



## RACE INFORMATION

### Event 4 Millwater – Sunday 31st 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 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. A reasonable level of parking is available at Metro Park and once that carpark is full there are a number of side roads with parking only a short walk from the start line.



## **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 – Please Note the change of schedule for the 2.5km and 1km events**

7:00am	Event Venue and Registrations Open
7:50am	15km Runners/Walkers Safety Brief
8:00am	15km Runners/Walkers Start
8:50am	7.5km Runners/Walkers Safety Brief
9:00am	7.5km Runners/Walkers Start
9.50 am	1km &2.5km Safety Brief
10:00am	2.5km Start
10.10am	1km Start
10:30am	Prizegiving

## **Timing**

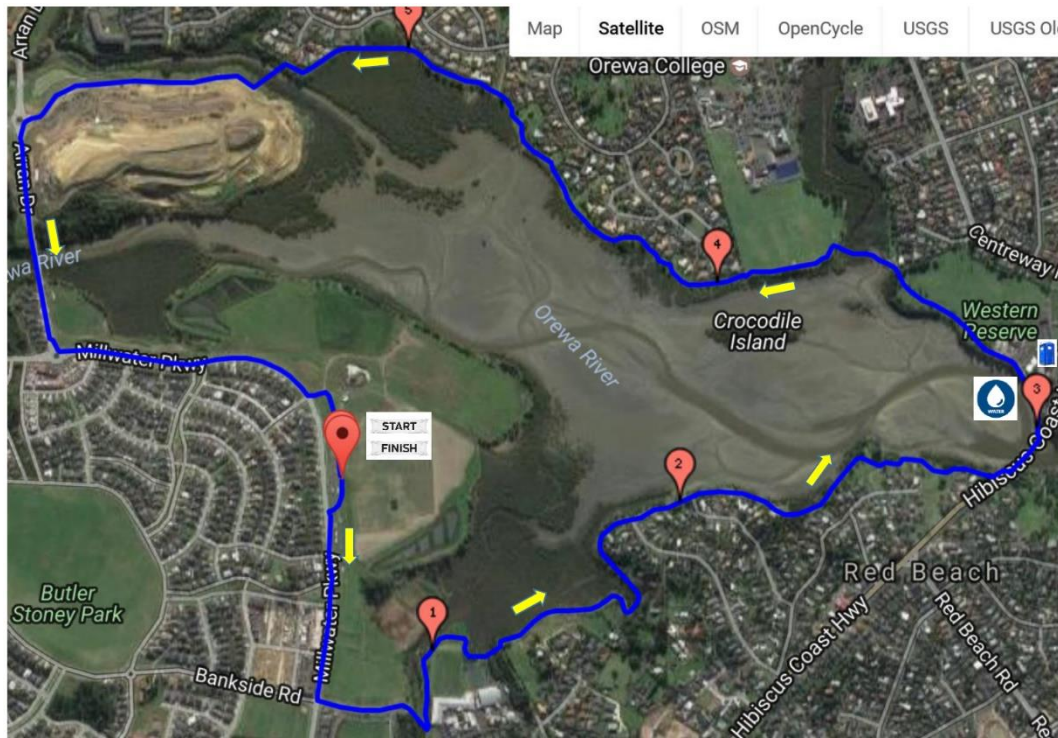
There will be no timing tags or mats at this event. Times will be recorded based on gun-time. It is important that you wear your bibs on your front and that your race number is visible as your race number and time will be recorded as you cross the finish line. If your race number is not visible we will 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) and one will be situated at 1.25km on the estuary at the turn around for the 2.5km. the third will be at the 3km mark (for the 7.5km and 15km runners/walkers). This is just across the Orewa Estuary bridge on Hibiscus Coast Highway in the carpark.

# Course maps

7.5KM AND 15KM



2.5km Course



1km Kids Dash



## **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

