



INFORMATION FOR ALL PARTICIPANTS

Race 6 - Metro Park, Millwater

Sunday 8th September 2024

Welcome to race our final race of the Run Auckland Series and Half Marathon 2024. We head to Metro Park, Millwater for our series Finale and get to run around the stunning Te Ara Tahuna track.

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. Including the change of course for the 21km and 10.5km courses. How to pick up your medals and a friendly reminder to please return your Timing chip after your race.

Millwater Half Race Pack Pick Up

We will be holding an extra Race Pack pick up on Saturday 7th September between 8:30 and 10am at Metro Park, Millwater, just look for our Run Auckland Flag.

We will also be selling our Steigen Socks \$20 for 1 pair or \$75 for 4 pairs, R-line \$20 a bottle or 3 for \$55 and a few other items.

We recommend that you try to make it along to this race pack pick-up. If you can't make it then you can pick up on the morning of the event at our Registration Tent, but please allow extra time it can be very busy, and we want you to start your race relaxed and stress free.



Getting to the event and Parking

For our final event in the series, we are located north of Auckland near Orewa, using the awesome Te Ara Tahuna track as part of our course. The Event Village and start/finish line is at Metro Park on Millwater Parkway. If you need help, just put Metro Park, Millwater Parkway into google maps and it will take you straight there. There is plenty of parking near the village and in the surrounding streets, please do not park on any grass areas as some might be very soft and we do not want to damage any areas of the park.



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

6.30am Race Venue Opens to Participants

7.08am Race Safety Briefing 21km Participants – Compulsory

7.10am Warm up with Go Run Guys

7.15am 21k Runners Start

7.17am 21k Walkers Start

7.48am Race Safety Briefing 10km Participants

7.50am Warm up with Go Run Guys

8.00am 10k Runners Start

8.03am 10k Walkers Start

8.48am Race Safety Briefing 5k Participants

8.50am Warm up with Go Run Guys

9.00am 5k Runner Start

9.03am 5k Walkers Start

9.50am Race Safety Briefing RUN kids Participants

9.52am Warm up with Go Run Guys

10.00am RUN kids Start

11.15am End of Series Prizegiving and Spot prize draw

Medals

There are 2 medals up for grabs at our series finale on Sunday 8th September. Our finishers medal will be presented at the final line for all those that finish there event 21km, 10.5km, 5km and Kids Dash.

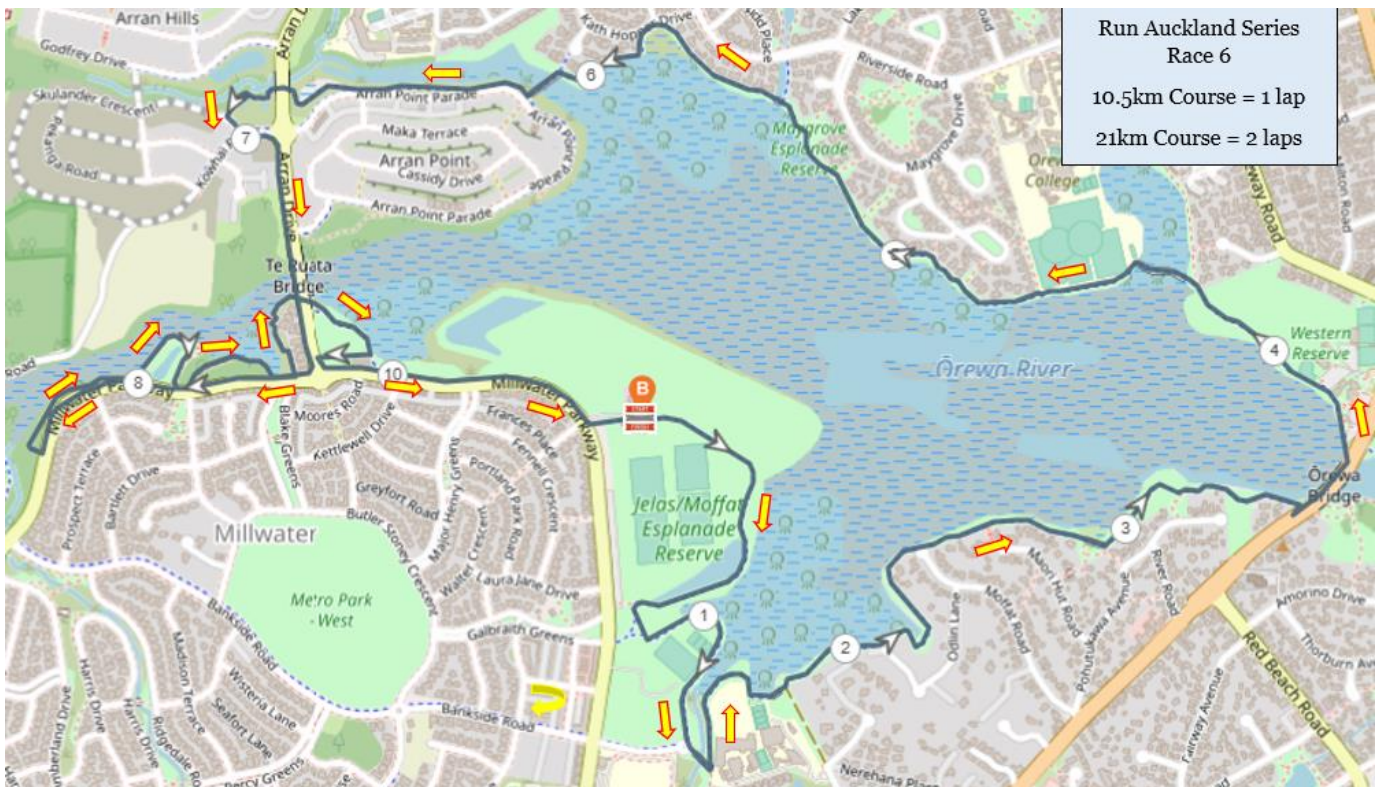
For those that have completed all 6 races in the Run Auckland Series and Half, congratulations, you can pick up your series medal from the Registration tent on completion of your race. They have a list of all those that have done 5 races and when you show off your finishers bling they will present you with your well earned Run Auckland Series Medal



The Course

The course at Millwater/Orewa is all Concrete footpath, apart from the start/finish area which is on grass, and a couple of wooded bridges which may be slippery if wet. There is one road crossing on the 10.5km course (twice for the 21km) marshals will be on the course to guide you around the course

Course maps – 21km & 10.5km





Aid stations

There will be 2 drink stations located on the course. 1 around the 4km mark and the other at 10km. For those doing the 21km this means you have 4 water stops. Cups will be provided at these stops.

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.

We are also selling reusable RunNZ cups that fit in your pocket and with many races going 0 cups, even on the course this is a great way to be ready and environmentally friendly

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.



Please also ensure all Timing Chips are returned after this event.



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 21km 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 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 11:15. 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:

