



## RACE INFORMATION

### Event 4 Orewa 'Summer' Half

Sunday 22<sup>nd</sup> March 2020

We now head to our finale event for the 2020 MTF Silverdale Get Moving Festival. We finish at the amazing Orewa Beach, with five distances to choose from and a medal up for grabs for all finishers.

### COVID-19

This final event does come while we are in the midst of COVID-19. We want to assure everyone that we are keeping a close eye on advice from the local health authorities and the NZ government with respect to events of this nature. At this time, given the small scale of our event, we do plan to go ahead. However, we are expecting an announcement from Jacinda Ardern any day now with updated advice on mass gatherings, and so will keep you updated if that has implications for this event. In the meantime, please read the following advice.

- Please stay away from the event if you:
  - Are sick or feeling unwell.
  - If you have arrived in NZ from another country in the 14 days prior to the event.
  - If you should be self-isolating for any other reason i.e. if you have been in close contact with someone with confirmed or suspected COVID-19 in the past 14 days.
- At the event, please continue to practice good hygiene including:



- Covering coughs and sneezes with disposable tissues or coughing/sneezing into your elbow
- Disposing of used tissues appropriately in a bin
- Washing hands for at least 20 seconds with soap and water and drying them thoroughly, or using hand sanitiser:
  - Before eating or handling food;
  - After using the toilet;
  - After coughing, sneezing, blowing your nose or wiping your children's noses; and
  - After touching public surfaces
- Trying to keep a metre away from people
- We are updating our emergency management plan and will be closely briefing all our staff and helpers on how to practice good hygiene, as well as making it easy for staff and attendees to practice good hygiene.
- We are putting strategies in place to limit any transfer of germs at key vulnerable points. For example, at water stations and when awarding medals at the finish line. We will send more specific advice about these plans mid-week. Unfortunately, this does mean that you won't be receiving your usual high-five or hugs as you cross the finish line which is a hallmark of this series!

### **Pre-Race registration and Race day Registration**

There will be a Pre-race registration for all those taking part in the event on Sunday, this will be held at the event start/finish location next to the Orewa Surf Club on Saturday 21<sup>st</sup> March between 10am and 12pm. If you are not able to make this, 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 you to start line with minimal stress! For those not registered for this event, you know it's not too late to come and join us Sunday morning.

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

The Event Village and start/finish line is just to the south of the Orewa Surf club, if you are unsure of how to get there just put Orewa Surf club on your phone

map and it will take you straight there. The area offers plenty of parking around the area and in the nearby street.



### **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	21km Runners/Walkers Safety Brief
8:00am	21km Runners/Walkers Start

