

Transition & Upper Hutt flows

Overview

Transition is a complex situation at the best of times; how do you go from run to bike or vice versa, where do you enter and exit transition? There are many questions that arise in a task that takes up such a small part of the overall event.

Being prepared for what you will face in transition can make your day so much easier and simpler, so that is why we supply this information, to help you with understanding what is transition, and how to get from A to B

Though we have multiple events and options between May and October, we have tried to keep the transition as simple and consistent as possible, so that from one event to the next, the confusion is kept to a minimum. (Of course, with this event in upper Hutt while the rest have been at Scorching Bay, there are needed to be some basic changes due to the different location).

Clarification of terms: What is T1, & T2?

- T1 - transition one - where you change from running to cycling
- T2 - transition two - where you change from cycling to running

Basic flow

To keep the transition as simple as possible and to be as safe as possible we have made the way you progress through transition the same, no matter whether you are finishing your run or cycle.

At all times you will enter the transition from the South (from Somme Road / YMCA direction), and exit the transition to the North (on Messines Ave).

To understand these flows further please refer to the explanations and diagrams that follow.

Race Start

Refer to **diagram A** to match the descriptions below

- You will start on Messines Ave on the footpath just north of transition
- The run heads east (away from) the transition area along the footpath of Messines Road to cross Gallipoli Road

Ending each run lap

Refer to **diagram B** to match the descriptions below

- At the end of each run lap you will turn into the inner campus road north of the YMCA
- From there you will keep the Traffic cones on your left as you run to transition
- For those of you doing multiple laps on the run (opening Medium course run and the Long options – both opening and closing runs) you will loop around behind the transition to start your second lap.
- Otherwise you are to enter transition or the finish line as instructed elsewhere in this document

Entering and exiting T1

Refer to diagram C to match the descriptions below

- To enter T1, you will
- At the end of each your run you will turn into the inner campus road north of the YMCA
- From there you will keep the Traffic cones on you left as you run to transition
- Go to your bike, change your gear over (shoes etc).
- Before you take your bike off the rack ensure that your helmet is on your head and fastened
- Walk or run your bike to the north end of Transition and walk it out across the footpath to Messines Ave
- You will cross the road and turn east (right) and at the marshal instructions mount you bike and head away from transition

Ending each cycle lap

Refer to diagram D to match the descriptions below

- As you return to Transition along Messines Ave at the end of you first lap for the short and long courses you will move to the centre of the road as your approach Seddul Bahr intersection (on the right as your approach)
- You will at the intersection complete a 180 degree turn at the marshals instructions before heading back out for your second lap
- For Novice & medium course Participants at the end of your only cycle lap, and for Short and long course participants at the end of their second lap, you continue straight on towards transition

Entering and exiting T2

Refer to diagram E to match the descriptions below

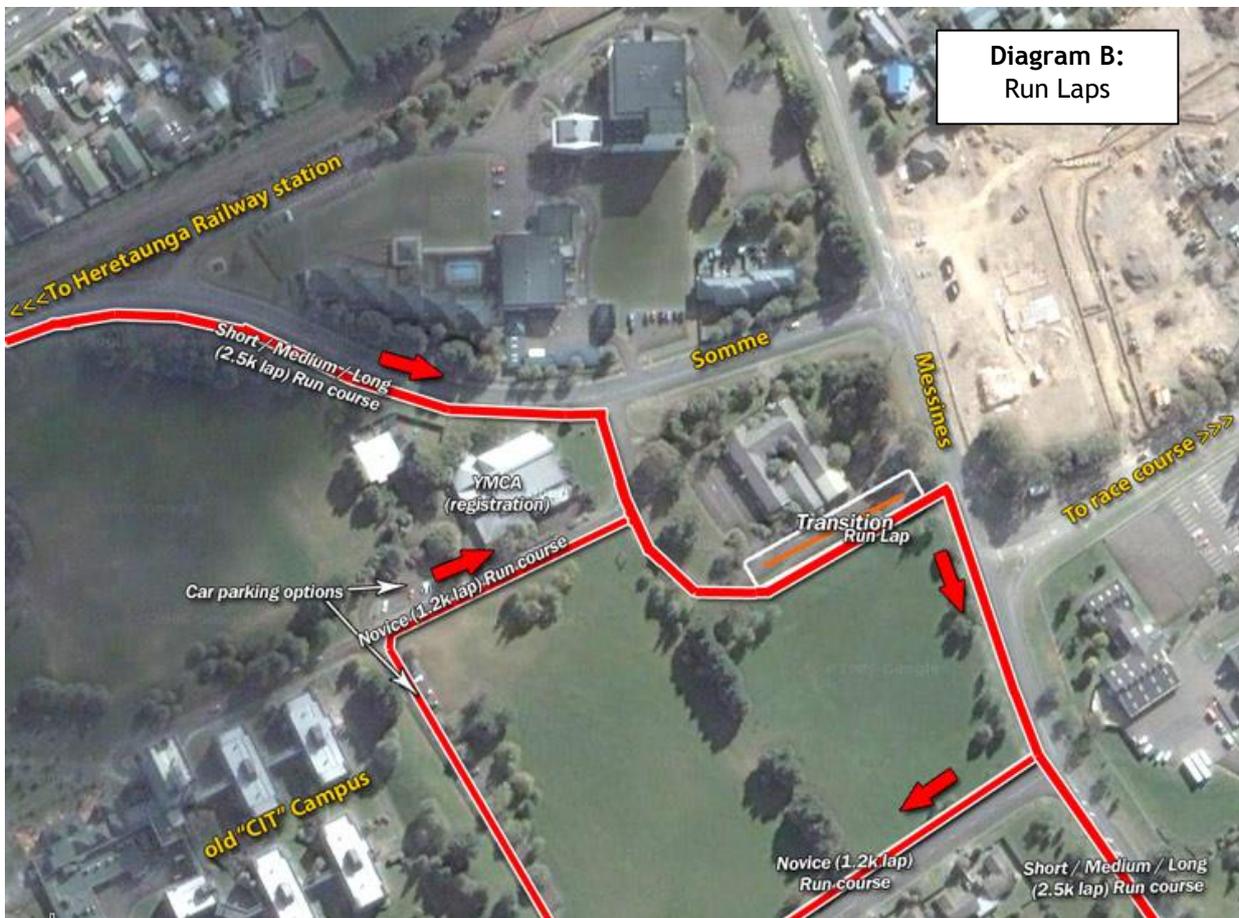
- To enter transition from the bike leg, you will cycle pass the transition exit on Messines Ave,
- You will take the left turn into Sommes Road
- Then 50m later take the left into the internal Campus road
- Dismount your bike at the marshal instructions on the campus road
- Walk or run your bike back into transition – please keep the traffic cones on you right at all times
- In transition you will rack your bike properly back where you originally had your bike positioned (please do not throw your bike on the ground)
- Once your bike is properly racked you may take your helmet off.
- Exit T2 by running to the northern end of the carpark and exiting out onto the footpath on Messines Ave, from here you will turn right to start your run

