



# NORTH SHORE RUN SERIES

## RACE GUIDE

North Shore Run Series – Run Hobsonville – 28<sup>th</sup> March 2021

We have had the pleasure of working with the Harcourts Cooper & Co. team for this event series for over 5 years!

Massive thanks and appreciation for Harcourts Cooper & Co who not only are the best and most successful real estate on the shore but also YOUR biggest cheers squad!

**Lets get down to business...**

### RACE PACK PICKUP

This is the process where you collect your race number, timing tag which you must have in order to take part. Series Pass entrants should have already received or collected their event cap and sports towel at race one.

Courier Delivery (Series Pass Only)

Remember that if you opted for courier delivery of your race pack, these were sent out before Christmas so you guys are good to go – you do not need to attend race pack pickup. You wear the same race bib for all 3 events.

### Race Day Registration

Race Day Registration opens at 6:30am on race morning. Look for the Registration Tent next to the finish line when you arrive at the Hobsonville Park. If you are collecting your items on race morning (and this is the only option for single race entrants for Race Two or Grand Finale) please, please, please ... remember to bring your e-ticket showing your 4-digit race number (on your smartphone or tablet is fine). It makes things so much quicker and easier for everyone. You can easily access your e-ticket from the Director online registration system. Just click on the “LOGIN” link at the top of the webpage and follow the prompts. Note that you may need to create a new account if you have not done so already. You will be given your free race gift upon collection of your race number.

### LATE ENTRY

If race day entry is available, you can do this online or in-person right up until your race starts. You can pay by credit card and have your registration confirmed immediately - or - pay by bringing cash to the registration desk to complete it. If the iPads at the registration tent are all busy, just pull out your phone and use that - it works exactly the same way (and the cash payment option will still be available).

Remember that race entry costs \$5 more on race morning and they should definitely allow an extra 15 minutes or so.

### GETTING TO THE EVENT

The thing about beautiful event locations is that they are often at the end of a road that is the ONLY way in and out **of the spot...**Hobsonville **is no exception (...maybe a little prettier than the average spot)**

You can access Hobsonville Point Road (Hobsonville Road if you start at the far end) from any direction on the motorway and is REALLY hard to miss. Once there, head on down towards the end and find the event location: The park at the corner of Hobsonville, and De Havilland Roads.

### PARKING

The only thing better than lots of free portaloos at an event, is lots of free carparks and we have got LOADS of them scattered around Hobsonville Point.

Launch Road (EXACTLY 1k to the middle of Launch Road) **has dozens of “nose-in” carparks for you to get in NICE AND EARLY** to secure, or there is a carpark just down Bomb Point Drive with a few there. You **HAVE** to get there early!



As always....**Carpooling is the way to go**, there will inevitably be too many cars in the area and you may need to find street parking nearby and walk for a few minutes. Nice spot for a little warm up walk!

#### TOILETS

The number of portaloos required for an event always **seems to be “1 more than we had this time”**, but we have scored you guys 12 world class portaloos that will be set up right beside the event site.

#### GEAR DROP & KEY CHECK

The gear drop tent will be open for business from 7am right next to the registration tent. Please make sure you have a small bag for your gear. You can save some time by writing your race number on a piece of sticky tape and attach it to your bag. If you do this prior to the event, you can avoid the queue to get one of our labels. **Please don't** wait until 15 seconds before the gun and lob it at them as you run past ... chances are it may be misplaced! If you only have a set of keys to leave, you can also do that here. The team will put them into the key tub until you return.

Running Events operate an **“all care, no responsibility”** policy on the gear drop 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 again this year. All you have to remember is to secure your race number to the front of **your shirt and you're all set**.

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.

Series Pass entrants retain their race number and timing tag for all three events. Please do not lose it as there is a \$10 charge for replacements.

#### START TIMES

08:00am - 5K/10K/15K runners only

08:03am - 5K & 10K walkers

09:30am - 2K Kids' Dash

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

#### INFORMATION FOR WALKERS

Those registered in the walk are reminded that they must:

- line up on the start line behind the runners
- start on the official walking start gun at 8:03am
- 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.

### EVENT 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 few 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.

The health and safety plan is available on request and covers your behaviour and that of spectators who accompany you to the event. Please remind your own spectators that they should not attempt to accompany you in vehicles, bikes or otherwise. They must follow the normal rules of the road to reach vantage points.

