

huttvalleyznz.com *Presents*

Wgtn's Favourite Multisport & Mtn Bike Duathlon Event

A Hell of An Event

CRAZYMAN



WWW.CRAZYMAN.GO.NZ

**SATURDAY
MAY 1
2010**

**20th
ANNIVERSARY**

NZ's 3rd Ranked Multisport Event

Information:

Race Registration

Friday April 30, 3-7:00pm at VIC Cycles, 461-463 High St, Lower Hutt

Pre-Race Briefing

Saturday May 1, 7:30am at Korokoro Gateway, west end of Petone Foreshore. All entrants must be present.

Race Start

Saturday May 1, 8:00am at Korokoro Gateway, west end of Petone Foreshore.

Race Finish

Hutt City Town Hall, Laings Rd - 1st finisher expected 12noon.
Prize Giving approx 3:30pm at Hutt City Horticultural Hall, Laings Rd.

Accommodation Options

See www.huttvalley.co.nz

Course Maps

For detailed maps & course descriptions see website.

RACE RULES

- » Lifejackets must be worn during the kayaking.
- » Kayaks must have standard 20ltrs buoyancy.
- » Standards approved helmets must be worn in mtb.
- » Race Numbers must be visible at all times.
- » All transitioning must be within designated areas.
- » Timekeepers must be informed of withdrawals.
- » Organisers reserve the right to course changes.
- » A category must have five entrants to be eligible for merit awards
- » Competitors must carry their own food & fluids during each stage

SAFETY NOTICE

There will be road controls on some parts of the course. BUT ALL ROADS ARE OPEN TO NORMAL TRAFFIC AND PUBLIC USE. At all times you must keep left, give way to all traffic and pedestrians, follow normal road rules, and obey course marshals and Police.

Contacts:

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Address Crazyman: 21 Emerson Street, Petone, LOWER HUTT.

Website www.crazyman.co.nz

Course Details:

The Crazyman – Hell of an Event!

Welcome to the 20th Anniversary of Hutt City's "Crazyman" multisport event. Established in 1991, this is one of NZ's longest standing multisport events. Catering for multisporters and mountain bike duathletes, this huge but achievable challenge is based around the icon outdoor elements of Wellington's Hutt City. In 2008 it was voted NZ's third most popular event...

In short - you'd be "Crazy" not to contemplate the Crazyman... it's a "Hell" of an event !

Average Times: Multisport - 5hrs 45min. Duathlon - 4hrs 30min.

Record: Multisport - 4hrs 09min 24secs (Richard Ussher, 2007). Duathlon - 3hrs 10min 11sec (Dave Rowlands, 2008)

Kayak 12km

The full Crazyman starts at 8:00am with an epic 12km kayak on Wellington Harbour. From the start line at the Wellington Waterski Club in Korokoro Gateway, a mass start takes the race east, following Petone Foreshore under the Petone Wharf, up the Hutt River to the Sladden Park dead-arm, and then back along the Eastern shore line toward Lowry Bay. Kayakers enter Lowry Bay under the Point Howard wharf and then follow the Eastern Harbour coastline south all the way to Eastbourne Wharf. This paddle is in open water and is not suitable for K1 kayaks. Water rescue will be in place but participants need to use a kayak to suit their ability in all conditions.

Average Time: 1hr 20min. Record: 1hr 00min 20secs (Sam Blyde, 2007).

Run 18km

The run section starts from Eastbourne Wharf in front of the Muritai Yacht Club. This is also the start of the Duathlon option at 9:00am. With some of the best views in town, and 80% of it off-road, this 18km tour of the Eastern Harbour Forest Park is one of the nicest runs anywhere. From Eastbourne Wharf it heads south along Eastbourne beach to the Busbarn Track, where the course goes into bush for a 150m high climb over towards Butterfly Creek. A brilliantly scenic run along the creekside tracks is followed by another 150m climb over McKenzie Track, which brings you out opposite the Eastbourne shopping centre for a 2k run around the waterfront to Ferry Rd in Days Bay. From here things get a tad tough, heading back into bush for a 373m high climb to Mt Lowry where the effort is rewarded with spectacular vistas out across the harbour to Wellington city, followed by a no-holds-barred downhill into Wainuiomata where you transition to Mountain bikes at the Wainuiomata Mtn Bike Park in Waiu St (off Parkway Rd).

Average Time: 1hr 50min. Record: 1hr 15min 10secs (James Coubrough, 2007).

Mountain Bike 36km

The final leg of the Crazyman is one of the highlights. This ride has everything; with two big climbs, heaps of big thrills downhill, some spectacular single track, and it's 95% off-road, 99% rideable and 100% fun. Starting in Waiu St, the ride starts with several kilometres of sweet single track within the Wainuiomata Mtn Bike Park, then heads north along Hutt City's Eastern Skyline where competitors get great views of the Hutt Valley before diving down into Stokes Valley where a culvert under the road pops them out on the Hutt Riverbank for a fast final 12km to the finish outside Hutt City Town Hall.

Average Time: 2hrs 20min. Record: 1hr 27min 03secs (Wayne Hiscock, 2003).

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pink: design

Just Sport.

www.crazyman.co.nz