



INFORMATION FOR ALL PARTICIPANTS

Race 4 Western Springs Speedway, Western Springs Sunday 28th July 2024

Welcome to race 4 of the Run Auckland Series and Half Marathon 2024. While we are holding the event as schedule at Western Springs, we have relocated the Start/Finish area to the Western Springs Speedway on Stadium Rd. This is due to the numbers signing up and this location meets the needs of the event, with a larger location for our event village, some parking, plenty of toilets.

Below is lots of information to help you before, during and after your event and these are normally sent out a week before each race.

Getting to the event and Parking

The Event Village and start/finish line is within the Speedway of Stadium rd. If you need help, just put Western Spring Speedway Atatu into google maps and it will take you straight there. There is some parking inside the speedway, but this will fill up fast and also due to works going on along the entrance to the speedway during the event access in and out will be restricted with priority given to runners and walkers. There is plenty of street parking around the area. A reasonable level of street parking is available around the area.



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 4 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 4 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 Warm up with Go Run Guys

8.00am 5k Runners Start

8.03am 5k Walkers Start

8.00-8.45am 10km Rego & Late Entries

8.30am Race Safety Briefing 10km

8.40am Warm up with Go Run Guys

8.45am 10k Runners Start

8:48am 10k Walkers Start

8.45-10.10am RUN kids Rego & Late Entries

10.05am Race Safety Briefing RUN kids Participants

10.10am Warm up with Go Run Guys

10.15am RUN kids Start

10.45am Prizegiving

The Course

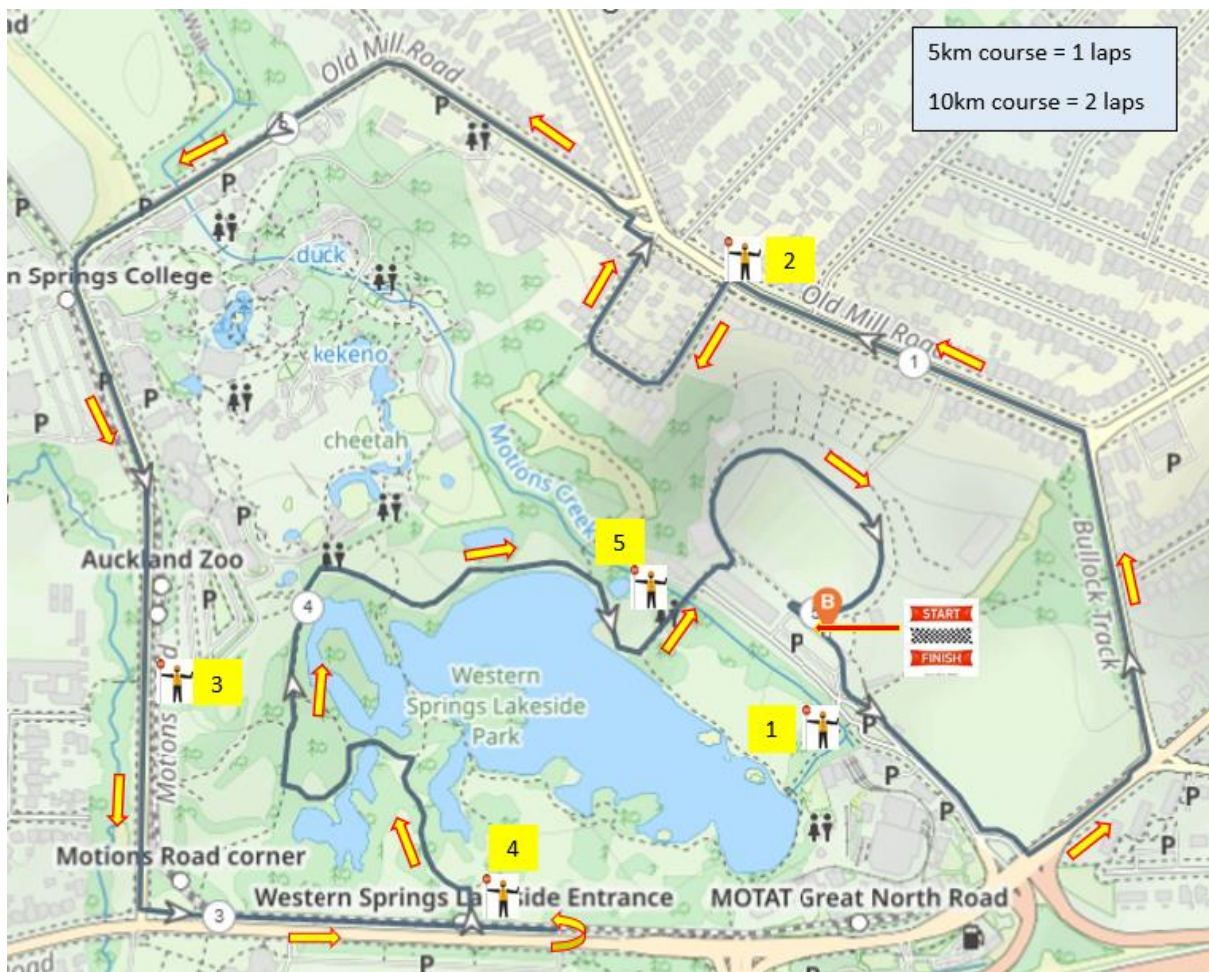
The course at Western Springs is all footpath and concrete so road shoes for this one will be fine. Care to be taken around the lake as it may be wet and a little slippery, especially with all the bird poop.

