

Written Race Briefing. 5KM

Your Start Area

- On the morning of the event, please ensure you have completed your registration process, and are waiting in our event area (on the grass reserve across the road from #10 Marine Parade) **from 10.35am**.
- Please ensure your race number is on your front (the timing transponder is on the back of your number).
- The start line is on the road across from #10 Marine Parade. Entrants will be facing “away from Mauao” for the event start.
- Our MC will ask **5km runners** to move onto the road **at 10.47am**. Runners start on the airhorn **at 10.50am**.
- Our MC will ask **5km walkers** to move onto the road **at 10.51am**. Walkers start on the airhorn **at 10.52am**. Only those committed to walking the entire event course are permitted to enter the walk division – all other entrants must be entered in the run division. See the registration team in the registration marquee for changes.
- Elite entrants, please stand 1m back from the start line timing mats. Self-seeding applies for all entrants. Please have patience moving out of the start area. All entrants will receive a net time and a gun time. Please ensure you cross over the start line timing mats.

Your Event Course

- On all road sections the event course is contained to one lane of the road – the seaward lane.
- ALWAYS STAY LEFT INSIDE THE SEAWARD LANE UNLESS INSTRUCTED TO MOVE TO THE OTHER LANE BY EVENT MARSHALS. *(For one short 400m road section, the course MIGHT use the other lane, in front of the Café's, at specific times)*
- **Please treat all roads as OPEN TO TRAFFIC.**
- Please follow all event marshals' instructions.
- Please have awareness of other entrants behind you. Do not walk in large groups. Please pass on the right.
- The base track around Mauao is open to public so please respect their space and their right to be there.

Medical Assistance/Withdrawals

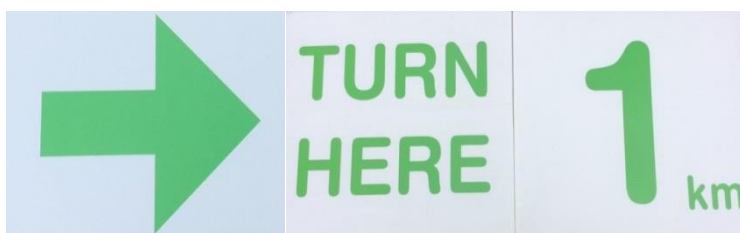
- There is medical support provided by EMT Ambulance available at the start/finish area. EMT Ambulance can be reached on 0800 367 368.
- If you need urgent medical attention, please inform the closest event marshal, dial 0800 367 368, or dial 111 as soon as possible.
- All event withdrawals must be reported to the timing tent in the start/finish area.

PLEASE TURN OVER FOR SPECIFIC INFORMATION RELATING TO YOUR 5KM COURSE

SPECIFIC 5KM COURSE INFORMATION

Following Your Event Course

- It is your responsibility to know the route of your event course.
- Important intersections on your event course have been marked with green arrows (shown below).
- Distance markers will be placed at every 2km of the event course with green km markers (shown below).
- Please follow all other green signage on the event course – i.e., turn at green “Turn Here” sign (shown below).
- Please ignore all other different coloured signage.
- **The course signage that relates to your event is GREEN (like shown on your race number).**



- Your 5km course is 1 lap.
- Your turn around point is outside #28 Marine Parade (between Pacific and Banks Avenue).

After turning On Marine Parade:

- You'll head back over the start line timing mats; turn left into Adams Ave, then right onto Pilot Quay before heading around Mauao clockwise.

Approaching the start/finish area after completing Mauao.

- After passing the Surf Club, follow the event signage until reaching the large course split signage. Follow the finish lap signage straight ahead into the finish chute and under the finish tower.

Your 1 aid station location/distance is as follows:

- On Pilot Quay (before going around Mauao Base Track) – **1.95km**

COURSE MAPS CAN BE FOUND AT www.mtrunnershalfmarathon.co.nz