



Safety Notices to Riders in Le Race

- 1** Please take the time to read these important safety notices, they are for your protection whilst enjoying this great event.
- 2** Make yourself conversant with the course by studying the course map displayed at the registration area (Carry your race pamphlet or downloadable map in your jersey pocket just in case).
- 3** You must stick to the NZ road rules and NOT CROSS THE CENTRE LINE - if you do you WILL be disqualified and taken out of the race - no pre warning will be given.
- 4** You must wear an approved safety helmet at all times.
- 5** Ensure you carry sufficient water (1 litre per hour's riding), and apply sun screen as appropriate.
- 6** Safety briefings for the start will be conducted on the start line at 7.50am. All competitors must attend the safety briefings.
- 7** Although certain areas and intersections on the course are the subject of temporary traffic management you must assume that all roads are open to traffic at all times throughout the event. You must obey the road code and it is vital that you remain to the left of the centre line, or an imaginary centre line on unmarked roads at all times. You will be disqualified for crossing the centre line and may incur an infringement notice from the Police.
- 8** It is impractical for your supporters to follow you in vehicles, and will only increase the congestion on the roads. Please advise your supporters NOT to follow the event, but to take advantage of the many vantage points throughout the course to watch you pass. Supporters cars WILL NOT be permitted on any part of Summit Road between The Sign of the Kiwi and Gebbies Pass and between Hilltop and Akaroa. Supporters cars must park safely off the highway.
- 9** There are likely to be large groups of cyclists, especially in the early kilometres of the event. Try to keep no more than two abreast, and be aware of following traffic.
- 10** There are many blind curves and steep descents on the course, especially on both sections of the Summit Road. Exercise extreme caution, control your speed, and remain as far left as practical. Between the Sign of the Kiwi and Gebbies Pass there are numerous Cattle Stops: slow down and exercise extreme caution when crossing, especially if the roads are wet.
- 11** Be cautious of parked vehicles, vehicles turning, and vehicles entering/leaving driveways throughout the suburban sections of the course.
- 12** There will be a cut-off time at Hilltop of 12:00pm. Riders arriving at this point after this time will be stopped and advised that marshals are no longer in place on the remainder of the route. You may continue to finish the event but are not officially in the race and must fully obey the Road Rules for the remainder of your ride.
- 13** If you pull out of the event you must ensure that you notify the HQ at the finish line so that we can account for every rider.
- 14** Procedure in the event of serious accident: You must stop to render assistance in the event of accidents. If the rider is unconscious, or cannot move unaided, DO NOT move them. Flag down other riders to help protect the injured rider from traffic and wait for assistance. If necessary, dial 111 for St. John assistance, or leave somebody at the scene and ride in the direction of the race to the nearest phone or event marshal to seek assistance.
- 15** We are following Ministry of Health advice around public events. Their Advice is: Reminding you not to attend if you are feeling unwell. Reminding you not to attend if they have been in mainland China, Iran, northern Italy or the Republic of Korea (excluding airport transit) in the past 14 days, practice good hygiene.

Thanks once again for supporting Le Race,
have a safe and enjoyable ride.