

King of Rangitoto – Saturday 31st October 2009

The Event:

Paddle across the Rangitoto channel, past the old light house and land at McKenzie Bay. Into your running shoes and climb to the summit. Take in the awesome views overlooking greater Auckland, the North Shore and the Hauraki Gulf. The running track gently winds 2km through volcanic rock, the gradient gets steeper and changes to stairs for the final 1.5km climb. From the summit it's all down hill, followed by a refreshing paddle back to Takapuna.



The Course:

The event starts at 'The Strand' Takapuna. Paddle to Rangitoto Island (near Light House) beach craft, run to the summit, return to the beach and paddle back to Takapuna. Individuals must complete the full course, Surf Boat and Canoe crews must have a minimum of 2 complete the run leg of the course.

Craft:

The event will be open to Surf Ski's, Surf Boats and Surf Canoes. Surf Boats and Surf Canoes must meet SLSNZ specifications

Registration:

Registration will be held 7.30am Saturday 31st October 2009 at The Strand, Takapuna.

Race Briefing:

A Race Briefing will take place 15 min before the start of the race at The Strand Takapuna.

Start / Finish:

The King of Rangitoto will start at Takapuna Beach at 9.00am. Athletes will check in with the officials at the Summit of Rangitoto. The finish will be at the Strand, Takapuna.

Prize Giving:

Will take place at The Strand, Takapuna 30 min after the final competitor finishes the event.

Tides:

0605 High Tide – 2.7m
1130 Low Tide - 0.9m

Safety:

- **Participants must wear a High Visibility top during the event.** Bright Yellow or Orange.
- **It is recommended that participants carry a Personal Flotation Device, Smoke Flare and are connected to their craft with a leash.**
- Competitors may provide their own High Visibility Orange or Yellow top for the event.
- High Visibility singlets may be purchased from the race organiser prior to the start of the event.
- Safety craft will be present on the water during the event.

Support Vessels are prohibited.

Entrants must either

1. Be minimum 18 years old on race day or
2. Hold their Surf Life Guard award or

ALL MARITIME SAFETY RULES MUST BE OBEYED AT ALL TIMES DURING THE EVENT.

Support Crews / Transport:

First aid teams will be available on the course.

Spectators are advised if following the race please do not interfere with participants.

A boat will be available to take participants shoes to Rangitoto Island.

Shoes must be in the boat prior to the event briefing.

Entry Fees: Entries close 5pm Friday 23rd October 2009

Discipline:	SLSNR Member	Non Member
Individual: Ski	\$15	\$30
Surf Canoe, Boat Crew:	\$25	\$50
High Visibility Singlet	\$15	\$15

Late Entries will be accepted up until close of registration, 8.30am Saturday 31st October 2009, with a late fee of \$10.

Event Director:

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