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

### COURSE NOTES – 5K, 10K, & 15K

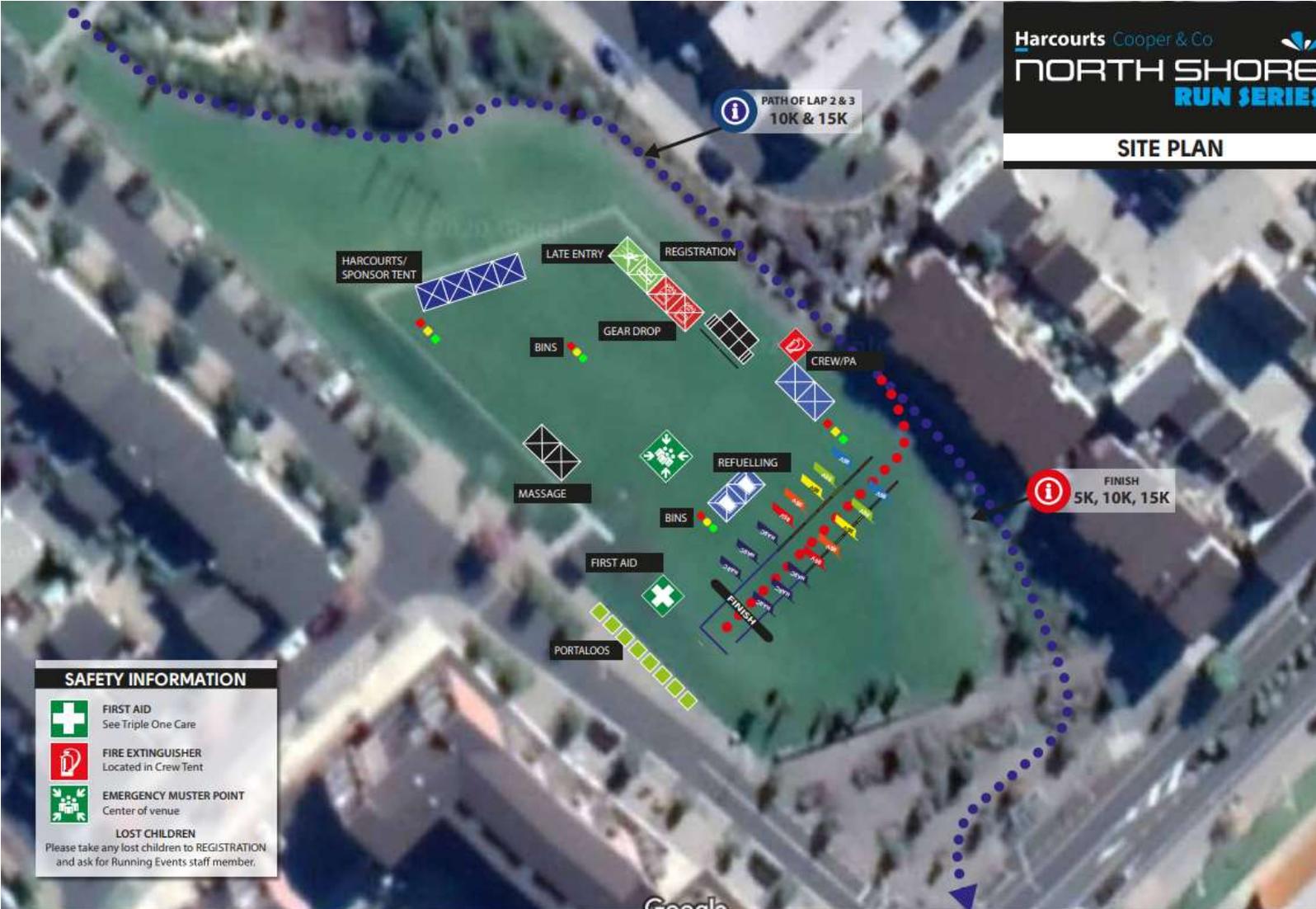
We have once again been able to secure several important road closures in order to provide you with the best possible race experience. Above all else, however, you must remember **the golden rule ...**

**Always give way to vehicles. No matter who has right of way, vehicles always win.**

Where the area of the course you are on does not have a road closure, you must stay on the footpath. Slower runners and walkers should keep left during the first lap to allow faster runners to overtake them.

De Havilland Road will be closed to traffic during the event and runners or walkers in the 5K and 10K may use the road at their discretion.

A big, broad 5K loop takes you through some of the most **stunning and diverse scenery you'll see around Auckland**. It gives you the feeling that no 2 sections of the course are the same – from running past converted bomb bunkers, to bouncing down the riverside boardwalk – Run Hobsonville has it all!



