



# RACE GUIDE

Sunday, February 11th 2018

Hi everyone and welcome to the 2018 Platinum Homes Orewa Beach Half Marathon. We look forward to welcoming you all to our new venue, Western Reserve, on Sunday. We have new courses for all events and we're certainly hoping the mid-summer race date will secure us some great sunny weather to enjoy beautiful Orewa Beach, Eaves Bush Reserve and the magnificent Te Ara Tahuna walkway.

Inside this guide, you will find all the information you need for a great event experience. Read through it carefully and

store it on your phone or tablet - or go old school and print it out – for reference.

## Why all the changes?

Before we get into the race details, a quick word about the changes to the event this year. For the most part, annual running events stick pretty close to their predecessors apart from a few minor tweaks. This year, we've made two major changes to the event and this is why.

New Date: we've moved the event from the traditional mid-April date to the middle of February. This is mainly to



accommodate our new event, the Auckland Waterfront Half Marathon. Since the only available date for this event was April 8<sup>th</sup> – and the event was logically the finale of our half marathon series, we had to find another place in the calendar for Orewa. It means the half marathon series now has events in September, December, February, March and April – which is a pretty good layout.

**New Venue/Courses:** we've moved to Western Reserve for a number of reasons but the primary one centred around our use of Eaves Bush Reserve. There were two issues with the reserve; congestion at the start and Kauri Die Back disease. By changing the venue to Western Reserve, only the half marathoners go as far as the beach which means we can avoid the reserve in one direction and be sure there will be no congestion when you do get there just after half way. This is a huge boost to the biosecurity control operation too, as we now have to deal with around one third of the number of journeys through the reserve, all in single file and all through a single entrance. Half marathoners still get to enjoy running around these magnificent specimens, whilst ensuring they are around for generations to come.

**OK, let's get down to business ...**

## RACE PACK PICKUP

The vast majority of race numbers have already been distributed for this event:

- If you entered the event as part of a Mizuno Auckland Half Marathon Series Pass, then you already have race numbers for all five events in the series. You are good to go.
- If you registered for the event online before January 14th, your race number was sent to you in the mail. You are good to go.
- If you registered after that, your race number has to be collected from the race site. We have two opportunities for you to do this:
  1. **Pop-up Registration** is available from 4pm – 5pm at the finish line in Western Reserve the night before the event.
  2. **Race Day Registration** opens at 6:30am on race morning. Again, just look for the big red Registration tent near the finish line.

**Important!** Whichever registration you plan to come along to, please remember to bring your e-ticket, it makes things so much quicker and easier for everyone. You can show us your e-ticket on your mobile device or go old school and print it out.

## MERCHANDISE

If you ordered any merchandise with your registration then this will be available for pickup at the Merchandise tent near the finish line. You can collect it during the Saturday pop-up registration or the Sunday race day session. Just show your race number to collect.

Forgot to order an event tshirt? You can still secure yours – and even wear it in the race. They will be for sale at the Merchandise tent for \$25 each (cash and credit card only). Most sizes are available. You can also purchase a selection of our RUN MORE gear including our famous RUN MORE hoodie.

## LATE ENTRY

It's not too late to get your friends and family to come and race with you. Online entry is available until 9pm on the night before the event – just point them to the event web site for more information.

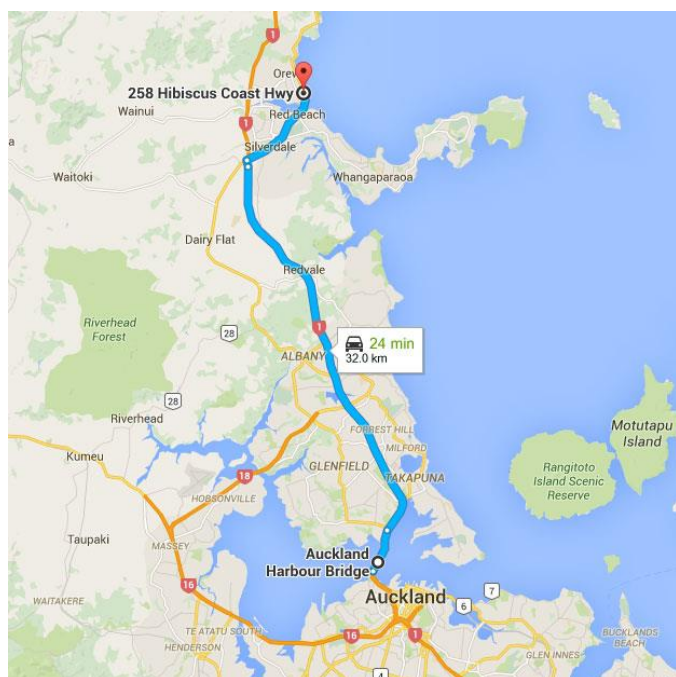
They can also enter in person at the race site during either the Pop-up Registration session on Saturday afternoon or the Race Day Registration on Sunday morning. Cash or credit card only (no EFTPOS available).

