	1215 (BREAK STARTS)		





# COURSES

We've got something for everyone. Check it out.

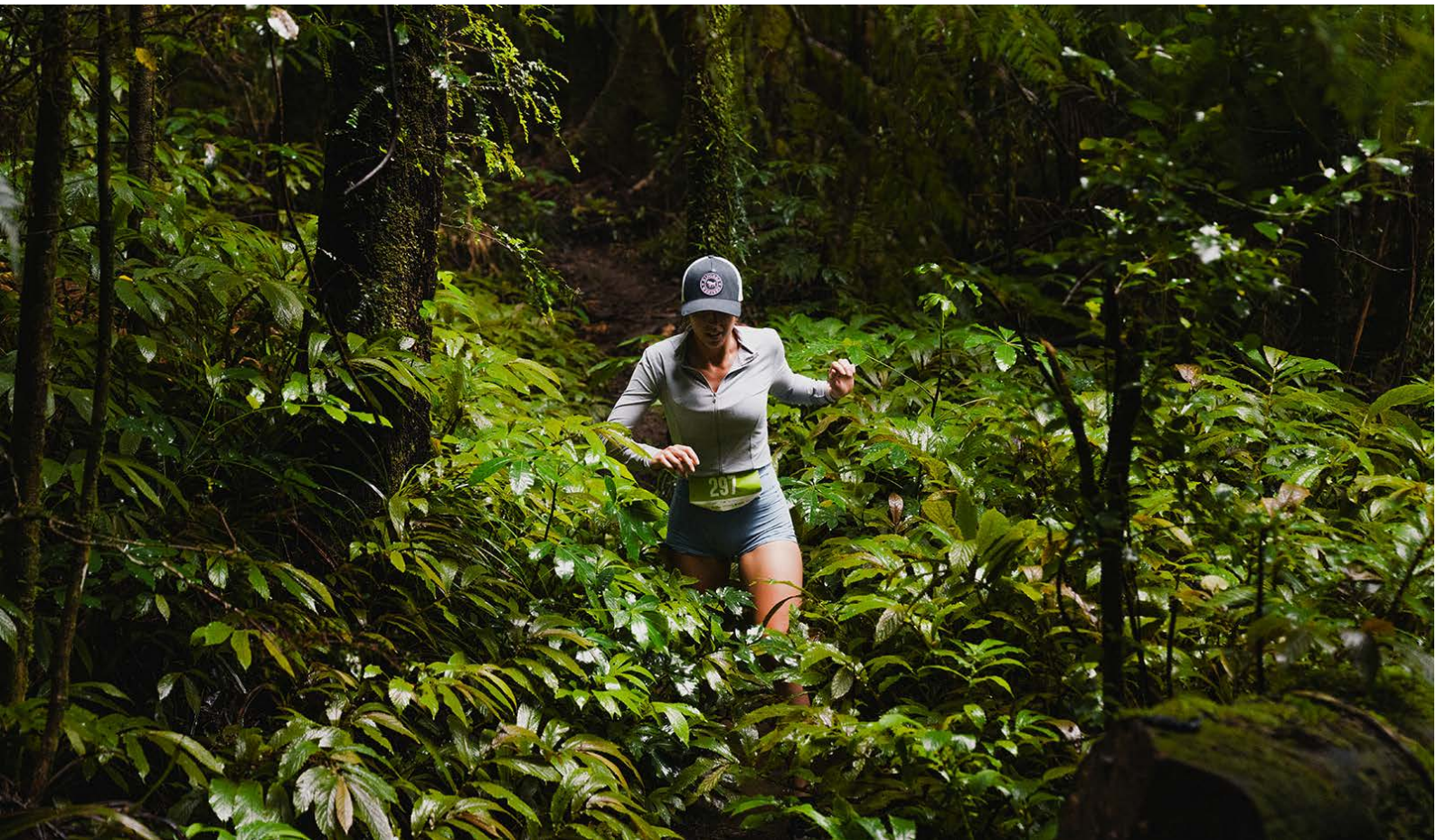
## GENERAL COURSE INFORMATION

All PTR courses follow marked DOC tracks. Please follow **ONLY** orange triangles on the track. Not blue, not pink and certainly not yellow. Orange. We will also have PTR signage on course (we'll show these to you at race briefing), so please follow these.