**SAFETY INFORMATION**

-  **FIRST AID**  
See Triple One Care
-  **FIRE EXTINGUISHER**  
Located in Crew Tent
-  **EMERGENCY MUSTER POINT**  
Center of venue
- LOST CHILDREN**  
Please take any lost children to REGISTRATION and ask for Running Events staff member.

## AID STATIONS

There are two aid stations on the course; One at the Hobsonville Point School, and one at the 10k/15k decision point.

- 2.5K, 7.5K, 12.5K: Aid #1, Boundary Road
- 5K, 10K: Aid #2, Decision point

A refuelling station is available after you finish – 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 also have banana boxes next to our rubbish bins for your food waste. Note: our compostable cups can go into the Organic Bins onsite.

## KIDS’ DASH

The kids’ dash is one of the highlights of any North Shore Run Series event, with a field of almost 100 kids taking part in each one. The support the kids receive as they run through the park on both laps is exceptional and a real thrill for everyone involved.

The kids will enjoy a fast blast around the beautiful suburb with the same EPIC finish line feelings the main race will get!



## THE FINISH

After getting to absolutely SEND IT along the stunning boardwalk section of the race. You will enjoy some challenging rolling hills (don’t worry, you can run them fast!) all the way to the finish.

The whole way final km is VERY distracting...in the best way possible! Views of the air base, the harbour and the stunning suburb of Hobsonville are gonna make that last section breeze by!

The finish chute is BUILT for your support team – **you'll** double back on yourself and hammer down a 50m sprint with your adoring fans lining the sides of the chute!

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.

**\*MOST IMPORTANTLY\*** you need to grab your finisher medal...

## FINISHER MEDAL

For the **FIRST** time, each of the races in the series will have their own finisher medal!

Striking colours are gonna make for mega bragging rights **to your mates as you grab one of these at the finish...but it's not just about the single medal, it's about going the distance and earning yourself the MEGA medal.** This is where it gets serious. It takes a hearty effort to attend all 3 races in the series, and the sheer size of the medal reflects that!

So get in there, race all 3 of the series, and remember forever that you ticked off something epic!

## FOOD & DRINK

Our title sponsor, Harcourts Cooper & Co, will have their special coffee and cone truck on hand for snacks. All proceeds are donated to charity.

## MASSAGE

The crew from Sports Lab 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

The Awards Ceremony will take place on the main stage at the event site.

Start Time: 10am sharp!

For race one and two of the series, the names of the overall winners in the 15K, 10K, 5K and 2K run will be announced for information only. All merit awards are saved until the

Grand Finale at the end of the series.

We have some wonderful spot prizes to give away including vouchers for Brooks (running shoes), The Merchant (dinner and drinks) and Shoe Science Albany. **We'll also have an amazing Garmin Forerunner 245** music GPS sports watch to give away at each event. Finally, the grand prize of a Big Screen TV comes right at the end, so **don't leave early! Remember** - you must be present in person when your name is called to claim your prize.

The team at Running Events believe a good game is a fast game and we expect to be wrapped up in under 20 minutes for Race One and Race Two. For the Grand Finale, we do have a lot of prizes to hand out but we will be doing our utmost to be wrapped up inside of 45 minutes.

## SPOT PRIZE DRAW

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.

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

Provisional results will be available throughout the event from our web site:

<http://runthepoint.nz>

and via our facebook page on Sunday afternoon. Like our page now for immediate notifications and early access:

<https://facebook.com/northshorerunseries>

Results and series points 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 Harcourts Cooper & Co North Shore Run Series would be a shadow of the event it is now. Please support those who support you and our sport ...

Title Sponsor

Harcourts Cooper & Co

Major Sponsors

Auckland Council – Upper Harbour Local Board

Brooks

Garmin

The Merchant Bar & Kitchen

Shoe Science Albany

Associate Sponsors

R-Line Electrolyte Drink

**HELPING YOU CROSS THE FINISH LINE**

Proud to provide exceptional real estate service while supporting our local community.

[www.cooperandco.co.nz](http://www.cooperandco.co.nz)

**Harcourts**  
Cooper & Co

**GARMIN**

Forerunner® 235  
GPS running watch with wrist-based heart rate

[Learn More](#)

**New! Adrenaline GTS 18**

**BROOKS**  
RUN HAPPY.

[SHOP NOW](#)

**Nature knows about Hydration.**

**Exclusive offer**  
on sports drinks, gel, beetroot juice and protein bars.

go to [rline.co.nz/runningevents](http://rline.co.nz/runningevents)

So do we.

