



RACE INFORMATION
Event 5 Remuera - Waiatarua Reserve
Sunday 4th August 2019

Getting to the event and Parking

The Event Village and start/finish line is in the Waiatarua Reserve in Remuera. Just off Abbotts way. If you need help, just put Waiatarua Reserve, Remuera into google maps and it will take you straight there. A reasonable level of parking is available around the area including street parking.



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 map

10km, 5km and Kids Dash Course





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 one drink station located at the start/finish which can also be used by participants as they complete the required number of laps i.e. for the 10km runners/walkers there will be 3 opportunities to take on water.

Timing

Timing will be provided by Run Auckland and provisional times will be posted shortly after each event. We are just confirming up the series points and hope to have them up shortly on the website.

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!

Photos

These are now available at <https://runauckland.smugmug.com/> thanks to James from Hanson and Daughters. The photos look amazing and I am sure you will be keen to keep some memoirs of what you have achieved at the Run Auckland Series.



The cost download photos are .95 cents per photo and a processing fee of .77 (one off cost) or if you have a few photos you are after pay \$7.72 for access to the full gallery.

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

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 Run Auckland Series 2018 to you. In particular, thanks goes to:



Waking Giants.

