



The Essential Event Guide

Are you ready and excited?..**We are!**

Within this guide, we'll cover what you need to bring and wear, what you need to do when you arrive, some details of the routes (so you can get some practice in!) and some FAQ's.

But don't worry, the entire site and course will be covered by our marshals, who are there to help and answer any questions you might have on the day.

What do I need to bring?

We've made this easy for you, everyone is different so we have broken this down into essentials and recommended:

Essential Kit

- SUP board + fin (unless hiring from #supbikerun)
- SUP leash (unless hiring from #supbikerun)
- SUP paddle (unless hiring from #supbikerun)
- Mountain bike
- Helmet
- Spare inner tube or repair kit
- Pump
- Lights advisable if foggy or heavy rain forecast
- Cycling shoes or running / trail shoes
- Small backpack
- Money for Café and Surfdome pop-up shop

Non-essential Kit

- Running or cycling t-shirt
- Lightweight waterproof jacket (if rain forecast)
- Lightweight fleece (if cold)
- Running / cycling shorts (boardshorts)
- Towel or change robe
- Sunglasses

Check out the SUP Bike Run page on Surfdome for anything you need to buy before the event, they provide free next day delivery and free returns:
www.surfdome.com/supbikerun

Transition Zone Storage

Each participant will be permitted to leave his or her personal belongings at their designated bike zone point. We advise storing all personal items in a small backpack to prevent cluttering the area and help prevent items being lost. At registration, each participant will be allocated a sticker sheet with numbers and luggage label.

The bike transition zone is staffed at all times, #supbikerun accept no liability for missing items.

Where do I go and Park?

This is simple just follow the below map and:

- If you are hiring a SUP you must park in Parking Zone A
- If you are bringing your own SUP you must park in Parking Zone B
- If you have spectators coming to watch you they must park in Parking Zone A
- If you have spectators coming to watch who are disabled they will have spaces allocated to them in Parking Zone B (upon showing a blue badge)



What do I do when I get there and finish?

8am – 11am Participants with own SUP

- Park in Parking Zone B
- Register in registration tent situated in the car park – Ensure you ONLY register at your designated time (not earlier)
- Take bike, helmet and trainers to bike rack (ensure bike, helmet and all personal belongings are labelled. Sticker sheet and bike / SUP labels supplied at registration)
- Return to car get changed and ready for the event
- Collect SUP and paddle – take to Vita Coco Start beach (all participants to wear a leash)

Finishing

- Please return to your vehicle and put on warm clothing, re-hydrate and rest your legs
- Collect your SUP from the SUP collection zone and take back to your vehicle
- Collect your bike and belongings from the bike rack and return to your vehicle
- Come to the Café and bar to watch the other competitors, listen to some funky tunes and chat about your event

8am - 11am Participants Hiring SUP

- Park in Parking Zone A
- Get changed and ready for the event, bring bike, helmet and trainers to registration
- Register in registration tent situated in Parking Zone B (Coach Road) - Ensure you ONLY register at your designated time (not earlier)
- Take bike, helmet and trainers to bike rack (ensure bike, helmet and all personal belongings are labelled. Sticker sheet and bike / SUP labels supplied at registration)
- Go to Vita Coco Start beach, a marshal will provide your SUP and paddle

Finishing

- Please collect your bike and return to your vehicle and put on warm clothing, re-hydrate and rest your legs
- Come to the Café and bar to watch the other competitors, listen to some funky tunes and chat about your event

Spectators

- Park in Parking Zone A
- Make your way to the Surfdome Shop, Bar and Café

Disabled Spectators

- Park in Parking Zone B - Space is limited, so only blue badge holders will be permitted to park in this car park. A marshal will ensure you gain relevant parking
- Make your way to the Surfdome Shop, Bar and Café - Please ask a marshal if you require any assistance

What are the different course routes?

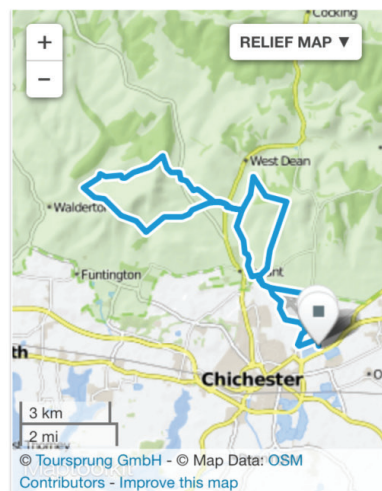
The best place to check out the course routes is on the website, these link to bikemap.net so you can take closer looks at the different sections. A full and detailed bike course map including gradients is also available to view on Movescount (link on our website). But below are the course maps also:

SUP COURSE - [VIEW MAP](#)



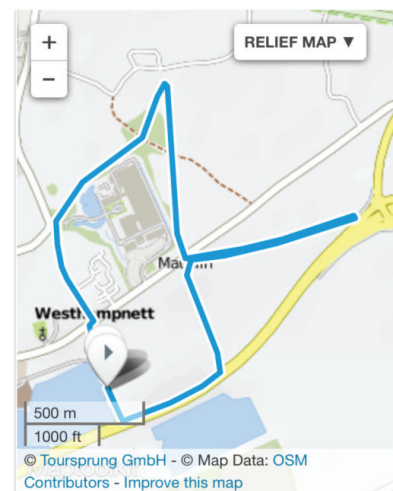
Route [2,622,397](#) - powered by [www.bikemap.net](#)

BIKE COURSE - [VIEW MAP](#)



Route [2,780,613](#) - powered by [www.bikemap.net](#)

RUN COURSE - [VIEW MAP](#)



Route [2,622,367](#) - powered by [www.bikemap.net](#)

FAQ's

Will there be food and drink available onsite?

Yes at the main facility there is a bar and café, but please bring any supplement's you may want with you.

Are there feed and hydration stations on the courses?

Yes, drinking water is available as you leave the lake. A fully stocked feed station is provided on the bike course including energy hydration from Mountain Fuel. Vita Coco will keep you hydrated on both the start and finish line.

What happens to my SUP gear when I leave the water?

You must put the sticker and labels provided on all your gear, when you leave the water a marshal will take your SUP and paddle to the SUP collection zone.

I understand you have to have a SUP leash and cycle helmet to compete, what if I forget mine?

We will have limited amounts of spare helmets to lend out and the Surfdome shop has SUP leashes to buy - If you forget anything else you need the Surfdome shop is stacked full of handy race gear!

What do I do if I arrive early?

If you are very early there are a few shops and café's near by please go for a drink until your designated time. If you are only a little bit early please go to the correct car park, and head to the main Café and Surfdome Shop. Please only go to the registration tent at your designated time and please do not take your kit out of your car before you register.