



## INFORMATION FOR ALL PARTICIPANTS

### Race 3 Henderson – Henderson Park

### Sunday 11th July 2021

Welcome to race 3 of the 2021 Ronhill Giants Run Auckland Series and Half Marathon. Was great to get out the first 2 races with no incident, COVID-19 or rain, can we do it again for this race?

#### **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.





## **Race Pack Pick Up**

For most that are doing the Series you would have already picked up your race packs and timing chips, please remember to bring these to each race otherwise a replacement cost of \$10 will occur. For those only doing this race, please arrive at the event village with plenty of time to pick up yours pack and be at the start line ready for your race. Plus after your race please leave the timing chip in the bins provided at near the start/finish line and the registration tent.

## **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

**8.00-8.45am 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**

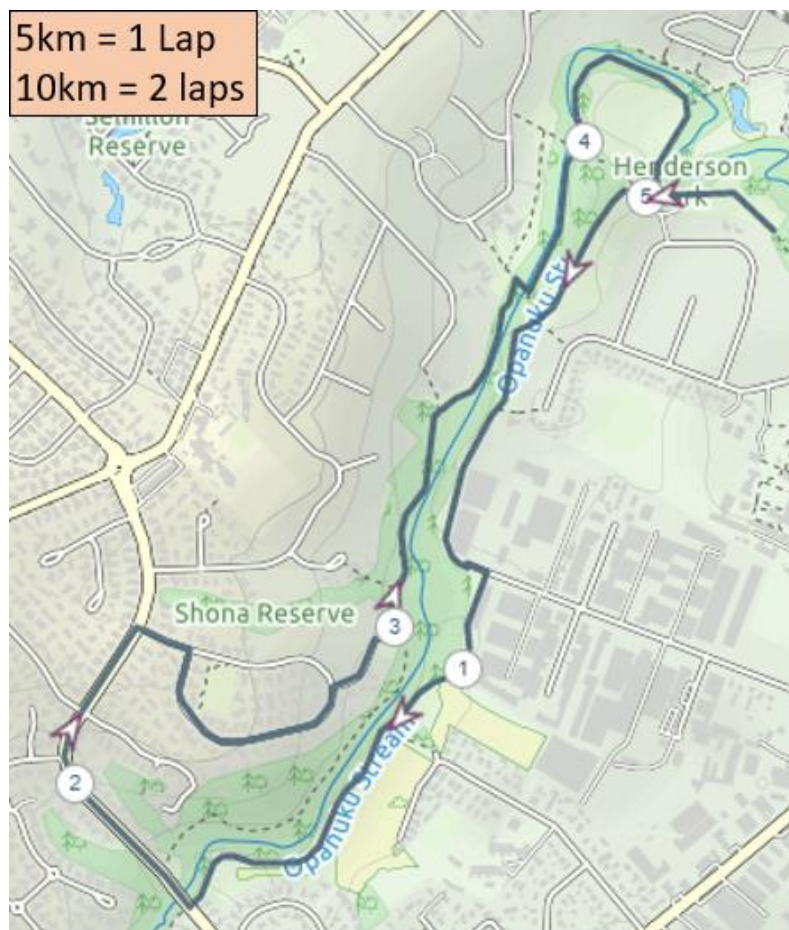
10.10am Race Safety Briefing RUN kids Participants

10.15am RUN kids Start

10.45am Prizegiving

## Course maps

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

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 drink stations located on the course. 1 at the start finish line at the start/finish and we will also place a second Drink station for runners/walkers just before the 2km point.

## Timing

Timing will be provided by RunNZ and provisional results posted after the race has finished.

This year you will get a Shoe Tag as part of your race pack and this is to be attached to your shoe (see picture for location) 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 – 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!

If you are entered in the walk you **MUST** walk the whole event. If you intend to run at all, even a little run/walk you should be entered in the run event. You can change your event at registration if you need to.

## **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!

## **COVID-19**

To ensure that RunNZ follows MOH guidelines on managing a safe environment for all, participants, spectators, staff and locals we ask that you all follow public health guidelines and practice i.e. keep contact to a minimum, sneeze into your elbow, wash hands and use the sanitizers provided.

**All participants and helpers are advised if they are sick or have symptoms of COVID-19, they should stay home.**



- RunNZ will display the NZ COVID tracer QR code at the event so you can check yourself in. We will also be using our timing system as a contact tracing register for all participants.
- Hand sanitizer stations will be set up in the event village.
- RunNZ will monitor the COVID-19 website and MOH for any changes that could impact the event and act in accordance to any advice given by public health authorities.

## **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 Jason 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 Domistique, and RonHill will be along with other exhibitors so please go check them out





- Pete and the all-important coffee cart
- 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, RonHill, Broderick Print, Go Run Girls, R-Line, 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 2021 to you. In particular, thanks goes to:



**Waking Giants.**

