



## RACE INFORMATION

### Event 1 Warkworth – Sunday 19<sup>th</sup> January 2020

Welcome all to the 2020 MTF Silverdale Get Moving Run/Walk Festival. Maree and David are so excited to be back for the 4<sup>th</sup> year in the Get Moving Story and with you all and our amazing partners we would not be able to put these events on and show off our amazing part of the world and be able to help other get out and about for both Health and Wellbeing benefits.

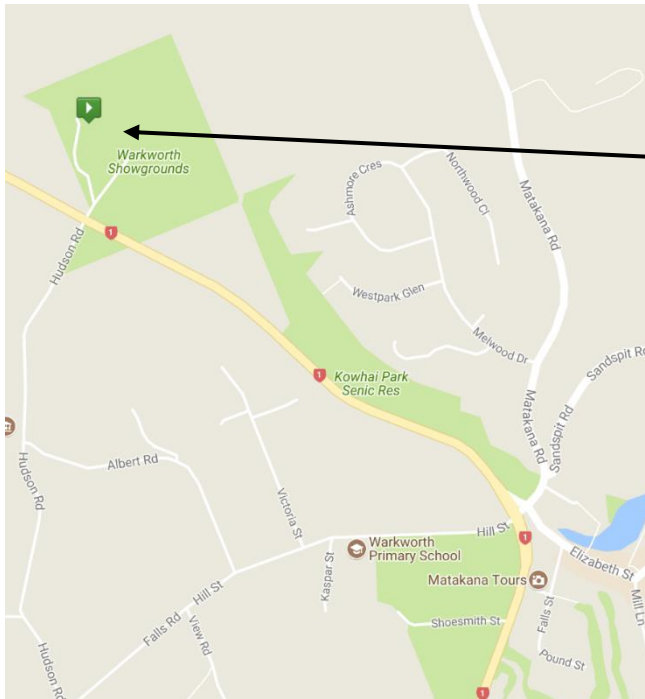
#### **Race registration**

Pre-race: You can collect your race bibs on Saturday 18 January from the Hibiscus Coast Athletics porta-cabin at Metro Park on Millwater Parkway, Silverdale. Pre-race registration will be open from 11am to 1pm. You can come along and get your race pack for the series or event 1.

Race day: Alternatively, you can collect your race bib on race day from the registration tent from 7am. Please arrive early to avoid any last-minute rush. We want to get you to your to start line with minimal stress!

#### **Getting to the event and Parking**

The Event Village and start/finish line is at Warkworth Showgrounds. If you need help navigating there, just put Warkworth Showgrounds into google maps and it will take you straight there. There is plenty of parking at the showgrounds so you should have no issues with this.



## Gear bag drop

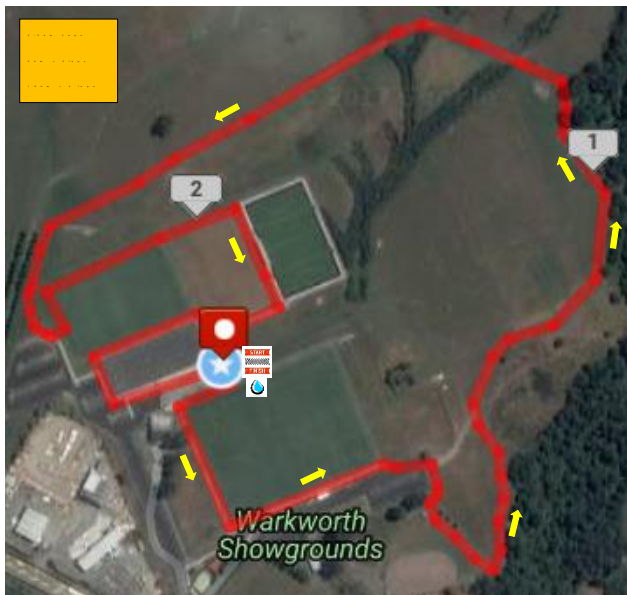
If you have a gear bag you wish to leave with us while you are on the course you can drop that off at our gear drop point at the registration tent. Please make sure your belongings are contained in a bag for this purpose. You will be given a ticket which you will need to keep safe to retrieve your belongings 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	10km Runners/Walkers Safety Brief
8:00am	10km Runners/Walkers Start
8:50am	5km Runners/Walkers Safety Brief
9:00am	5km Runners/Walkers Start
9:50am	1km & 2.5km Safety Brief
10:00am	2.5km Start
10.10am	1km Start
10:30am	Prizegiving

## Course maps

Get Moving Running Festival  
Course Map Race 2 Warkworth 2.5km 5km & 10km



Get Moving Running Festival  
Course Map Race 2 Warkworth 1km Kids Dash



## 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 one drinks station thanks to the team at F45. This will be located at the start/finish but can also be accessed at each lap for 5km and 10km run/walkers. If the weather is hot, we will locate one at the 1.25km point to ensure there is plenty of water on the course for all.

## Timing

RunNZ will be doing the timing at this years events. Shoe tag will be provided for entrants and these need to be attached to your running shoes. If you are only doing a single race these need to be returned after your event. For Series participants these can be kept hold of until the after the last event in Orewa. If your timing chip is lost a \$10 fee will be charged for replacement here will be no timing tags or mats at this event. Event results will be posted on our website and Facebook page as soon as possible after the event. We will send a post-event notification when these are available.



## **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 F45 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 cake stand – with all proceeds will go to Youth In Transition – our 2020 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 amazing spot prizes which will be drawn at the Prize giving at 10:30am, including vouchers and prizes from MTF Silverdale, RunNZ, MaD Running, Fashion Brazil, Peak Pilates and Physiotherapy, and RonHill. Plus a couple of major prizes with a set of headphones from Barry at Domestique and a voucher for a new pair of running shoes thanks to the team from Shoe Sciences Albany and Takapuna. 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.



## **MTF Silverdale offer**

MTF Finance Silverdale are proudly the naming right sponsors again for this year's Get Moving Run/Walk Festival, comprised of 4 events right here in Rodney.

Being locally owned and operated, MTF Finance Silverdale want to be help promote activities that make this amazing place we live in even better, which Philip and his team believe that the MTF Silverdale Get Moving Festival helps deliver.

They have created an amazing offer for any new clients that take out a loan with them during this year's event series.

Just mention you are doing the MTF Silverdale Get Moving Festival this year and not only will they donate \$50 to Youth in Transition, this year's charity event sponsor, they will also give you a voucher for \$50 off next year's event.

If you are looking for a new family vehicle, a boat, truck, or even just to free up some money for a holiday then talk to them today.

## **Youth in Transition**

Our amazing charity again this year will be helping out as marshals, handing out water at the drinks stations and manning the cake stand and sausage sizzle to help raise funds to help them help our youth. With the amazing team at Simpson Western paying for all the sausage sizzle supplies so all funds raised go straight to them, another way for you to help them is to bring along any unwanted items that they will be able to sell at their charity shop in Manly. We are collecting items at our pre-race registration so bring them along and we will will deliver them to them for you.

## **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



Our charity partner



Silver Sponsors



Bronze Sponsors

