

RACE GUIDE



EVENT DATE

20 OCTOBER
2024

LOCATION

METRO PARK
MILLWATER, AUCKLAND NZ
36°36'01.15" / 174°40'52.1"E

RACE DAY SCHEDULE

06:30 RACE SITE OPEN
08:00 15K & 10K RUN
08:03 10K WALK
08:15 5K RUN
08:18 5K WALK
09:30 2K KIDS DASH
10:00 AWARDS CEREMONY
10:20 EVENT CLOSE (approx)

The North Shore ... What a Great Place to Run! The Harcourts Cooper & Co North Shore Run Series is now firmly established as a favourite summer fitness activity north of the Harbour Bridge and the series opens with Run Orewa at a brand new location. Metro Park Millwater is a vast space situated on some of Auckland's best running paths. Run Orewa offers flat and fast running on an almost entirely traffic free course, with views of the stunning Orewa River estuary throughout. And if you like your entertainment on the frosty side, why not take a dip in the ocean at glorious Orewa Beach when you finish! Here is everything you need to know to be ready to race on Sunday ...

RACE NUMBERS & MERCHANDISE

Before you can participate, you need to collect your official race number from us. Read on for full details of how to get yours:

> **NSRS SERIES PASS** / If you purchased your Series Pass prior to midnight on 22 October, you will already have had your race numbers and t-shirt delivered by courier ... you do not need to line up, you are ready to go. If you purchased after this time, you can collect your pack at either of the race pack pickup sessions noted below.

> **SINGLE RACE ENTRY** / Collect your race number at any of the race pack pickup sessions listed below.

> **LATE ENTRY** / Late Entry may be available (if not sold out prior) right up until the race starts (+\$5 on race morning). You can do it online via the event web site or on your phone, right from the queue! Payment can be made by credit card online or by paying cash/EFTPOS at the Late Entry desk.

> **RACE PACK PICKUP SESSIONS:**

SAT / 2pm-4pm: Race Venue, Metro Park, Millwater

RACE DAY / from 6:30am: Race Venue, Metro Park, Millwater

Important! The race venue is on the Football fields in the centre of Metro Park.

> **MERCHANDISE** / All Merchandise orders are available for collection during the PRE-RACE DAY race pack pickup sessions or **from 8:30am** on race day. Show your race number at the orange Merchandise tent (next to number pick up) to collect. You can also purchase additional merchandise items subject to availability.

GETTING THERE

The race venue, Start and Finish Line are all in the new forever home of Run Orewa, Metro Park. The flags, finish line, and pops of colour are visible from Millwater Parkway.

> **PARKING** / Millwater Parkway and the surrounding streets are flush with car parks for you, but the real kicker of Metro Park is a 200 vehicle car park...right at the Venue! Parking in this location is "first in, best dressed" and many should be prepared to walk a few hundred metres to the venue from a street car park.

> **BUSES** / Unfortunately local bus services are somewhat limited on weekends and will likely not be suitable for participants. There are no special event buses operating for this event.

> **ROAD CLOSURES** / There are no road or lane closures in place for this event and there should be little or no impact on local traffic.

BEFORE YOU START

Not long to go now! The adrenaline is starting to kick in big time. Here's what you need to be thinking about now ...

> **TOILETS** / Event portaloos will be located on the reserve nearby the event venue. There is also a toilet facility along the footpath on the northern border of the reserve. We strongly encourage all participants to arrive at the venue "unloaded" and ready to run. Queues at the start are inevitable but not unavoidable.

> **GEAR DROP & KEY CHECK** / A self-service Gear Drop area is housed behind the red Gear Drop tents adjacent to the number pickup area. Show your race number to enter/exit and select one of the numbered aisles to set your bag down. If you only have a set of keys to drop, a **Key Drop** container will be available at the Gear Drop entrance. Please ensure you label your keys with your race number.

Important! The Gear Drop area is not covered and your bags will be exposed to the elements.

> **RACE NUMBER** / Your official race number - with timing tag attached to the back - must be worn on the front of your top throughout the event. Avoid folding or crumpling the electronic tag to ensure it works correctly and keep your bib with you after you finish if you want to be included in the spot prize draw.

> **START LOCATION** / The start line is on the main Te Ara Tahuna walkway - next to the estuary and a short walk from the finish area. Follow the crowds if you are unsure and leave yourself time to get in place and warm up a little.

> **RACE BRIEFING** / A compulsory race briefing will take place at the start line a few minutes before each start. It is essential that you listen, understand and comply with the instructions given in the briefing, which will focus primarily on the safety of yourself and your fellow athletes.

