



INFORMATION FOR ALL PARTICIPANTS

Broderick Print Run Auckland and Half Marathon Series

Race 5 Henderson – Henderson Park

Sunday 27th September 2020

COVID-19 LEVEL 2 EVENT

Due to Auckland being in level 2 we will run this event differently than others to ensure the safety of all participants and the event team. Please read the following information carefully and abide by all instructions.

The event will go ahead, but with staggered waves (up to 80 people per wave) or the option to run/walk a virtual race in your own backyard.

- **Race village will be limited to start/finish line**, registration, medical, toilets, and coffee. Pete, the coffee van, will be on site to offer coffee and he will be following level 2 guidelines. There will be no bag drop and no water station. You will need to be prepared to stow your own belongings and carry your own water.
- **Can people register on the day?** **No.** This could exceed gathering limits as we do not have control of when people turn up. If you know of anyone interested, please let them know to sign up before midnight on Friday 25th September and they will be sent a wave time before 5pm on Saturday 26th.
- **Waves will go every 30 minutes.** We have pre-allocated wave times. We will send out a link for you to check your wave start time. You will also be able to access this list from our Run



Auckland website home page from tomorrow (Tuesday). There are distinct waves for 5km Run, 5&10km Walkers, Kids dash, 10km Run (in that order). There will be an opportunity to put in a transfer request by email if you need to transfer to a different wave. DO NOT put a request on Facebook. We will only be responding to email requests. We will attempt to transfer you to your preferred wave group if there is room to do so within the limits. We will try to accommodate these requests if possible. However, our first consideration will be for the safety of all participants and maintaining our wave limits. Please consider carefully if you really need to make a transfer request before doing so. We know that this is not an ideal situation, but it is important we stick to guidelines if we want to proceed with the event at all. **If you do not plan to attend the event in person (i.e. you plan to do a virtual race on your own or are not taking part at all on this occasion) please let us know so that we can free up your spot in the wave.**

- **Arriving at the event.** We ask that you do not come to the event village and start area sooner than 15 minutes before your wave start time unless you need to collect your race bib and timing chip from registration. If you need to collect your bib and timing chip, please ensure you recognise social distancing guidelines in the queue. We also recommend you wear your face covering while you wait. Race briefing will be 10 minutes before the start time.
- **Race points.** If you take part in person, race points will be allocated as for all other events. If you decide to take part in the virtual race you will be awarded 10 points for series and 2 points for age group (like we did for the last virtual event).



- **At the start line.** There will be a designated space for wave groups to muster while they await their start. We ask that you maintain social distancing while you wait, keeping at least one metre from your people not already in your bubble. We strongly encourage you to be wearing face covering while waiting for your start.
- **When you finish and spot prize draw.** When you finish your event, we ask that you do not loiter and that you leave the event village so that you are not mingling with people in other waves. There will be a finishing chute that directs you away from those gathering for their start time. The spot prize draw will be conducted virtually similar to our last virtual event with the results posted on Facebook.
- **Follow public health guidelines.** If you are sick or displaying any flu or cold symptoms, please do not come to the event. Please also follow basic hygiene practices – keeping your hands washed/sanitised, coughing into your elbow, avoiding touching your face, etc.
- **Contact tracing.** There will be Covid Tracing app QR codes around the event village for you to check in at the event.
- **Support people.** While we love having support people and spectators, we ask that they do not gather around the event village, but rather that they support you out on the course. Please also ensure they are following guidelines regarding social distancing, etc.
- **If you plan to take part virtually in your own backyard.** You can take part at any time up to 2pm on Sunday 27th September. You just need to send BY EMAIL to david@runnz.co.nz a) proof of run/walk, b) your name, c) bib number, d) and category (e.g. 5km Run, 5km Walk, 10km Run, 10km Walk, Kids dash). If you do not



submit before 2pm on Sunday you will not receive race points or be eligible for the spot prize draw.

Getting to the event and Parking

The Event Village and start/finish line is at Henderson Park just off Wilsher Crescent. If you need help, just put Henderson Park into google maps and it will take you straight there. There is plenty of parking available around the area including street parking.