Keep left, on the way up and down. If you can help it, no abreast running, there is public use occurring too, so please be mindful of that.

There's always a bit of treefall on the maunga. Take your time to re-find the track if you deviated around treefall– it'll be well trodden and marked with the DOC orange triangle.

Key junctions will be marshaled, where possible, and/or feature PTR signage to direct you where to go. We recommend everyone carrying a copy of the course map (or GPX file) just in case you miss a sign in your lightning fast race pace.



## MUNTER

- DISTANCE: 36.8km
- VERT GAIN: 2163m
- ALLOWABLE TIME: 10 hours
- EXPECTED TIME: 7 – 10 hours
- AID STATION / CUT-OFF: 7.7km (10am), 23km (2pm) from start
- COMPULSORY GEAR: Level A will be check at registration
- SUITABLE FOR: Advanced trail runners who would like a good technical challenge, and aren't afraid of a good climb
- TRACK CONDITION: 80% technical single track | 15% well graded track | 5% boardwalk

### IMPORTANT

Don't let the distance fool you. 'Only 36.8km' has been heard a few times but this will take a good runner 7-9hrs to finish.

The Munter is a hard-core challenge for the advanced runner. To complete this course in the allotted time, you'll need to be running the majority of the flats and downhill. The course starts the same as the Grunter, heading up the Mahaukura track before forking left and heading onto the Pirongia summit. After an undulating ridge to the hut, you'll begin to head out toward the Cone, entering the wildest part of the course - the Bell track.

Be prepared for knee deep mud in a number of bogs. Summiting the Cone, a steep technical descent gives way to more bogs, before you're treated to gentle downhill and flat running to the foot of the Tahanui track. From here you'll encounter a steady 800m climb back to the summit ridge, before turning left and descending down the Tirohanga track to your start point. It's an epic.

## GRUNTER

- DISTANCE: 13.8km
- VERT GAIN: 1161m
- ALLOWABLE TIME: 8 hours
- EXPECTED TIME: 3hr to 6 1/2hr
- AID STATION / CUT-OFF: None
- SUITABLE FOR: Intermediate-advanced trail runners who would like a good technical challenge with some decent climbing. Not suitable for walkers or unsupervised youth.
- TRACK CONDITION: 70% technical single track | 25% well graded track | 5% boardwalk

### IMPORTANT

The Grunter is a very challenging course. Every year the 13.5km distance causes people to underestimate it. You should view this in the realms of an adventure run/walk. It will take good runners 3-4hrs to complete it.

The Grunter is a challenging loop run for the experienced intermediate trail runner. Beginning on the Mahaukura track with some gentle undulating running, the track steepens toward Wharauoa. A short ridge side and a chain section on the exposed bluff (take care!) puts you on Mahaukura, the tallest peak on the loop.

From there, it's a number of false peaks and boggy sections before reaching the summit ridge and turn back down the Tirohanga track. There are a few short climbs, chains at Tirohanga and Ruapane, but the majority is fantastic technical downhill running.

## PUNTER

- DISTANCE: 8.2km
- VERT GAIN: 616m
- ALLOWABLE TIME: 5 hours
- EXPECTED TIME: 1hr - 3hr
- SUITABLE FOR: Youth, beginner runner/walkers who would like a challenge but are happy to take their time
- TRACK CONDITIONS: 70% well graded track | 20% technical single track | 10% boardwalk

The Punter is a great challenge for a beginner trail runner/walker. An out-and-back route, it starts with a small section of graded trail and boardwalk through the Mangakara Nature Walk. A few sets of steps later, you're on the gradual incline up the Ruapane Link track to the foot of Ruapane, here it steepens considerably for a final push to Ruapane trig - good news is once you've made it to the top, it's all downhill back to the start line!