It is vital you leave enough time (at least half an hour, but 45-60 minutes is better) to park your car, collect your number, sort your things out and prepare for the event. All races will start precisely on time unless the Race Director deems it unsafe to do so.

## GETTING TO THE EVENT

Orewa is 32km from the Auckland Harbour Bridge and the drive from there should take you no more than half an hour on race morning. From the city, take the Silverdale exit and head north up and over the hill. As you come down into Orewa, you'll cross over the estuary bridge and the race venue is right there on your left as you cross the bridge.

Public transport is available to Orewa via the Northern Explorer motorway bus service but you will need to change to a local service to get from Silverdale to Orewa. For more information and schedules, just google 'Auckland Council Journey Planner'.



## PARKING

**Important!** Regrettably, due to last weekend's extremely wet weather, Western Reserve was waterlogged and has not fully dried out. This means that unfortunately we will not be able to permit competitor parking inside the reserve this year.

Once you cross the estuary bridge into Orewa, the primary car park is on your left and abuts the park. This car park is likely to fill up early. The next major junction on your left is Centreway Rd and there is further plentiful parking in the side streets off this road and all the way up to the council offices, which are about 700 metres from the venue.

Another major parking area for the event is the main car park at the Orewa Surf Club. There are approximately 150 spaces here although events taking place at the surf club will put pressure on these.

Please, please, please park considerately and do not block any driveways. Auckland Council always send traffic wardens out to large scale events like this – yes, even on Sundays! - and you will be ticketed, or worse, towed away. Not only will it ruin your great day out, but it also undermines the vital support the event has from local community.

## TOILETS

We will have a large number of portaloos available at the race site. Inevitably, until the time when we are able to supply one loo *per competitor*, there will always be queues as we lead up to a race start. Think ahead, organise yourself and make sure you “take care of business” nice

and early so you aren't stuck in a long queue with five minutes to the gun, getting stressed out. We'll say it again ... all races will start precisely on time unless the Race Director deems it unsafe to do so.

Out on the course you will also pass several public toilets which are located in Victor Eaves Park, Orewa Beach North and Millwater.

## GEAR DROP & KEY CHECK

A gear drop and key check tent will operate on the reserve near the finish line from 6:30am. Ensure all your gear is contained in a single bag. Write your race number on the labels provided, secure it around a handle or stick it to the bag and hand it to our friendly crew. When you finish, just show your race number to the crew and they will return your belongings.

**Important!** Think ahead and label your bag with your race number before arriving at the venue. This means you will not need to queue to access the luggage tags and can just hand your bag into the tent.

If you only have a key to drop off, ask the crew to put it into the key drop plastic container. It is useful, once again, to use a label to number your keys so they don't get lost.

Running Events operate an “all care, no responsibility” policy on the gear drop and key check so please do not leave anything with us you cannot afford to lose.

## TIMING TAG

When you receive your race number, your electronic timing tag will be attached to the back. We are using disposable stick-on timing tags for the first time this year. We are sure you will appreciate the convenience of not having to attach a plastic tag to your shoes and then return it at the finish. All you have to remember is to secure your race number to the front of your shirt and you're all set. Try to avoid holding your arm in front of the number as you cross the finish line (e.g. to turn off your watch) as this can sometimes affect the tag reading. Just wait until a few steps after the timing mat.

**Important!** There is no need to return your timing tag.

**Important!** Keep your race number with you when you finish as we will use it to register you in the prize draw for the Awards Ceremony – see below.

## START TIMES

**Tip:** If you are unsure what time your race starts, just



look on your race number. Your start time is printed right there!