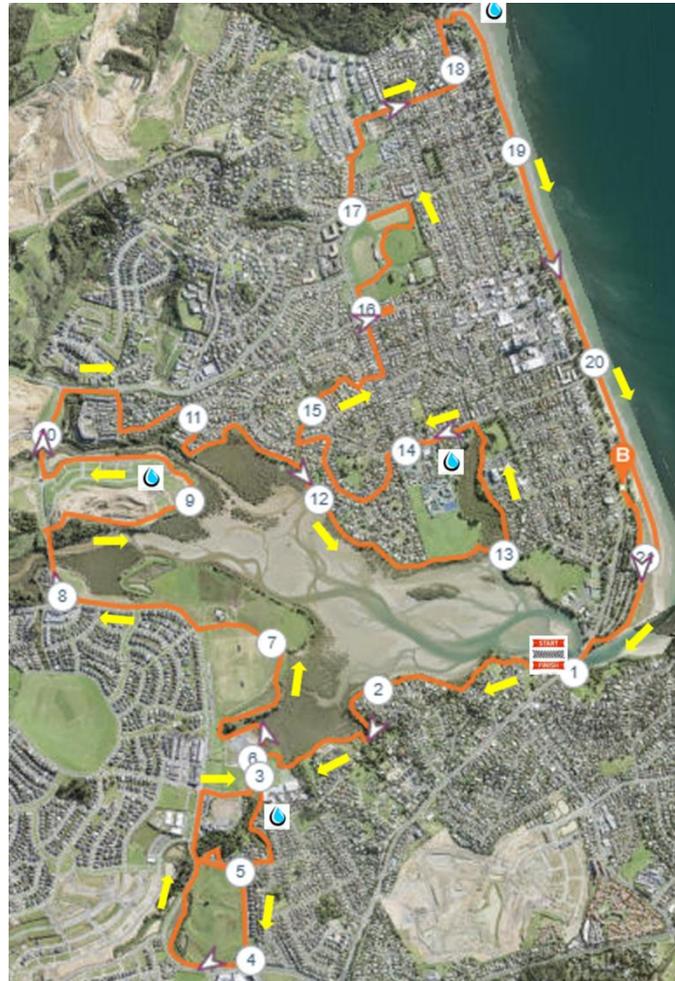


- 8:50am 10km Runners/Walkers Safety Brief
- 9:00am 10km Runners/Walkers Start
- 9:20am 5km Runners/Walkers Safety Brief
- 9:30am 5km Runners/Walkers Start
- 10:05am 2.5km & 1km Kids Dash Safety Brief
- 10:15am 2.5km Start
- 10:20am 1km Start
- 11:00am Prizegiving

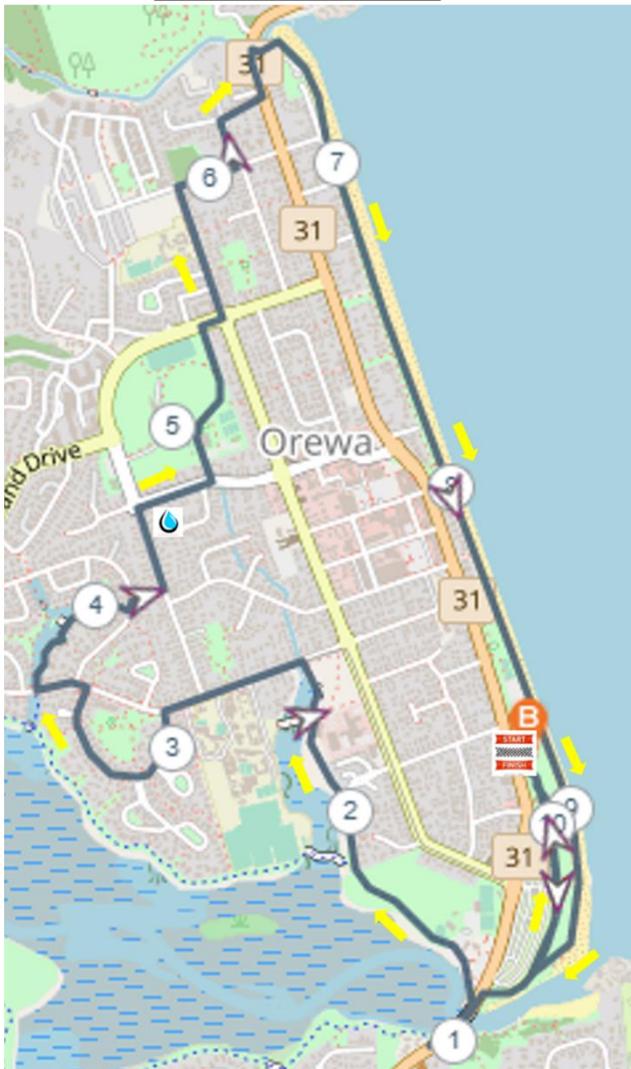
## Course Maps

### 21km Course

[www.plotaroute.com/route/1009512](http://www.plotaroute.com/route/1009512)



### 10km Course



### 5km, 2.5km & 1km Course



1km - [www.plotaroute.com/route/967128](http://www.plotaroute.com/route/967128)

2.5km - [www.plotaroute.com/route/1049516](http://www.plotaroute.com/route/1049516)

5km - <https://www.plotaroute.com/route/1049512>

10km - [www.plotaroute.com/route/983649](http://www.plotaroute.com/route/983649)

**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 4 drinks stations located on the courses plus one at the start finish line.

### **Timing**

RunNZ will be doing the timing at this year's events. Shoe tag will be provided for entrants and these need to be attached to your running shoes. **ALL SHOE TAGS NEED TO BE RETURNED AT THE COMPLETION OF YOUR EVENT** 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 thanks to Barry
- 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
- Orewa Village for Brunch or even pop down to the sand castle competition on the beach near Moana reserve



## **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 11:00am, 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.

## **Photos**

You are also reminded that all photos taken at each event are free for all our participants as part of your registration package. These will be available online and the link can be found on our website at the results and photos page.



## **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