## RUNTER

- DISTANCE: 3km
- VERT GAIN: 100m
- ALLOWABLE TIME: 2 hours
- EXPECTED TIME: 1/2hr - 1hr
- SUITABLE FOR: Kids, families and walkers out for a morning stroll.
- TRACK CONDITIONS: 70% well graded track | 30% boardwalk

The Runter is perfect for the young ones and families out to enjoy nature. The course takes in three loops around the Mangakara Nature Walk, crossing the Mangakara stream over two bridges. Take in the sights and educate yourselves on the forest around you with the information boards provided.



# LOOKING AFTER YOURSELF

## AID STATIONS

There are two aid stations on course for the Munter athletes. These will also serve as our cut-offs points should you fail to meet the time requirement.

The aid stations will have drinking water and Tailwind available for refill.

These are:

1. **Pahautea Hut, approx. 7km from start**
  - Cut off time: 10am
  - If you do not make this cut off, you will be turned around to complete the Grunter course.
2. **Kaniwhaniwha campsite, approx. 23km from start**
  - Drop bag friendly – we are happy to shuttle your bag to this checkpoint. Please drop your labelled bag off at registration.
  - Cut off time: 2pm
  - If you do not make this cutoff, you will be shuttled back to the start/finish line.

## WATER AND FOOD

Everyone is responsible for taking enough water and food to sustain themselves for their chosen event. Except for the Munter athletes, there is no aid station on course for Grunters, Punters or Runters.

### IMPORTANT

**We highly recommend that you take at least 3l of water with you.**

There will be water and Tailwind refill at the start/finish line.

**Please note that to reduce waste, we will not be supplying drinking cups. You will need to bring your own vessel with you.**

The same goes with food. Unless you plan on hunting some possums, you'll need to carry all snacks, gels and meals with you to get you through the day. There'll be a nice hot sausie ready for you at the finish line.



# COMPULSORY KIT

We've had all sorts of conditions on the maunga over the years, so we've come up with a compulsory kit to keep you safe. It's very much the same as most other trail events.

The lists below represent the MINIMUM gear required for you to take part in the PTR. It is your responsibility to make sure you have enough to make you comfortable.

All competitors must carry a cellphone in a waterproof case with them. If you need to get in touch with Race HQ, the number is on the back of your bib.

There are three levels of kit that could be required based on the course and weather conditions.

**MUNTER:** Gear level A

**GRUNTER:** Gear level A or B

**PUNTER:** Gear level B or C

**RUNTER:** No requirement

## Level A – Compulsory for our Munters and Grunters (weather dependant)

- Cellphone with waterproof case
  - Zip lock bags are fine
- Waterproof, seam sealed jacket.
  - Windproof jackets are not suitable. We will be checking this point
- Thermal long-sleeved top
  - This needs to be additional to any you are wearing and kept in a waterproof bag
  - Merino or synthetic are fine
- Thermal long -sleeved bottom
  - Same requirements as the top.
  - SKINS or compressions clothing is not suitable.
- Thermal beanie
- Thermal gloves
- Headtorche
- Emergency whistle
- Emergency survival bag
  - Survival blanket is not suitable

## Level B – Compulsory for our Grunters (weather dependent)

- Cellphone with waterproof case
  - Zip lock bags are fine
- Waterproof, seam sealed jacket.
  - Windproof jackets are not suitable. We will be checking this point
- Thermal long-sleeved top
  - This needs to be additional to any you are wearing and kept in a waterproof bag
  - Merino or synthetic are fine.



- Thermal beanie
- Emergency whistle
- Emergency survival bag
  - Survival blanket is not suitable

#### Level C

- Cellphone with waterproof case
  - Zip lock bags are fine

## TRAINING

Y'all need to (maybe think about) getting some training in. Whether it's training how many sausies you can put away or stretching your get-away sticks, we think it'll make you perform better on the day.

Our good mates at **Wild Things** have the largest and most comprehensive collection of training routes available in NZ. You'll be able to find a training run similar to any of the courses no matter where you are in the country. How good!



