



# PARTICIPANT NOTES

**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:**

- Carpark off Te Mata Road in the Blackburn venue. Turn into the Blackburn driveway and hook an immediate left down the limestone driveway
- 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. All roads are OPEN to traffic. There are no road closures
- 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
- All participants under the age of 18 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

### **What to do if someone gets hurt:**

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

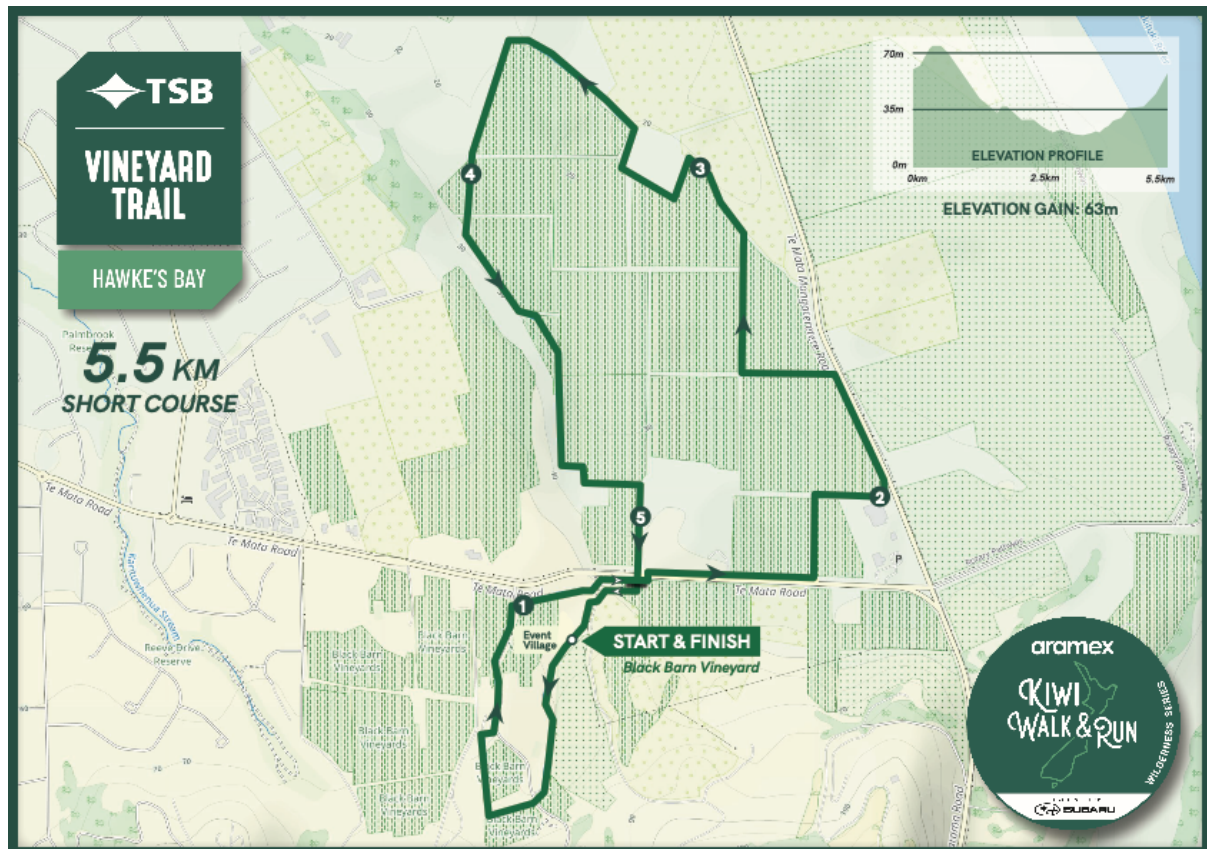
- Stop – do not place yourself in danger
- Try to communicate with the person
- Assist with basic first aid if you are capable and can do so safely
- Call our health & Safety line on 021 119 4383 and follow the instructions
- If there is no cell phone reception, send the next participant through to notify 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 5.5km.

Head straight up the track to do a lap of Blackbarn vineyard before crossing the road and entering Church Road's vineyard. Do an anticlockwise loop of the vineyard before heading home. Follow all the signage and enjoy the pitstops!



## Long Course 8.5km

Head straight up the track to do a lap of Blackbarn vineyard before crossing the road and entering Church Road's vineyard. Do an anticlockwise loop of the vineyard. Upon exiting the vineyard, you'll turn right and head down Te Mata Rd. Take care on the road crossing and stick to the grassy verge. Cross Te Mata Rd when directed to by traffic management staff and head into Karituwhenua Stream Walkway. You'll be directed to pop out at Fulford Place, follow the marshals and signage to head through another vineyard before returning home to Blackbarn.