> **COMPETITIVE WALK** / To be included in the 10KM or 5KM Competitive Walk competition, athletes must:

1. Register themselves in the Competitive Walk
2. Start on the designated walk start gun (3 mins after runners)
3. Walk at all times whilst completing the course.

DURING THE RACE

Run Orewa comprises two separate and quite distinct courses. The 10k course at Run Orewa takes participants on an extended lap of the Te Ara Tahuna estuary walkway. The loop of the Te Ara Tahuna coastal walkway features estuary views throughout. The 5k course at Run Orewa remains on the Millwater side of the estuary with a figure of 8 loop around the Metro Park area. The first half of the course follows the same route at the 10k, before crossing the pedestrian bridge at Kingsway School. The 15km course follows the 10km course and then proceeds onto the 5km course.

> **COURSE MAPS** / Detailed course maps for all distances - in a variety of formats - are available from the event web site:

<https://orewa.werun.nz/course/>

A large format course map will be on display at the venue.

> **COURSE NOTES** / Detailed course notes can be found on the website.

> **AID STATIONS** / There are 3 aid station locations

4.5km / Western Reserve Boat Ramp

7.8km / Arran Parade

12.5km / Metro Park Hockey Field (2.5km for the 5km)

> **TOILETS** / Public toilets are available on course at the Western Reserve boat ramp (approx 4.5km), near the finish line in Metro Park opposite Vivian Rd (approx 9.5km and 14.5km) and at the Metro Park hockey field (1km, 11km and 12.5km).

> **TIMING & RESULTS** / Live timing and race results will be online and updated throughout the day. To access live results, just look for the button on the front of the event web site during race weekend or scan the QR code on your race number to be taken directly to your personal result.

> **CUT OFF TIMES** / Marshals, aid stations, road closures and signage may all be withdrawn based on the 2hr event cut-off schedule. If you are unable to maintain this pace you will need to withdraw or proceed as a member of the public. We feel that every participant who makes it to the finish line is a winner and we will continue to record finish times and award finisher medals until the race site is cleared.

WHEN YOU FINISH

Hey legend! You made it ... now what???

> **FINISHER MEDAL** / Every legend that crosses the finish line in Western Reserve will receive a beautiful Harcourts Cooper & Co Run Orewa finisher medal. Our medals this year are brilliant contrasting black and white badge shapes that form part of the theme for the entire North Shore Run Series medal collection. Enter all 4 and collect the set!

> **REFUELLING** / Next up is the Refuelling Station - three blue tents of urgently needed re-supply! Fill up on water or Supa sport drink and grab a banana (please, only one per competitor). Now you're ready to find a spot on the grass and r-e-c-o-v-e-r!

> **FOOD & DRINK** / Harcourts Cooper & Co's amazing "coffee and cone" van will be on hand to serve up your favourite cup of joe or a tasty ice cream to help you cool down. All proceeds from Coffee & Cone go directly to charity. Onya Cooper & Co! Looking for something you can really get your teeth into? Numerous food and drink options are a 5 minute walk away in Millwater shops.

> **AWARDS & SPOT PRIZES** / The Awards Ceremony will kick off at 10am sharp on the main stage, right in the heart of the event venue. Come along to acknowledge some of the great performances of the day and you might just be taking home your share of over \$3,000 of amazing spot prizes. Remember, you must be present in person - and be recorded on the spot prize mats - to be eligible. Keep your race number and listen for announcements around 15 minutes before the ceremony.

KEEPING SAFE

The safety of everyone involved in the event; participants, contractors, crew and the public, is our number one priority and we expect all participants to act in support of this.

> **ON COURSE** / You must remain fully engaged in your environment at all times whilst participating. Look out for unexpected obstacles such as road medians, uneven surfaces, pedestrians or stray vehicles. Even when the road is closed, we cannot guarantee it will be traffic free. If you see a competitor in distress, stay with them and send a message to the next marshal.

> **MEDICS** / The amazing team from First Aid NZ will provide medical cover for our event. If you are feeling unwell as you finish, look out for their treatment area right after the finish line.

> **FEELING UNWELL?** / If you are experiencing cold, flu or other infectious symptoms, we ask that you please stay home. Remember that you have up to 3 weeks to complete the event virtually and still earn that beautiful finisher medal.

> **UNSURE IN CROWDS?** / The mass participation aspect is very much a part of our event but if you are nervous or unsure in crowds, just hold back on the start line for a few minutes and you'll find the crowds disperse quickly and you can still participate.

IF THERE IS A LIFE THREATENING EMERGENCY,
ASK SOMEONE TO CALL 111

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