# SAFETY

## MARSHALS

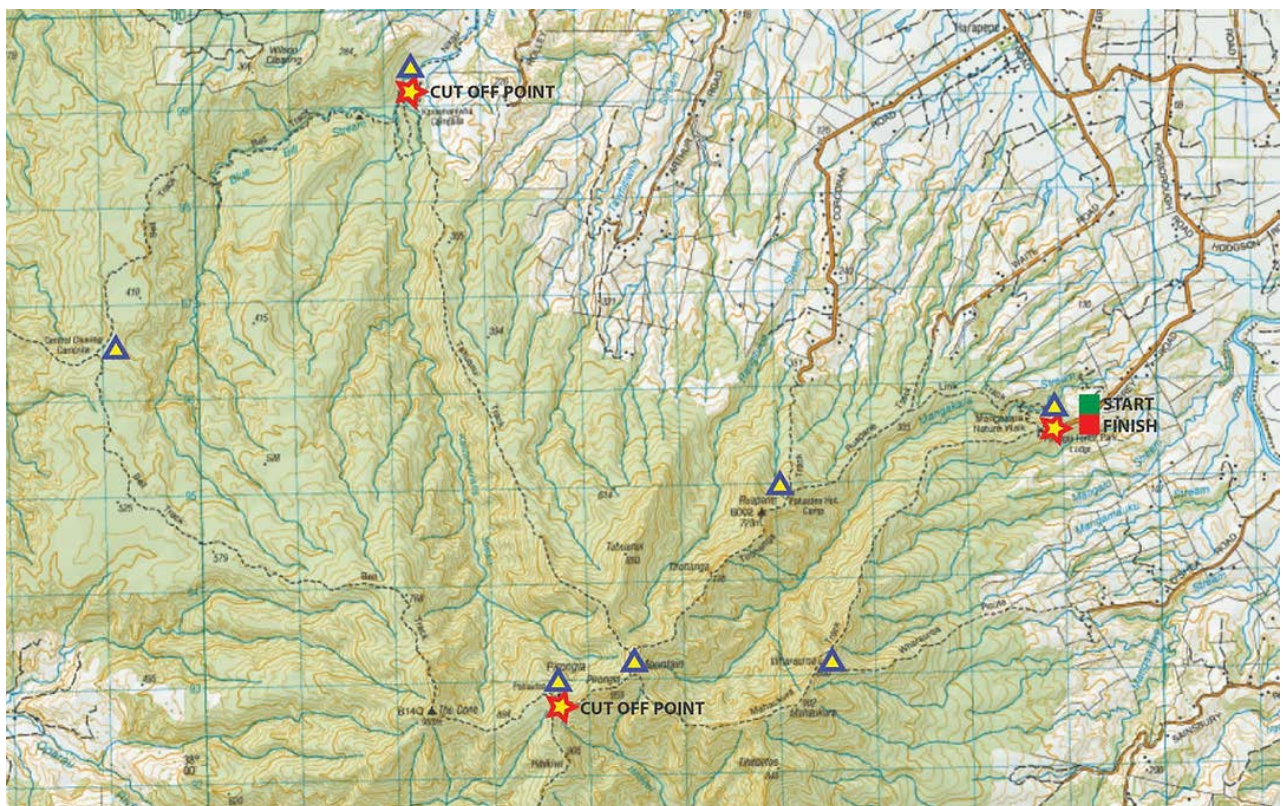
Wherever possible, key intersections will be marshalled.

They'll be ticking you off as you come on by. Chuck them a smile and a burst of speed.

All marshals will be equipped with radios or other equipment to enable communication with Race HQ. They can also assist in the event of serious injuries or medical emergencies. If you've got any question, let a marshal know.

They will be located at:

1. Wharaurora
2. Mahaukura - Pirongia summit track junction
3. Pahautea Hut
4. Central Clearing campsite
6. Kaniwhaniwha campsite
6. Ruapane





## GETTING LOST ON THE TRAIL

If you get lost on the trail it is important that you stay calm and remain in one location. All trails are marked with DOC orange triangles and have had decent foot traffic.

1. If you can retrace your steps back to the last track marker, do so.
2. If not, stay in your position and contact event staff.
3. Blow your whistle
4. Retain your body heat and put on clothing.
5. Seek shelter if in exposed section – do not make yourself invisible from the track!
6. Wait for communication.

