

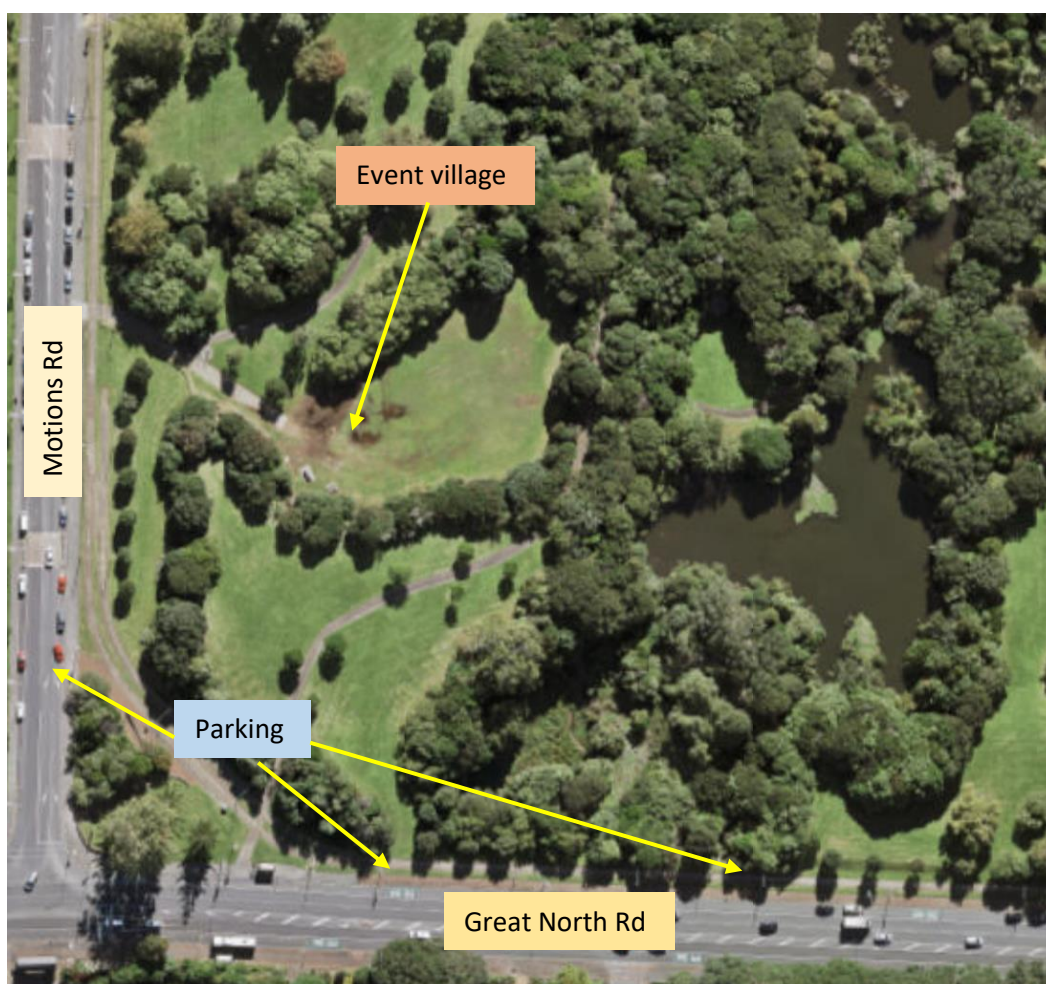


INFORMATION FOR ALL PARTICIPANTS
Broderick Print Run Auckland and Half Marathon Series
Event 1 Western Springs – Lakeside Park

Sunday 12 May 2019

Getting to the event and Parking

The Event Village and start/finish line is in Lakeside Park at Western Springs just off Motions rd and Great North Rd. If you need help, just put Lakeside park or Auckland Zoo into google maps and it will take you straight there. A reasonable level of parking is available around the area including street parking. Please do not park in the Zoo parking area





Gear bag drop

If you have a gear bag you wish to leave with us while you are on the course you can drop that off at our gear drop point at the registration tent. Please make sure your belongings are contained in a bag for this purpose and clearly labelled with your name and race number. Please note that while all care will be taken to ensure the security of your belongings, RunNZ Ltd take no responsibility for any loss or damage to your belongings while they are under our care.