07:30am - Half Marathon runners only

07:33am - Half Marathon walkers

08:30am - 10K Classic runners only (SEE MAP BELOW)

08:33am - 10K Classic walkers (SEE MAP BELOW)

09:30am - 5K Fun Run/Walk

10:30am - 2K Kids' Dash

Ten minutes prior to each event, a compulsory safety briefing will take place at the start line and all competitors must be in position to hear the announcement.

## PACERS

The good guys at Tempofit will be providing pacers for those in the half marathon. So if you want that extra motivation and control to hit your goal time, cosy up to one of our pacer runners at the start line and then – **stick to them like glue!**



We have pacers for the following goal times:

- 1 hr 30 mins – WHITE flag
- 1 hr 40 mins – GREEN flag
- 1 hr 50 mins – BLUE flag
- 2 hr 00 mins – RED flag
- 2 hr 10 mins – YELLOW flag
- 2 hr 20 mins – ORANGE flag

## INFORMATION FOR WALKERS

Those registered in the Competitive Walk option for the half marathon or 10K Classic are reminded that they must:

- start on the official walk start gun which is 3 minutes after the main start (7:33am for half marathon or





8:33am for the 10K)

- walk at all times during the event. You may not run at any point – no matter how briefly

Please respect those walkers who take their competition seriously ... if you will run - or changed your mind and decided to run - ensure you tell our crew at the finish line so we can move you into the run category.

Walkers, if you accidentally start with the runners, you will be placed in the run section of the event. This is final and un-reversible so please start appropriately.

## COURSE SAFETY

**It is compulsory for all participants to attend, listen to and heed the advice of the safety briefing.** Above all else, however, please understand that no roads are closed during the event. You have sole responsibility for your own safety, do not leave any pavement, cross any road, pass any driveway unless you deem it is safe for you to do so.

**Please remember the golden rule ... Always give way to vehicles. No matter who has right of way, vehicles always win.**

## COURSE NOTES

**Despite the change of venue, the half marathon course for 2018 covers almost the exact course used in 2016 and 2017.** However, in starting in Western Reserve, the early stages of the event are on the Te Ara Tahuna path before heading through the suburbs to the beach section. Leaving the beach, you will hit the exact half way mark as you enter Eaves Bush scenic reserve.

**Important! Due to the threat of Kauri dieback disease, we ask that all runners IN THE HALF MARATHON ONLY closely observe the following instructions:**

- DO NOT wear any shoes at the event that have recently been worn in the Waitakere Ranges
- DO NOT wear any shoes with loose dirt attached. Please scrub all loose dirt from your shoes (helps you to run faster!)
- DO use the spray bottles at the start line to coat the bottom of your running shoes.
- DO NOT attempt to jump over the biohazard mats located at the entrance to Eaves Bush Reserve. They will not hinder you if you just run or walk normally through them

The **10K course** is a brand new course covering the entire



and magnificent Te Ara Tahuna walkway. The course includes a detour through leafy suburban streets to ensure the race distance is spot on.

Both the **5K Fun Run & Walk** and the **2K Kids' Dash** courses are close by the race site and use the Te Ara Tahuna walkway.

**Important!** The section of the course through the Orewa suburbs has a high number of technical turns. Whilst we will make every attempt to place a marshal or signage on every change of direction, it is also in your best interests to study and know the course. If you are not absolutely sure of the way, do not make any rash decisions! Our directional arrows are black on a yellow background. Look UP as well as DOWN – some directional arrows will be on real-estate spikes on the grass median, some will be tied up high onto lampposts or signs. Be alert and you won't go wrong.

## AID STATIONS

Aid stations are spaced approximately every 3-4km – check out the course maps for locations. All aid stations will serve water and r-line sport drink. The approximate locations of the aid stations are:

- Half Marathon: 3.5k, 6.5k, 10k, 14k, 18k
- 10K Classic: 3.5k & 7k

A refuelling station is available after you finish – see below.

## THE FINISH

For those in the half marathon and 10k, the finish line will appear tantalisingly close as you approach the end of the southern section of the Te Ara Tahuna walkway. Right across the estuary you'll be able to see and hear the finish line. Don't worry, you will soon be there! Once across the State Highway overbridge, a short section past the boat ramp and skateboard park take you to the entrance to the finish chute. You made it!