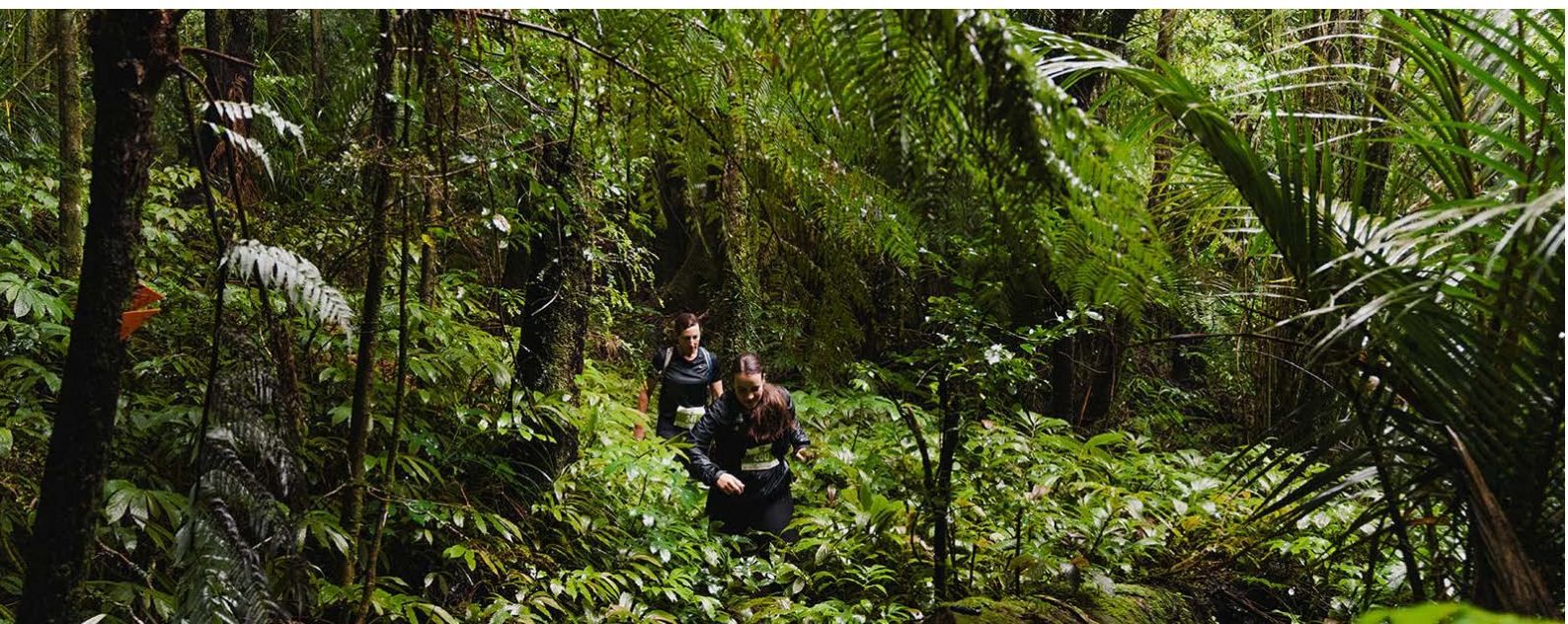
We have missing person protocol and will find you, however depending on where and when you get lost this may take some time. Please be patient and remain calm.

# LEAVE NO TRACE

The PTR is all about looking after the maunga and each other. We operate in a fragile environment and as kaitiaki, we ALL have a part to play in doing our best to minimize our impact on the land. We follow the Leave No Trace principles. Failure to follow these principles could put the event at risk.

The key Principles that you should be aware of are:

1. Dispose of all waste properly. This means carrying out your own rubbish and if you see any rubbish on course please pick it up and carry it out (or at least as far as the next aid station).
2. Toilet responsibly. Use the toilets provided at aid stations where possible. If caught short elsewhere on course make sure to relieve yourself well away from any streams and at least 20 meters off the track. All faeces must be buried (under a rock if necessary) and used toilet paper put in a plastic zip-lock bag to be carried out to the finish.
3. Respect wildlife
4. Be considerate of other track users



# PARKING

EVERYBODY (athletes and supporters alike) is to park down at Te Pahu School. These great NZers let us use their field as parking and we run our shuttle service from there. The parking entrance is towards the rear of the school and will be well marked.