Finish Line

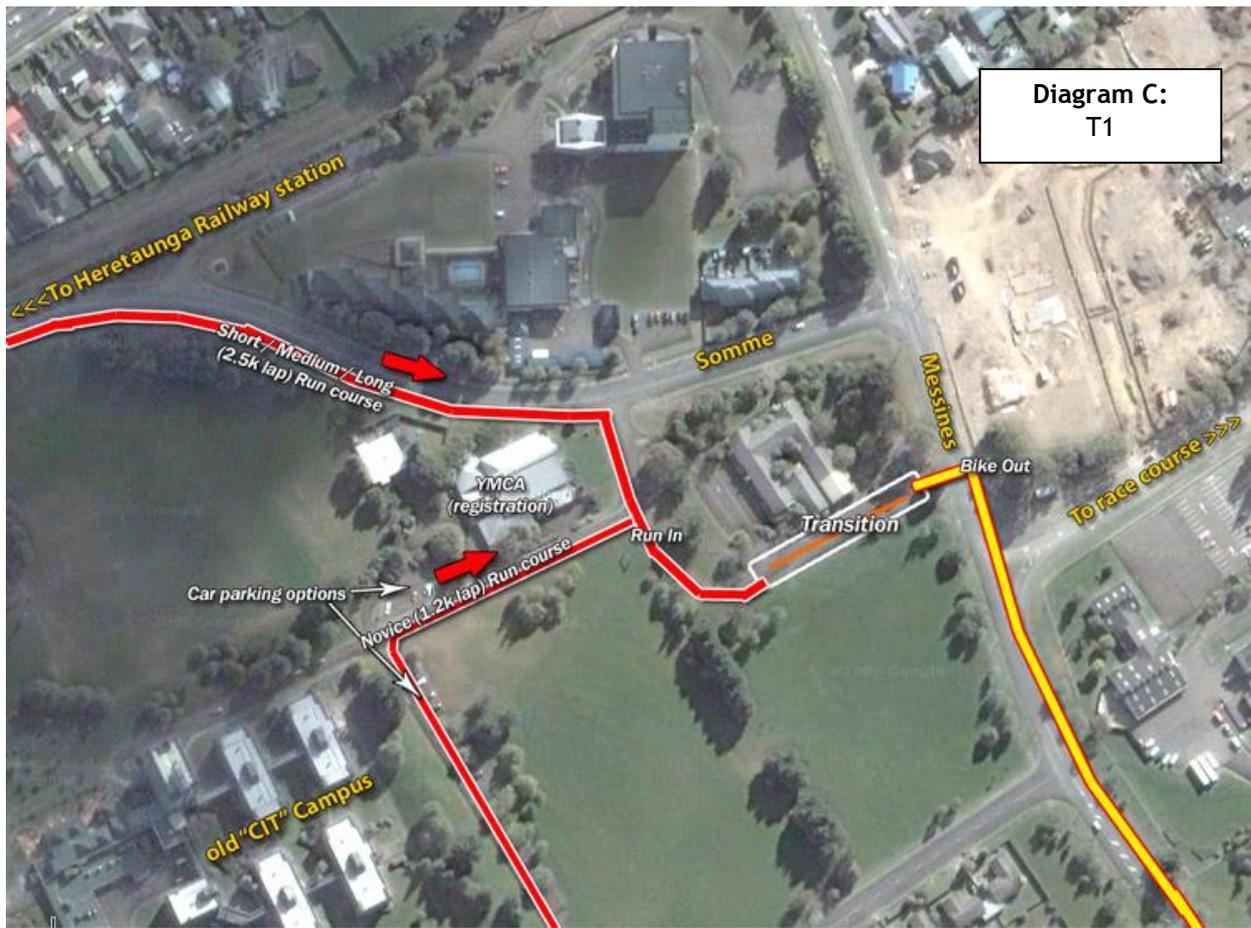
Refer to diagram F to match the descriptions below

- To finish your Scorcher, you must cross the finish line.
 - The finish line is located on the grass behind transition.
 - At the end of your closing run you you will turn into the inner campus road north of the YMCA
 - From there you will keep the Traffic cones on you left as you run to transition, you will then run to the left of transition and enter the finish straight to cross the finish line
 - Enjoy your time coming across the finishing line
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Transition & Upper Hutt flows – Photos



Transition & Upper Hutt flows – Photos (cont pg 2)



Transition & Upper Hutt flows – Photos (cont pg 3)