Care is to be taken around the Zoo entrance as this can get busier later in the morning just before opening, but we will have marshals stationed here to help.

We also advise that for the kids race parents run with the younger ones as the birds can be a little frightening.

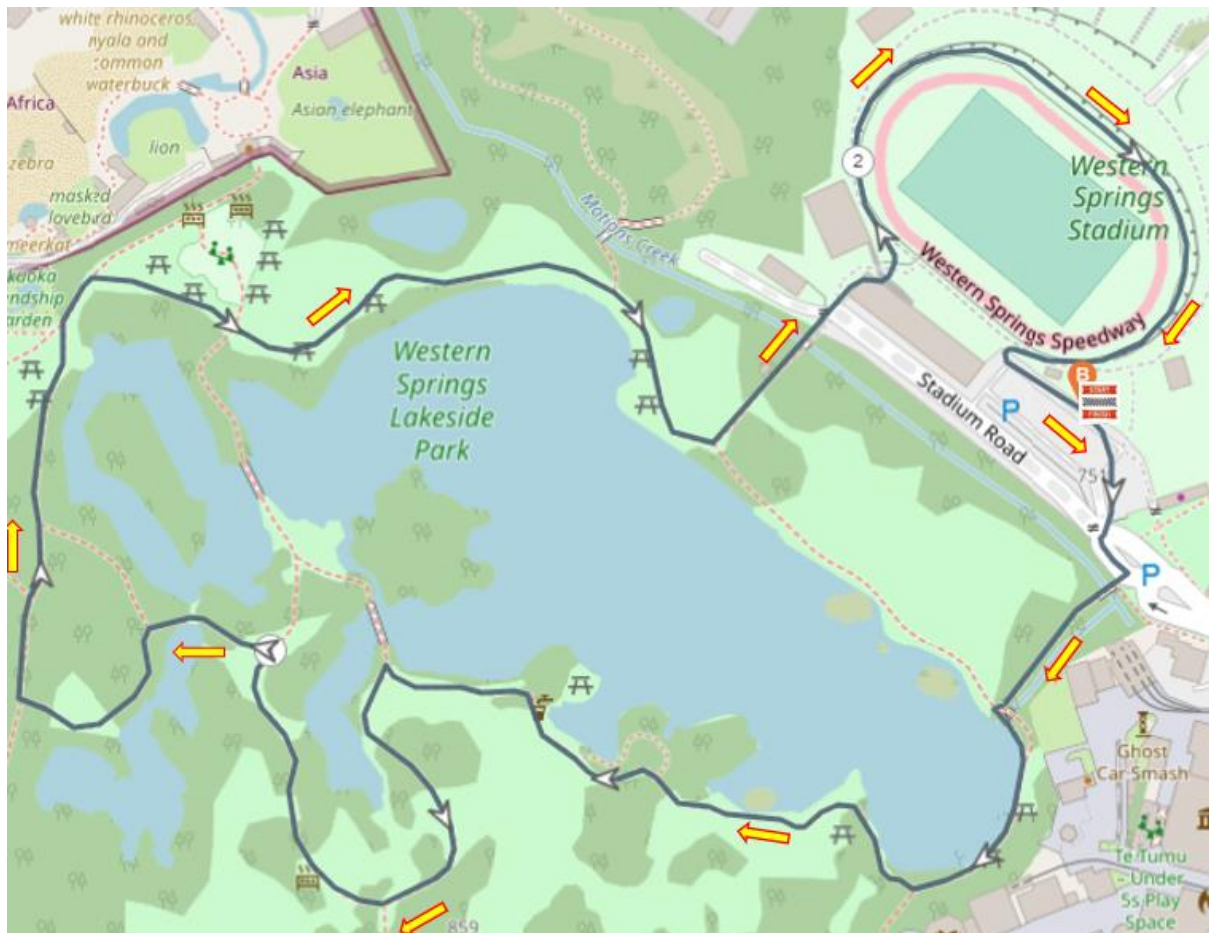


Course maps - 5km & 10km Course





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 drink stations located on the course at the 2km mark.

NOTE We will have a filling station at the start/finish with water and R-line but part of our goal to reach 0 waste we will not have cups available in the village, so you will need to bring a drink bottle or reusable cup to use before and after the race.



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 once again 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. This is why we offer the chance to do 2 MKR for the series for race 1 to 5

- 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 will keep the music going and will keep your spirits up.
- 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
- Sausage Sizzle run by the Wakaaranga Rangers (Girl Guides) please bring some cash to support them and enjoy a hot sausage sizzle before or after your event.
- Athletes Foot NZ with a range of running shoes for you to try on and run in
- 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, Athletes Foot NZ, 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 2024 to you. In particular, thanks goes to:

