

RUN
THE POINT

RACE GUIDE

The North Shore ... What a Great Place to Run! The Harcourts Cooper & Co Run the Point returns to Hobsonville Point Park to take on the "classic" 5k coastal track. This is a cracker of a run that is almost entirely traffic free and within a stone's throw of the water. As Race Two of the Harcourts Cooper & Co North Shore Run Series - points, times, places and bragging rights are all on the line this Sunday so get ready to throw down a marker! Here is everything you need to know to be ready to race on Sunday ...

EVENT DATE

27 NOVEMBER
2022

LOCATION

HOBSONVILLE POINT PARK
HOBSONVILLE POINT, AUCKLAND NZ
36°4'13.65" S / 174°39'39.2" E

RACE DAY SCHEDULE

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

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** / You guys should already have received your race numbers for all four series events when you collected your series t-shirt. Look after those numbers - a fee is charged for replacements!

If you have not yet collected your NSRS Series Pack, it will be waiting for you at Run the Point - come to either of the collection sessions.

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

> **LATE ENTRY** / Late Entry is available right up until the race starts (+\$5 on race morning). You can do it online via the event web site or by using the iPad kiosks provided. Payment can be made by credit card online or by paying cash at the Late Entry desk (sorry, cash/credit only, no eftpos).

> **RACE PACK PICKUP SESSIONS:**

SAT / 2pm-4pm: Race Venue, Hobsonville Point Park.

RACE DAY / from 6:30am: Race Venue, Hobsonville Point Park.

Important! Hobsonville Point Park is on the corner of Hobsonville Point Rd and De Havilland Drive.

> **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 (sorry, cash/credit only, no eftpos).

GETTING THERE

The race venue is Hobsonville Point Park in - you guessed it! - Hobsonville Point. It is located on the corner of Hobsonville Point Rd and De Havilland Road.

> **PARKING** / There is no dedicated parking space available for the event and parking in the area can be tight with many residential streets pretty parked up most of the time. So just allow extra time to find a space and an easy 5-10 minute walk to the venue is the ideal loosener for the legs.

> **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** / Several road closures will be in place for this event including Buckley Ave (near the venue) and De Havilland Rd. A stop-go will operate for vehicles on Hobsonville Point Rd as they cross De Havilland Road

DURING THE RACE

Run the Point features a wonderful, varied and almost entirely flat 5k course that locals will be very familiar with. The 5k loop track is a major attraction of the area and takes you past reserves, new developments and the Hobsonville Point ferry terminal at Catalina Bay. Wide views of the inner harbour feature throughout. The 10k course is two laps of the circuit and the 15k is three laps. The kids take in a shortened out-and-back course over the final 1km of the 5k loop.

> **COURSE MAPS** / Detailed course maps - in a variety of formats - are available from the event web site:
<https://runorewa.nz/#races>

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

> **COURSE NOTES** / The course for Run the Point is the same as the first two editions held here in 2019 and 2020. Runners in the 10k and 15k reach a decision point at Buckley Ave near the end of each loop. Stay left to proceed onwards to the finish line. Bear right to rejoin De Havilland Rd and run under the start arch to begin your next lap.

> **AID STATIONS** / An aid station will be located half way around the loop near Catalina Bay. Another station - for 10k and 15km competitors only - is adjacent to the race venue for those setting out on another lap. All aid stations will carry water and sport drink.

> **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 mighty warrior that crosses the finish line in Hobsonville Point Park will receive a beautiful Harcourts Cooper & Co Run the Point finisher medal. Our medals this year are in deep black finish with yellow highlights and a yellow ribbon. The Run the Point "Catalina" sea plane logo is prominent. A recess on the back of your medal is provided for a revTab - a specially minted self-adhesive plate for recording your name and finish time (see <https://runningevents.co.nz/revtab> for more info).

> **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? A dairy is right around the corner and local cafes are a short walk away.

> **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 yourself, your fellow participants and the public is our number one priority.

> **COVID** / If you are COVID positive, a close contact of a case, awaiting a test result or feel at all unwell - please ... do not attend. Give those around you as much room as you are able and if you are personally worried about having people close to you, hang back for a few moments at the start line and things will clear out pretty quickly.

> **ON COURSE** / You must remain fully engaged in your environment at all times whilst participating. Look out for unexpected obstacles such as road medians, 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. If it is a life threatening emergency, ask someone to call 111.

> **SHARE WITH CARE** / The Hobsonville Point walkway is enormously popular on weekends with many other walkers, runners and cyclists utilising the path. Please be considerate of others, keep to the left and look out for other fast moving path users, especially on blind corners.

> **MEDICS** / The amazing team from St John will provide medical cover for our event. If you are feeling unwell as you finish, look out for their tent/ambo right after the finish line.

Harcourts
Cooper & CoUpper Harbour
Local Board
Auckland Councilvisla™
SPARKLING WATER

COROS

topo®
athleticSHOE
SCIENCE®

THIS IS A PRODUCTION OF

we're runners too

RUNNING EVENTS