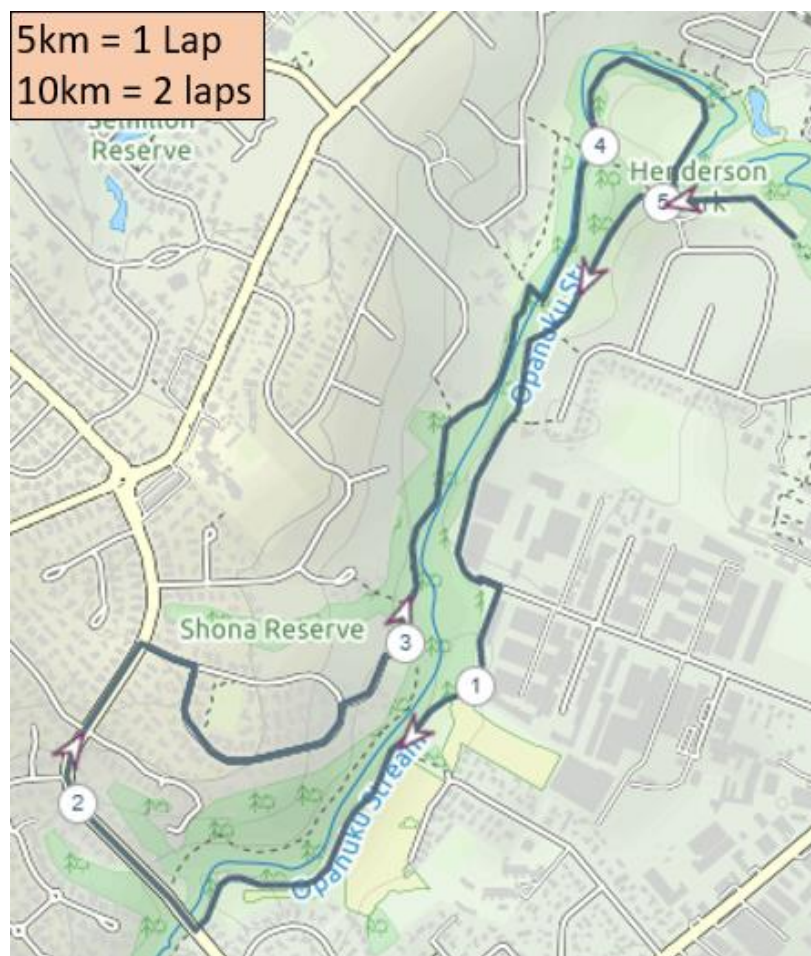
Gear bag drop

There is no Gear Bag Drop



Course maps

10km and 5km Course





Kids Dash Course



The Course

The course at Henderson park offers a mix of a wide concrete footpath and nice trail. The trail is very manageable in road shoes and not difficult at all, but it is trail so if you have not run on any trail before a couple of things to take note of

- If the weather is wet this will be a little more slippery, so if you have trail running shoe wear them and take a little more care.
- Trails are not flat and often change direction and had obstacles in the way at both feet height and head height, by leaving a little gap between you and the person in front will allow you to see these obstacles and it is common just to call out to warn the person behind i.e. if a low branch, shout head



Aid stations

There will be no water stations at this event due to Level 2 restrictions

Timing

Timing will be provided by RunNZ and provisional results posted after the race has finished. Please do not gather too closely at the start line as your start/finish times will only be collected as you cross the line (you should be social distancing anyway!).

This year you will get a Shoe Tag as part of your race pack and this is to be attached to your shoe for each race. If you only signed up for a single event, then please return the chip after your race. For those doing the series, this chip is to be kept and used for all six events. It is important that you do look after your timing chip and bring this for each event. If you forget this and require a replacement it will be a \$10 cost.

Changing Distance or Event

If you need to change your race distance for whatever reason – please email before midnight on Friday 24th September. If you change your mind on the day please run/walk in your allotted wave and email david@runnz.co.nz as soon as possible after the event to let us know.

Pacers

Sorry – to help with managing numbers and also due to so many waves the awesome team at Metrorun will not be with us at this event.

Spot prizes

We have a range of spot prizes including vouchers and prizes from RunNZ, RonHill, Broderick Print, Go Run Girls, Peak Pilates and



Physiotherapy. As above, these will be drawn virtually after the event and the results posted on Facebook. You need to have taken part in the event – in person or virtually to be eligible for the spot prize draw. As noted above, if you take part virtually you need to submit your evidence by 2pm on race day to david@runnz.co.nz.

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 2020 to you. In particular, thanks goes to:

Waking Giants.



Please remember – all participants and helpers are advised if they are sick or have symptoms of COVID-19, they should stay home.