

PEOPLE'S TRIATHLON SERIES

MARAETAI RACE GUIDE



Welcome to the Barfoot & Thompson People's Triathlon Series Event 1

Welcome to the 2024 Barfoot & Thompson People's Triathlon Series kicking off at Maraetai Beach in Auckland on November 10th! This event is all about having fun and enjoying being active together, no matter your age, ability, or skill level. Swim in the inviting waters, cycle along beautiful coastal roads, and run or walk through scenic paths - all at your own pace. We're not focused on who finishes first; we're here to make memories and have a great time. Thanks to our sponsor, Barfoot & Thompson, our incredible volunteers, and of course the community supporters, we can bring you a top-tier Sunday of fast-paced action, or cruisey first time experiences. Do it your own pace!

So grab your gear, bring your friends and family, and join us for a day filled with smiles and camaraderie. We can't wait to see you at the starting line!



MARAETAI BEACH
188 MARAETAI DRIVE
MARAETAI

**BARFOOT
& THOMPSON**
LICENSED REAA 2008

10 2024
NOVEMBER



About the **Maraetai Venue**

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Maraetai Beach is just the spot - clean water, killer views, and space to really unwind or get in a decent swim. It's my go-to for a bit of everything without the fuss.

Maraetai Beach isn't just a picturesque retreat along the Pohutukawa Coast; it's a training haven for triathletes. With crystal-clear waters extending toward the Hauraki Gulf and Waiheke Island on the horizon, it's the perfect setting for open water swim sessions that can clock up some serious distance. The gently undulating hills nearby add an extra layer of challenge for cyclists, while the scenic coastline provides ideal running routes, with a refreshing sea breeze to keep you cool and motivated. More than just a beautiful backdrop, Maraetai Beach is a place to train hard or recharge, making it an unbeatable spot for triathletes preparing for their next race. It's a place where athletes can push their endurance, build strength, and find inspiration in every stroke, pedal, and step, making it a cornerstone for triathlon preparation on the Pohutukawa Coast.



Race Week Schedule

Pre-race pickup Friday 8

15:00 - 18:00

RACE PACK PICK-UP

Visit Rebecca out our office
Unit 8, 3 Workspace Drive, Hobsonville

Pre-race pickup Saturday 9

15:00 - 18:00

EVENT SITE

Maraetai Beach Reserve, Maraetai

Race Day Sunday 10

06:00

RACE SITE OPEN

07:45

RACE BRIEFING

08:00

TRY-A-TRI START

08:05

OLYMPIC TRI START
inc. teams & aquabike

08:10

OLYMPIC DUATHLON

08:35

SPRINT TRI START
inc. teams & aquabike

08:40

SPRINT DUATHLON

10:30

BIKE CUT-OFF

11:15

PRIZE-GIVING

Event Rules & Notes

01 —

Race Pack Pickups for Event One

To collect your race pack, you just need to speak to the registration team and tell them your name, **we recommend doing this on Friday or Saturday for the first event.**

A record number of series passes have been sold this year - amazing! You will get a bib and helmet sticker for each race, as well as a swim cap & timing transponder to bring to each event. If you were an individual series entry to the sprint or olympic triathlon (that entered in time) you will also get a series tee - FREE!

02 —

Parking & Road closures

Parking in Maraetai comes on a "first in, first served" basis - get there early, carpool, and be prepared to put a bit of a warm up on those legs. Avoid parking on, in front of, or near driveways. The small car park behind the event base fills up before 6:30am, so be prepared to use the streets down Rewa Drive, Carlton Crescent, and Maraetai Drive. **Do NOT park inside the parking beyond the road closure from the round about onwards.** You can access the event from the Clevedon side until 7:00am when Maraetai Coast Road get's closed.

03 —

Swim Cap, Helmet Sticker, Race Bib

All swimmers must wear the correct cap colour for their race. Blue for Olympic, Yellow for Sprint, White for Try-a-Tri. This is for our lifeguard safety measures. All cyclists and triathletes must wear a helmet sticker attached to the front of their helmet at all times while on your bike. Race bibs must be worn on the front while on the run and be visible at all times! **Duathletes - your timing transponder is on your race number.** If you don't have a race belt to attach it to, come see registration to purchase one.

04 —

Aid stations & Refuelling

On course you can find a mix of water, elecrolyte drinks, and lollies (contain gluten). Sprint Ddistance will visit the on course aid station 2 times, and the Olympic 3 times.

At the finish line, **Spring Water Solutions NZ** will be keeping you well hydrated with their amazing self-service water stations for you to refill a drink bottle, or take a cup if you must, but reuse & help us reduce waste. There will also be bananas, and Musashi protein bars, please only take one or the other.

