



**Thank you so much for exploring New Zealand with us.
We hope you have a blast!**

A note from our title sponsor, Aramex:

Aramex New Zealand is proud to be the naming rights sponsor of the 2022 Kiwi Walk & Run Series. What a terrific initiative, inspiring kiwis to get out and enjoy this beautiful country of ours. With 18 Regional Franchises and more than 250 courier franchisees delivering around New Zealand every day, Aramex is part of your local community. You may have known them in the past as Fastway Couriers. Now part of the global Aramex group, they deliver across town and around the world. Stop by the Aramex Van at the start/finish line to meet our team and pick up your complimentary light weight trail cup. Also make sure you look out for the Aramex pitstops on the course. We will be sure to give you some sweets to deliver you to the finish line.

Here is our awesome sponsor family. We couldn't do this event without their support. Give them a big high five when you see them at event.



EVENT SCHEDULE:

8:45 – 9:30am: Registration Open

9:00 – 9:30am: Onsite entries available

9:45am: Participant briefing at start line

10:00am: Start time for all events

Other notes for you to read carefully:

- Event Village Venue: Russell School - 2 Baker Street
- Carparking on Road near Russell School
- Ferry tickets – please check your pre event email. This will have a link to a complimentary one way ferry ticket. Simply print this ticket and hand it to the over when you board the ferry. Please note this is for the passenger ferry only (not the car ferry) and you may be asked to show your event ticket. Valid for 23 April only.
- Please take your cell phone with you in case of an emergency
- Please save this phone number to your phone, in case of emergency on course and there is no marshal in easy access, please call the Event Team on a special H&S line, 021 119 4383 (more details below)
- First Aid will be on located in the event village
- **New Zealand road rules apply. Please note all roads are OPEN to traffic. There are no road closures. Please stay to the footpath.**
- Please or run on the footpath at all times and within the marked course
- Please do not cut any corners nor venture off the track as marked
- Knowing the course is your responsibility, please double check the course map – there will be printed version for you at the info tent if you would like to take a map with you
- Please listen to and obey any instructions given by Race Officials and Marshals
- If you are walking or running in a group please do not walk or run more than two abreast
- Please be aware of participants passing you from behind and keep to the left
- Please seed yourself accordingly at the start
- Please ensure you have adequate and suitable clothing
- Footwear must be worn
- There are 'pit stops' along the course with snack & drink options – please bring your own cup or bottle as well as and any course nutrition that you may need. You can also visit Aramex at the start line for a complimentary light weight trail cup
- Please do not participate under another persons' identity as we need to know exactly who is on course if medical attention is required

- All forms of wheeled conveyance including but not limited to bicycles, inline skates, skate boards, scooters are not permitted due to the terrain
- Unfortunately no pets are allowed to accompany participants on course
- The use of any and all portable audio devices, including but not limited to: ipods, mp3, cellphones and walkman devices is discouraged – enjoy the beautiful scenery!
- All participants under the age of 16 must have the consent of their parent or guardian
- Should you wish to withdraw, please notify an event official e.g. marshal or course crew and await instructions
- Participants who require any personal medication or disability assistance devices while participating must carry those items themselves
- Unfortunately there is no bag drop at the event so please leave any excess items in your car
- Keep an eye on your emails in the week post event – Subaru will send you event photos

What to do if someone gets hurt:

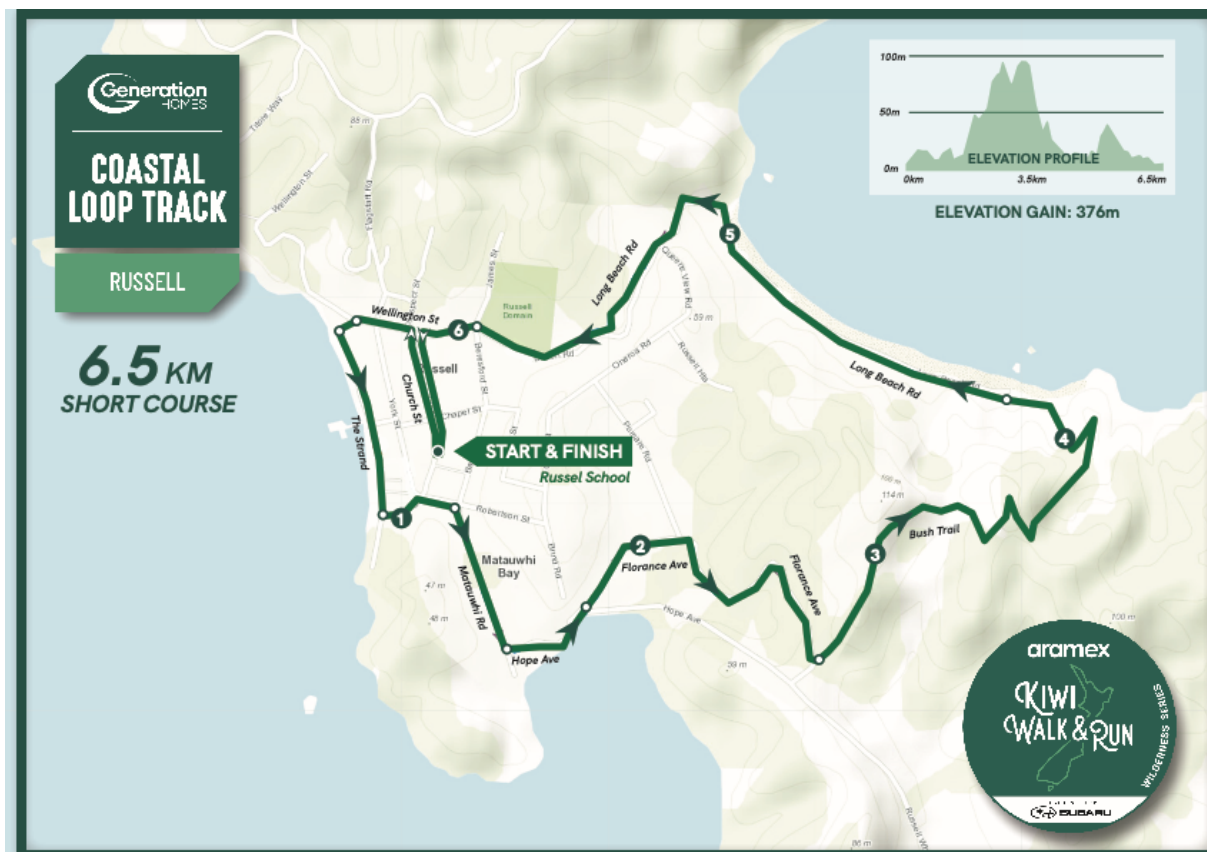
Should you encounter an incident on course, please follow these steps:

- Stop – do not place yourself in danger
- Try to communicate with the person
- Assist with basic first aid if you are capable and can do so safely
- Call our health & Safety line on 021 119 4383 and follow the instructions
- If there is no cell phone reception, send the next participant through to notify the next event official of the situation and location of the incident
- Stop the next participant and request assistance if required

Course Maps:

Short Course 6.5km.

Right out of event village, end of road turn left. Walk along the water front. Follow marshal direction to head into private land with beautiful views. Down the hill to Long Beach, and circle back to the event village. Keep to the footpaths. Keep right. Follow all road rules.



Long Course 17km

Right out of event village, end of road turn left. Walk along the water front. You're going to head south east all the way down through the Bush Track, along the mangrove boardwalk the new private Golf Course. Do a loop, head back into town. From here follow marshal direction to head into private land by the Russell refuse centre. Down the hill to Long Beach, and circle back to the event village. Keep to the footpaths. Keep right. Follow all road rules.