A race clock next to the finish line will show time of day. All events start exactly on time so you can easily work out your own race time if you don't have a watch on.

There are lots of vantage points on either side of the finish chute for your supporters to cheer you on. They can also line up behind the barriers after the finish line to get that awesome paparazzi photo as you finish, arms raised in triumph.

Kids – because we know you will be **absolutely knackered** – we'll have a lolly just for you guys as you cross the finish

line.

## FINISHER MEDAL/KEYRING

The Orewa Beach Half Marathon has a very distinctive finisher memento that we know you will love. This year, a surfboard is the motif. The medal is thick and comes with a ball chain so you can wear it with pride. But you can also take it off the ball chain and it makes a distinctive key ring – just the right size to tame the car and house key.



As this event is a qualifying race in the Mizuno Auckland Half Marathon Series, each competitor finishing the half marathon distance will also receive a Mizuno Auckland Half Marathon Series finisher token. Collect all five tokens from the five qualifying events in a single season and you will receive the Auckland Half Marathon Series Grand Slam mega-medal, the most outrageously over-the-top piece of bling in the history of running! Check out [halfmarathonseries.co.nz](http://halfmarathonseries.co.nz) for more info.

## REFUELLING STATION

Once you have exited the finish area, look out for the blue "REFUELLING" flag, marking the refuelling station. Water, bananas and R-Line sport drink are available for everyone. Please help us - and the planet - by **only taking one cup** and using the billys to refill if you need more. We will also have banana boxes next to our rubbish bins for your food waste.

Our wonderful title sponsor, Platinum Homes, will also be on hand to offer you a FREE WATER BOTTLE. Onya Platinum Homes! Look out for the team handing them over next to the water table.

As if all that wasn't enough, we'll have a drink of wonderful Sparkling OH! for you to enjoy.

## FOOD & DRINK

A number of food and drink vendors will be available at the finish line to restock the reserves. Although some vendors may have EFTPOS facilities, it is always a good idea to have some cash on hand, just in case.

## AMUSEMENTS

To keep the kids from driving you crazy whilst they wait for their own dash at 10:30am, we will have a couple of bouncy castles available to try out. These are **free of charge** with our compliments. **Please parents** – this is not a drop off facility – you must obey the rules posted and supervise your children at all times.

## MASSAGE

Luke and the crew from SportsLab will be on site to soothe those aching muscles when you finish. Cash is the preferred currency so consider packing a couple of notes in the key pocket of your running shorts ... they don't care if it's a bit soggy!

## AWARDS CEREMONY & PRIZES

The Awards Ceremony will take place on the main stage inside the reserve at 11:00am sharp.

Beautiful glass trophies will be awarded to:

- Top 3 men and women overall in the Half Marathon, 10K Classic and 5K Fun Run & Walk
- Top 3 men and women in the Half Marathon Competitive Walk and 10K Classic Competitive Walk
- Top 3 boys and girls in the 2K Dash for 7 & Under and 8 & Over age groups.

Not one of the show ponies? Don't worry, you may still be going home with a great prize. We have some wonderful spot prizes including lots of superb Mizuno running shoes and the amazing Garmin Forerunner 235 GPS watch. The grand spot prize is a big screen TV. Do not go home early – you may regret it!

**Remember - you must be present at the prize giving to claim your prize. Only those who scan their timing tags at the spot prize timing point will be eligible to win a prize. Listen to the PA for announcements on where and when to register. The spot prize timing point will not be activated before 10:30am.**

**Important!** In the event of seriously inclement weather, we may elect to cancel the Awards Ceremony. If the weather is marginal, listen out for announcements on the PA or check out our Facebook page. If this does happen, all prize winners will be announced on our Facebook page and prizes will be couriered out to them.

## RESULTS

Preliminary results will be available via our facebook page on Sunday afternoon. Like our page now for immediate notifications and early access:

<http://facebook.com/orewahalfmarathon>

Results will be posted to the event web site on Monday morning. If you see any issues with your results or believe there may be an error, please use the web site contact form and we'll get into it.

## THANKS TO OUR SPONSORS

Without their help and support, the Platinum Homes Orewa Beach Half Marathon would be a shadow of the event it is now. Please support those who support you and our sport ...

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