05 —

Transition Etiquette

During transitions, please be mindful of fellow participants to ensure a smooth and safe experience. Keep your gear organized within your designated space to avoid encroaching on others. Be aware of those around you when moving through the transition zone, and avoid blocking or impeding others. Remember to handle only your own equipment and respect others' property. **Please note that after 7:30am, the transition area will be closed for everyone until 10:30am.** Following these simple etiquette rules helps create an enjoyable event for all.

Activations & Food + Drink



Barfoot & Thompson

As long as there has been triathlon, Barfoot & Thompson have provided their "World famous in Auckland" sausage sizzle. Take your race number over and show the team to score yours - FREE

SwimT3

Need new kit for the summer season? Head over and score great deals on merch, like the world's best triathlon wetsuit!

Espresso on the Go

Pete has been serving up coffee to triathletes since before you were born (probably), get in and grab a nice warm cup pre-race, or settle in and watch the prizegiving with a cup of Pete's coffee!

Massage

Alongside the sausage sizzle, you'll find the Barfoot & Thompson Best Seats Trailer, they have got 2 hard working massage therapists from Sports Lab giving out free massages. Get in the queue quickly after your race to score a spot!

Spring Water Solutions NZ

Keeping you hydrated while you play, Spring Water Solutions can be found around the aid station area of the event site. Serve yourself some water from their easy to use bubblers - perfect for your office.

Pablo's Acai

A triathlete himself, Pablo knows what makes you tick, and helps you recover post event! Grab a super tasty, and insanelly healthy treat after you finish your race!

Blue70

Blue70's range of triathlon-dominating wetsuits will be available to buy, and we're also giving away one wetsuit as a major spot prize!

Performance Bike Tuning

Hands down, Auckland's go-to bike mechanic, Ben will be on site giving advice and doing small adjustments as many of you prep for a big season of triathlon. Make the most of his aluable time!

Broderick Print & Design

While not on site, the team from Broderick's presnece can be felt through top-tier signage and a colourful, vibrant event!

SWIM

CYCLE

RUN

AID STATION

TOILET



SWIM

CYCLE

RUN

AID STATION

TOILET



Prize Giving

11:15am sharp at each individual event. We will honor our champions with awards and recognize the age group winners of the day – the very individuals you are competing against for the series championship.

Event Awards

Applicable to all events (Olympic Triathlon, Sprint Triathlon, Aquabike, Duathlon):

1st, 2nd, and 3rd Place (Male & Female):
Recipients will receive medals.

Age Group Winners:
First-place finishers in each age category will receive medallions.

Series Competition

At the final event of the season–Mission Bay—we will present awards to our series champions, those who have demonstrated consistency or exceptional performance throughout the season. These champions will receive a large glass trophy to commemorate their achievement.

Please check results that will be live all day, let the registration team know of any inconsistencies you may come across.

Event Rules

Safety First: Prioritize your safety and the safety of others at all times. Follow all event rules and listen to instructions from officials and volunteers.

Respect Fellow Participants: Treat other athletes, volunteers, officials, and spectators with respect and courtesy. **DO NOT using offensive language or gestures.** You will be instantly disqualified

Fair Play: Compete honestly and honorably. Do not interfere with other participants or engage in unsportsmanlike conduct.

Equipment Etiquette: Use only your own equipment. Keep your gear organized within your designated space in the transition area. Do not touch or move another athlete's equipment.

Course Conduct:

Swimming: If you need to stop or adjust, move to the side to avoid obstructing others.

Cycling: Follow all road rules. Stay to the left unless overtaking. Signal your intentions and pass on the right safely. Drafting is legal, but keep off your aero bars while drafting. **Keep LEFT at all times on the road and let others overtake**

Running: Keep to the designated route. Be mindful of other participants and share the path. **This is a KEEP RIGHT AT ALL TIMES run course**, do not cross over.

Transition Area: The transition area closes to everyone after 7:30 am. Plan accordingly to have all your equipment set up before this time.

Environmental Respect: Dispose of trash in designated areas. Do not litter on the course. Help us keep the environment clean.

Medical Attention: If you or another participant requires medical assistance, alert event staff or volunteers immediately and First Aid NZ will take care of you.

Follow Instructions: Adhere to all signage and directions given by officials and volunteers throughout the race.

Have Fun: Embrace the spirit of the event. Encourage others and enjoy the experience!

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THOMPSON &**
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**PEOPLE'S
TRIATHLON
SERIES**

See you on the road.