

# KAPITI JOGGERS AND WALKERS

## “IN THE FOOTSTEPS OF THE MARINES”

**SUNDAY 26 MAY, 2019**

### **RACE INFORMATION AND SAFETY**

***PLEASE READ CAREFULLY***

**PARKING:** There is parking available at the Whareroa Farm venue and also at Queen Elizabeth Park.

**DOGS ARE NOT PERMITTED.**

**RACE NUMBERS:** Will be available at registration in the Whareroa Farm Shelter from 8.15 am.

**LATE ENTRIES:** Will be accepted on the day, with a \$5 late fee payable (Total \$35). Please allow plenty of time as there will be queues.

**EMERGENCY CONTACT:** Please update your Enteronline contact details and supply your emergency contact number at registration.

**BRIEFINGS:** 9.20 for Race Walkers AND Social Walkers and Slow Joggers; 9.50 for Runners.

**STARTS:** In the start / finish area adjacent to the Whareroa Farm Shelter. Please make sure you start with the category you have entered.

**9.30 am – Race Walkers AND Social Walkers and Slow Joggers;**  
**10.00 am – Runners.**

**FINISH:** Adjacent to the Whareroa Farm shelter. Please use the correct finish chute.

**COURSES:** Race Walkers and Runners do the longer course (about 12.2 km). Social Walkers and Slow Joggers do the shorter course (about 10.3 km). The courses will be well marshalled, coned and taped.

**TOILETS:** These are available behind the Whareroa Farm shelter and in Queen Elizabeth Park.

**DRINK STATIONS:** There will be two drink stations where water and jellybeans will be provided. Runners and Race Walkers will pass three (one station twice). Take your own drink bottle and a snack if you think you will need it. Water will also be available at the finish.

**CLOTHING:** A polyprop or polarfleece and a rain jacket are strongly recommended if the weather is cold. You will climb over 300m in total.

**SHOES:** Wear shoes that are suitable for cross-country. You will cross two narrow streams. The Department of Conservation has requested that footwear be clean and free of mud and seeds.

**FIRST AID:** The *Wellington Free Ambulance* will be in attendance. For assistance on the course contact the nearest marshal, and if you see anyone in difficulty, please stop to help.

**PLEASE REPORT TO THE FINISH AREA IF YOU ARE UNABLE TO COMPLETE THE RACE so that your return can be recorded.**

**RULES:** You must follow the course as laid out and obey all officials and marshals.

Your race number must be visible at all times.

Race walkers must not run.

Remember you are responsible for your own safety.

**AFTER FINISHING THE RACE:**

Go through the SH1 underpass, over the railway line and through the gates to the new **Ramaroa Centre** in Queen Elizabeth Park to collect your finisher's certificate and see if you have won a spot prize.

*Exchange your race number for a free cup of soup and a bread roll.*

***THE KAPITI JOGGERS & WALKERS HOPE YOU ENJOY OUR EVENT!***