



RACE INFORMATION

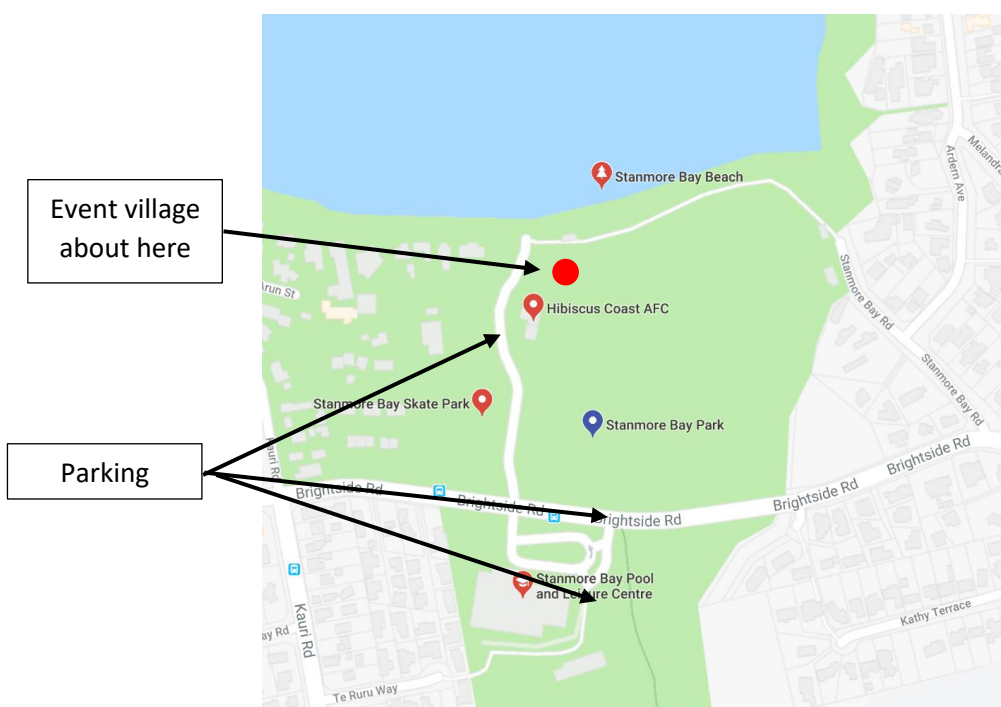
Event 3 Stanmore Bay – Sunday 10 March 2019

Race registration

There is no Pre-race registration: You can collect your race bibs on the event day from 7am at the registration tent Sunday morning. Please arrive early to avoid any last minute rush. We want to get to your to start line with minimal stress! For those not registered for this event, you know its not to late to come and join us Sunday morning.

Getting to the event and Parking

The Event Village and start/finish line is at Stanmore Bay Park. Stanmore Bay Park is at 164 Brightside Road, Stanmore Bay. If you need help, just put Stanmore Bay Park into google maps and it will take you straight there. The event village will be situated near the toilet block by the beach. Look for the Get Moving Festival signs! There is plenty of parking available in the area including the beach/football club parking, plus the carpark by the rugby fields across the road. There is also some parking on the road along Brightside ride if need be.



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. You will be given a ticket which you will need to keep safe to retrieve your belongings at the end of the event. Please note that while all care will be taken to ensure the security of your belongings, MaD Running Ltd take no responsibility for any loss or damage to your belongings while they are under our care.

Race day schedule

7:00am	Event Venue and Registrations Open
7:50am	12km Runners/Walkers Safety Brief
8:00am	12km Runners/Walkers Start
8:50am	6km Runners/Walkers Safety Brief
9:00am	6km Runners/Walkers Start
9.50 am	1km & 2.5km Safety Brief
10:00am	2.5km Start
10.10am	1km Start
10:30am	Prizegiving

Timing

There will be no timing tags or mats at this event. Times will be recorded based on gun-time. It is important that you wear your bibs on your front and that your race number is visible as your race number and time will be recorded as you cross the finish line. If your race number is not visible we will not be able to record your time. Event results will be posted on our website as soon as possible after the event. We will send a post-event notification when these are available.

Aid stations

There will be marshals situated throughout the course. They will ensure you stay on the course and keep you motivated! There will be three drinks stations – one at the start/finish line (for all runners/walkers), one will be situated on the beach (for 2.5, 6 and 12km), and one additional one will be available for 6 and 12 km.