Race day schedule

7.00am Race Venue Opens to Participants

7.00-7.55am 5km Rego & Late Entries

7.45am Race Safety Briefing 5km

7.50am Pre Race Warm Up

8.00am 5k Runners Start

8.02am 5k Walkers Start

8.00-8.40am 10km Rego & Late Entries

8.30am Race Safety Briefing 10km

8.35am Pre Race Warm Up

8.45am 10k Runners Start

8.47am 10k Walkers Start

8.45-10.10am RUN kids Rego & Late Entries

10.10am Race Safety Briefing RUN kids Participants

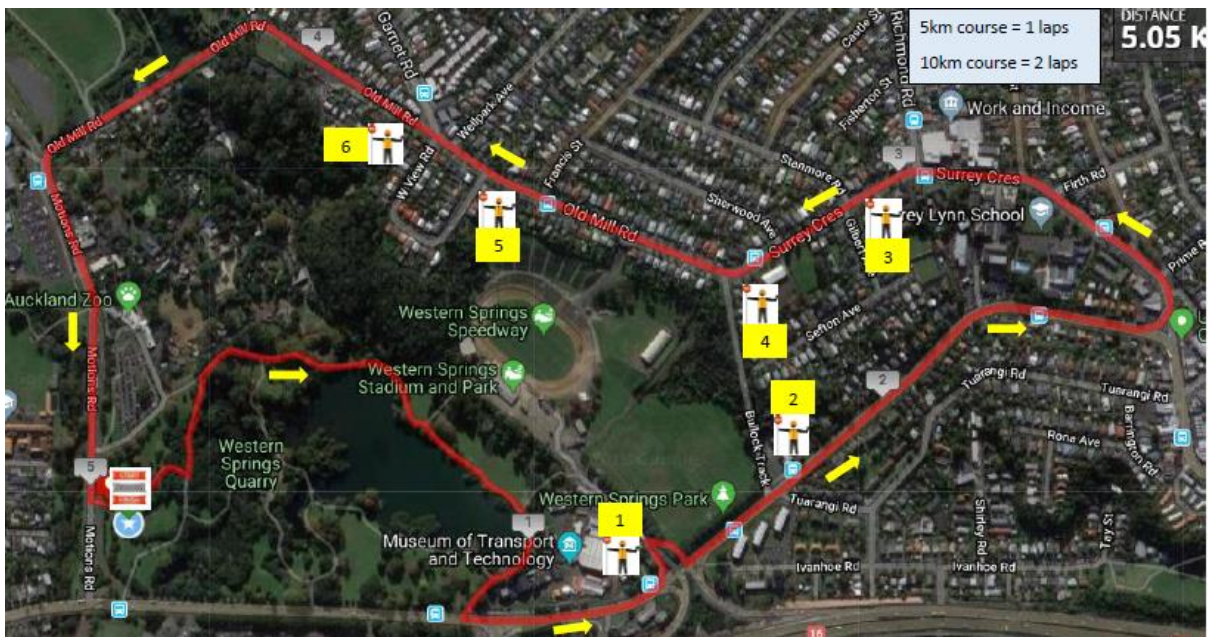
10.15am RUN kids Start

10.45am Prizegiving



Course maps

5km and 10km



2.5km Kids dash = 1 lap





Aid stations

The course will be clearly marked for your distance, but please ensure you know the course and follow any markers and instructions from marshals. There will be 2 drink stations located for the 5 and 10km course. 1 at the start finish line at the start/finish and we will also place a passive Drink (self Service) station on Old Mill Road. This will have cups, water and a rubbish bin for you if you require water.

The aim of the passive drink station is to ensure water is available for all our participants to cater for all levels but to also save of waste

Timing

Mytime will be support the Run Auckland Series again this year with timing and you will are able to see your times shortly after each event as well as any historical timing if you have competed in any events they provide timing for, including prior Run Auckland years.

This year we will again have the timing chip attached to the back of your race bib, (so now you only need to remember this one thing each race). It is important that you do look after your race bib and bring this for each event. If you forget your bib and require a replacement it will be a \$5 cost.

Changing Distances

If you need to change your race distance for whatever reason – injury or you feel super awesome - just pop up to the registration area on race day and they will take your name and race number and change of distance. Easy as!

Pacers

We are really pleased to have the team from MetroRun on board this year to provide pacers to help you achieve your goals. They will provide pacers for both the 5km and 10km distances. Just look out for their flags for your goal time and pace and remember to thank them after the event if you reach your goal!



The Event Village

The heart of the Run Auckland event! We are really excited to bring the Run Auckland Series to you this year. We are keen for the start/finish line to be a place where you can enjoy sharing your race highs and lows with your fellow competitors. Stick around and enjoy the atmosphere as we cheer everyone across the finish line. The highlight of the event is always the Kids dash – where we cheer on our future generation of runners and walkers. Some of the highlights you can look forward to at the Event Village while you cheer them on include:

- Our MC Alan from Going Bananas will keep the music going and will keep your spirits up.
- Maree from Girls that Run NZ will be there to warm you up before your event.
- Our sponsors will be there including Peak Pilates and Physiotherapy to offer you a post-event massage, plus Fashion Brazil with some awesome range of women's running apparel along with other exhibitors and food vendors.
- Pete and the all-important coffee cart plus a food cart this year
- Plus, a range of other sponsors and exhibitors

Spot prizes

We have a range of spot prizes and other event prizes on offer including vouchers and prizes from RunNZ, Broderick Print, Go Run Girls, Mad Running, Fashion Brazil, Peak Pilates and Physiotherapy, which will be drawn at the Prize giving at 10:45am. You need to be in attendance at the prize giving to be eligible for these prizes. You will need to register to go into the draw on the day..

Thanks to our sponsors

APRIL - AUGUST 2019

5K
10K
21K
(Race 6 Only)

6 RACES
LOCATIONS

RUNAUCKLAND.CO.NZ

This event has been brought to you by RunNZ. We owe a huge amount of thanks to our sponsors who have helped us to successfully bring the Broderick Print Run Auckland Series 2019 to you. In particular, thanks goes to:

BRODERICK
printing & design ltd
www.broderickprint.co.nz

Waking Giants.

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