It is an essential part of our event conditions that we leave the Grey Road carpark (outside the Pirongia Forest Park Lodge) for the general public. There will be obvious no parking signs to remind those with short memories. **PLEASE DO NOT PARK ON THE UPPER MAUNGA.**

## DROP OFFS

Some of you will drop people off up the maunga. We don't necessarily recommend it because it will add to the traffic problem we are trying so hard to avoid. PLEASE JUST CATCH THE SHUTTLE. If you do decide not to follow our recommendation then please, for the love of all that is good, just drop people off. Don't park up to watch the start of the race. Your mission is to enact the fastest Formula One pitstop. We'll be timing.

## SCHEDULE

EVERYONE is able to catch the shuttle up to the Lodge; athletes and supporters. We ask that priority be given to athletes making it up to registration.

Make sure you catch a shuttle that gives you plenty of time to make registration. DO NOT leave it to the last shuttle - if everyone else thinks the same way, it'll be full bus and people will miss out.

This is especially important for our MUNTERS. We've got a tight amount of seats, so all shuttles will practically have to be full. I'd recommend aiming for the 0530 shuttle and working forward from there.



IMPORTANT

**There is NO PARKING for event competitors/supporters up the maunga.**

**This is strictly for the public, ONLY.**



# RACE RULES

By entering the Pirongia Trail Run, you are agreeing to adhere to the race rules and safety waiver below:

1. Each entrant agrees that participation in the PTR is at their own risk and takes full responsibility for their health and safety during the event. Furthermore, they assume all risk of personal injury, and damage or loss of property.
2. Each entrant agrees and accepts that trail running carries the possibility of injury, illness and in extreme cases, death.
3. Each entrant consents to receiving medical treatment by event medical staff for illness or injuries suffered during or immediately after the event.
4. Each entrant agrees and acknowledges the possible risks associated with participating in the Event. These risks can include and are not limited to: terrain risks (loose rock and vegetation, slippery and muddy tracks, log fall, falling rocks, height and exposed sections) weather risks (hypothermia, hyperthermia, sunburn, sunstroke, storms) competitor and general public risks and moving vehicle risks.
5. Each entrant agrees that they are fit and capable of participating in their chosen event.
6. Each entrant acknowledges that event staff have medical personnel and marshals dispersed at various locations along the course, however due to the remoteness of some sections of the course, it may take some time for medical personnel to reach them.
7. Each entrant agrees to carry all required compulsory equipment and are to be selfsufficient for the duration of their event.
8. Each entrant agrees to follow written and verbal rules set out by the event staff.
9. Each entrant agrees to follow the marked course and follow all marshal instruction should a change of course be necessary.
10. Each entrant agrees to follow the 'leave no trace' principles; plan ahead and prepare, travel and camp on durable surfaces, dispose of waste properly, leave what you find, minimise the effects of fire, respect wildlife and farm animals, be considerate of others.
11. Each entrant agrees that in the event of a withdraw from the race, they are required immediately to inform event staff. Failure to do so may result in a search being carried out and the entrant will be liable to cover costs of the search.
12. Each entrant agrees to participate in the Event's drug and alcohol-free policy.
13. Each entrant agrees that their email address will be added to the Event's database and will be emailed associated information relating to the Event. The entrant may unsubscribe at any given time.
14. Each entrant agrees to allow officials and sponsors the use of entrant's name and image to be used in media for the promotion of the Event without monetary compensation.

15. Each entrant agrees to conduct themselves in proper sportsmanship, failure to do so, or misconduct may result in disqualification without refund.

16. Each entrant agrees that in the event of an 'act of God', or a situation out of the hands of event staff, that the Event may be cancelled and no refund be given.

17. Each entrant agrees and acknowledges that to the extent permissible by law, event staff (including all officials and event volunteers), the sponsors and other parties associated with the Event, have no liability to me whatsoever for any direct or indirect loss, (including, but not limited to injury or death) sustained by me during or in any way related to my participation in the Event.