Course maps

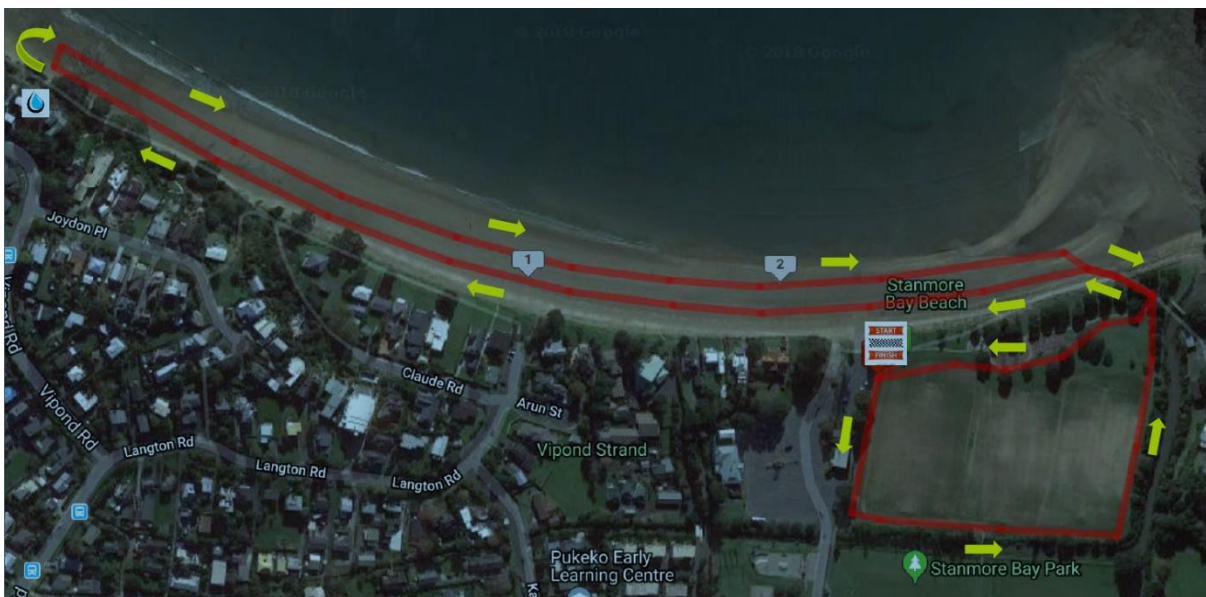
6KM AND 12KM



1km Kids Dash



2.5km Course



The Event Village

The heart of the Get Moving Festival! Our vision has been to create an event that makes you feel good about being there and moving and to have space to share that with your family, friends, and fellow runners/walkers. As such, we want the start/finish line to be a place you want to stay, where you can bask in the experience and satisfaction of being one step closer to your Get Moving goals. Some of the highlights you can look forward to at the Event Village include:

- A good selection of music to keep your spirits up
- The team from Anytime Fitness will be there to warm you up before your event.
- Peak Pilates and Physiotherapy will be offering a post-event massage
- The all important coffee cart
- Sausage sizzle and Bake sale – with all proceeds will go to Youth In Transition – our 2019 event charity partner. They will also be taking buckets around so you can contribute to this great cause.
- A range of other sponsors and exhibitors

Waste Management

The team at MaD Running are working towards a zero waste event policy at our events. This does not mean we will produce no waste, but we are trying to reduce general waste, as well as remove all plastics that are unable to be recycled. To do this we need your help at the events.

- Please place rubbish in the correct bins located around the event village or at drink stations.
 - Yellow Bins for recycled items (cups, paper)
 - Blue bins for general waste
- Use only what you need i.e. try to keep hold of your cup if you are going to drink more water

Spot prizes

We have a range of spot prizes which will be drawn at the Prize giving at 11am, including vouchers and prizes from Run New Zealand, MaD Running, Fashion Brazil, Peak Pilates and Physiotherapy, and Anytime Fitness. This year we also have a set of AfterShokz headphones up for grabs at each event. These are designed to keep you safe while listening to music on the run. 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 MaD Running Ltd. We owe a huge amount of thanks to our sponsors who have helped us to successfully bring the MTF Get Moving Festival to you. In particular:

Title Sponsor



Other key sponsors



Our charity partner

