



Competitor Briefing 2023



Congratulations on making the decision to enter the Ariki Adventures Raro Challenge.

This document is intended to provide you with the essential information you will need to complete the race. **PLEASE READ IT!**

It is not intended to replace any familiarisation training, and indeed you should ensure that you complete the whole course (broken down into chunks is fine) at least once before race day.

The Race

- **Date:** Saturday 14th October 2023
- **Start Time:** 7:00am arrival for an 8:00am start
- **Start and Finish Location:** Enua Manea Hall, Tikioki
- **Maximum Race Duration:** 10 hours
- **Race Cut Off:** 4pm at T1 return (this will be explained further in the document)
- **Race Close Time:** 6pm

Race Format

The race consists of three events:

Stand Up Paddle Board (5.6k)

- Enua Manea Hall at Tikioki (Start/Finish) to Transition 1 (T1, Vaimaanga water exit near Vaima Restaurant)

Cross Island Run (8.2k)

- T1 to T2 at the car park at first bridge as you drive up Uruau Drive, Avatiu Valley (Transition Station 2).

Mountain Bike (45.7k)

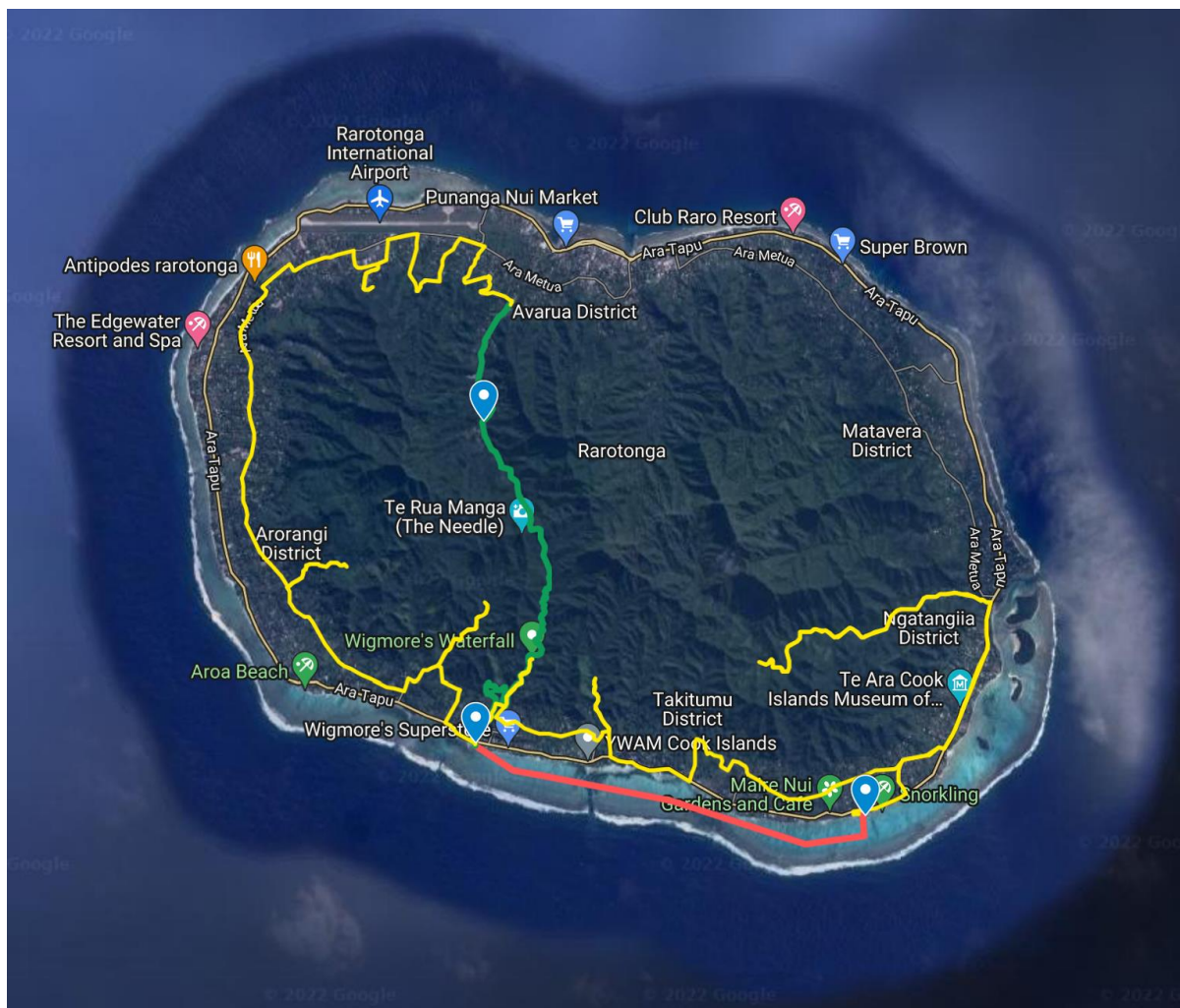
- T2 back to Start / Finish at Enua Manea Hall in Tikioki (Via T1, cut-off transition).



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- The course covers on and off-road tracks, steep hills and water crossings taking a westerly route through Atupa, Nikao, Inave, Vaimaanga, Tikioki Nature Reserve and Ngatangia water intake, finishing at Enea Manea Hall Tikioki. At certain points on the route you will be required to take a 'selfie'. Please ensure you have your fully charged phone!

Race Map



There are two transitions and one compulsory check-in required during the race:

- Transition 1- Paddleboard to Run (Transition Station 1)
- Transition 2 - Run to ride (Transition Station 2)
- Compulsory check-in - Ride cut-off (Transition Station 1)

TRANSITION 1 (Paddleboard to Run)

Location:

- Transition Station 1 - Located at the end of the paddle board section in Vaimaanga.



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Services available:

- Water
- First Aid
- T1 Gear Bag.

Transition Requirements:

- You must transition together (with your team mate).
- You must be checked-in by a Race Official as you pass through (call out your team name).

TRANSITION 2 (Run to Bike)

Location:

- Transition Station 2 - Located at first bridge as you drive up Uruau Drive, Avatiu Valley.

Services available:

- Water
- First Aid
- T2 Gear Bag.

Transition Requirements:

- You must transition together (with your team mate).
- You must be checked-in by a Race Official as you pass through (call out your team name).

T2 will close when the last team start their mountain bike leg.

You may leave any gear you don't require for the bike in your T2 bag. T2 bags will be brought to the finish area for collection at the end of the race.

COMPULSORY CHECK-IN (Bike Cut off)

Location:

- Transition Station 1 - Same location as T1, so you will be passing through this area twice.

Services available:

- Water
- First Aid
- T1 Gear Bag (you may wish to leave additional water, gels etc to help you complete the race).

Transition Requirements:

- You must transition together (with your team mate).
- You must be checked-in by a Race Official as you pass through (call out your team name)



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- Any competitors that pass though after 4:00pm will be stopped and asked to make their way directly to the Start/Finish at Enua Manea Hall in Tikioki. This is because from this point it would take you more than 2 hours to fully complete the final part of the mountain bike course, by which time it will be dark and the race will have closed.

Race Close

Our final race cut-off point is 6:00pm when the race will close. Competitors still on the course at that time will be required to accept a lift back to the start/finish.

We ultimately want all competitors to finish the course but must also be cognisant of safety for you and the safety of our Race Officials, Marshals and Volunteers. Compliance with cut-off exclusions will be assessed on a case-by-case basis at the discretion of the Race Director.

Transport will be available should you require a lift to the finish.

Key Timings

Thursday (before race)

- 6:00pm Race briefing dinner at Flying Turtle Café (Compulsory).

Sat (race day):

- 7:00am - Arrive at Enua Manea Hall, ready for the SUP section.
- Make sure you have:
 - Your mountain bike and T2 Bag. Ride Raro will transport to T2.
 - Your SUP paddling gear.
 - Mobile phone in waterproof pouch/cover. Make sure it is prepared for use (see above)
 - Nutrition and Hydration for the SUP section of the race.
 - Clearly labelled T1 Bag. Race Officials will take it to Transition One.
- 7:45 am - Opening prayer and quick briefing. Tap START TRACKING on your phone app and secure your phone.
- 8:00am - Race starts.
- 4:00pm - Race cut off at T1 (return).
- 6:00pm - Race cut-off.
- Prizegiving will occur once all competitors have completed the race.

Navigation

Course markers are provided, however DO NOT rely on them exclusively in case they get removed or tampered with.

You must familiarise yourself of the course by:



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- Attending Tri Club training events
- Studying the online map (see above)
- Attending the course briefing dinner
- If in doubt on the day, use the Racemap app to check your current position on the course.

Selfies

You must take a team selfie on every hilltop turnaround point. These are shown in the app and marked with special markers on the course. There are 6 photos to be taken in total. Always stay within sight of your teammate.

Time Penalties

Time penalties will be served for diversions from the course which result in any part of the course being missed. If you need to leave the course for supplies or in emergency, you must return to the course in the same spot you left it. No penalty will then be served.

Transition Bags

You will need to prepare two transition bags as follows. These must be given to Race Officials on race day prior to race start (please arrive early).

T1 BAG:

T1 Bag contains:

- Running Shoes
- Towel and change of clothes, if needed
- Nutrition (snacks, gels etc) and hydration (extra water & electrolytes to refill your pack/bottles)
- Any items you may need when your return back through T1 on your Mountain Bike ride, e.g. extra food and water.

T2 BAG

T2 bag contains:

- Helmet
- Cycling gear (e.g. cycling shoes, short, gloves, etc)
- Nutrition (snacks, gels etc) and hydration (extra water & electrolytes to refill your pack/bottles).
- Basic bike maintenance kit to assist you in case small running repairs are needed
- You can leave anything you don't need on the mountain bike (e.g. walking shoes) in your T2 bag. This will be returned to the start/finish when T2 closes.



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Mobile Phone and Tracking

Mobile phones are required for taking selfies at 5 locations on the bike course to prove you have completed the course with both team mates. We recommend you place your phone in a waterproof bag or pouch to avoid damage (these may be purchased from Ariki Adventures online store).

Your team will need at least one tracking device working continuously from Start to Finish. If both team members are using the tracking app (Highly Recommended), consider keeping one phone only as the tracking device, and using the second phone for tracking, as well as taking pictures, navigation, etc.

You are required to install the tracking app on your phone prior to race start. This app allows the course organisers to see where you are but also will help you with navigation.

Prepare your mobile phone for tracking:

- Racemap app installed and team registered.
- Switch off all background apps you don't need.
- WiFi and Bluetooth OFF to conserve battery
- Mobile Data ON (make sure you have at least 20MB of mobile data available)
- Put you phone ON CHARGE overnight.

Race Day Officials and Marshalls

On Race Day you can expect to see Race Officials at the Start / Finish and each Transition Station.

There will also be Qualified First Aiders at each Aid Station.

The course is too long to have marshals tracking competitors in the bush or on the mountain bike. For this reason, you must familiarise yourself with the route prior to race day, ideally during the CITAI group training sessions.

It is essential that your team discusses any contingency plans you may wish to make in the event of injury or needing assistance. One of the reasons that this race is being run as a pair is so that you are able to assist your partner should things go wrong.

You will be able to contact race officials via cell phone throughout the day who will send assistance to you if you need it.

Training

The Cook Islands Triathlon Association (CITA) Ariki Raro Challenge Is an endurance event.

You must undertake suitable training in order to be able to complete this challenge. It will be hard!

It is expected that the race will take between 5 and 10 hours, during which time you will experience fatigue, pain, and an incredible challenge both mentally and physically.



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In order to assist in your preparation CITAI are undertaking 2 training sessions per week, on Thursdays and Saturdays. You are strongly encouraged to attend these sessions. They will not only assist you to be physically fit for the event, they will also enable you to familiarise yourself with the route of each of the 3 disciplines. This is essential for race day as the courses are off-road and, whilst they will be marked, you do need to have trained on them before the race.

You should by now be receiving weekly emails detailing the training for the week. If for any reason you are not, please email rarotongatriathlon@gmail.com with your details and you will be added to the email group.

Prizegiving

The prizegiving will be held at the Start Finish at the Tikioki Tri site once all competitors have finished.

Thanks

And finally, thank you for registering for this amazing challenge, we can't wait to experience it with you. If you have any questions, please don't hesitate to ask one of the committee. Further information can also be found on our website:

<https://www.rarotri.com/raro-challenge-event-overview>

HAVE FUN!