



INFORMATION FOR ALL PARTICIPANTS

Race 3 Paremoremo – Sanders Reserve

Sunday 31st July 2022

With 2 races down and both in stunning weather for a winter series, we head next to Sanders Reserve in Paremoremo on the shore. This is the toughest of our 6 courses but set in a stunning location with just as stunning views to take your mind off those little climbs.

Getting to the event and Parking

The Event Village and start/finish line is at Sanders Reserve in Paremoremo. Due to the limited places to park at this event location RunNZ will be providing a bus service from Albany Park and Ride Bus station to the event and returning afterwards. Due to this we have pushed the start of the 10km out from 8:45 to 9am to allow time for the buses and to help with congestion around the start area. We strongly recommend you leave plenty of time to get to the start line given this our first event and so the registration desk will be busy! If you do not have your race packs, then you should aim to arrive at the village at least 45 minutes before your race to ensure that this can be collected and you can make your designated start time stress free.



A Bus timetable is as follows:

06:45 – leave Albany Park and Ride (look for the Run Auckland Bus Stop Sign)

07:00 – drop off and leave Sanders Reserve

07:20 – Albany

07:40 – Sanders

07:55 – Albany

08:15 – Sanders

08:30 – Albany

08:45 – Arrive Sanders

09:15 – Leave Sanders

09:35 – Albany

09:50 – Sanders

10:10 – Albany

10:30 – Sanders

10:50 – Albany

11:10 – Sanders

11:30 – Albany

11:50 – Sanders (if required)



Race Pack Pick Up

For most series pass holders, you would have already collected your race pack. For any series pass holder that have not and all race 2 participants you can collect yours on race day, please do allow a little extra time before your race so you can pick this up and be set to go with little stress.

Also for those only doing race 3 after your race please leave the timing chip in the bins provided at near the start/finish line or 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

8.45am Race Safety Briefing 10km

8.50am Pre Race Warm Up

9:00am 10k Runners Start

9:02am 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

11.00am Prizegiving



Course maps – 5km and 10km

10km Course = 2 laps
5km course = 2 laps





Kids Dash Course



The Course

You are reminded that the course at Sanders Reserve is a trail course and trail shoes would be recommended, especially if it is wet. The course is the most challenging of the Run Auckland Course, with 250m of climbing per 5km. So, pace yourself and those hills training sessions will come in handy.

There has been a lot of work done on the pathways and those inside the Mountain bike area are in good condition, but the horse park does have a couple of muddy/slippery places.



Aid stations

There will be one drink station at the crossroads on the track and you will be able to get water at approximately 2km and 4.8km each lap. Plus, there will be a self-service drink station in the village area for before and after your race. Please remember to bring your own drink cup, water bottle to use before and after your race, as no plastic cups will be provided, we will have reusable RunNZ cups available for sale at the registration tent for only \$10 and these easily squash up and fit into your pocket while running.



Timing

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

Please ensure that your Shoe Tag is attached to your shoe (see picture for location) for each race. this will not work if in your pocket or attached to your race bib.

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.

- 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 with 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.
- The team from TTT will be doing the warm ups before each race
- Our sponsors will be there including Peak Pilates and Physiotherapy to offer you a post-event massage, R-line, Steigen and Domestique, and 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
- 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, Steigen, Domestique, 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 2022 to you. In particular, thanks goes to:

