



**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:

- The event is located at the McLaren Falls Equestrian Park at 358 McLaren Falls Road, Omanawa 3171
- Carparking is available at the event venue, please drive in to the main paddock and follow all parking signage.
- 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, 027 921 3747 (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:

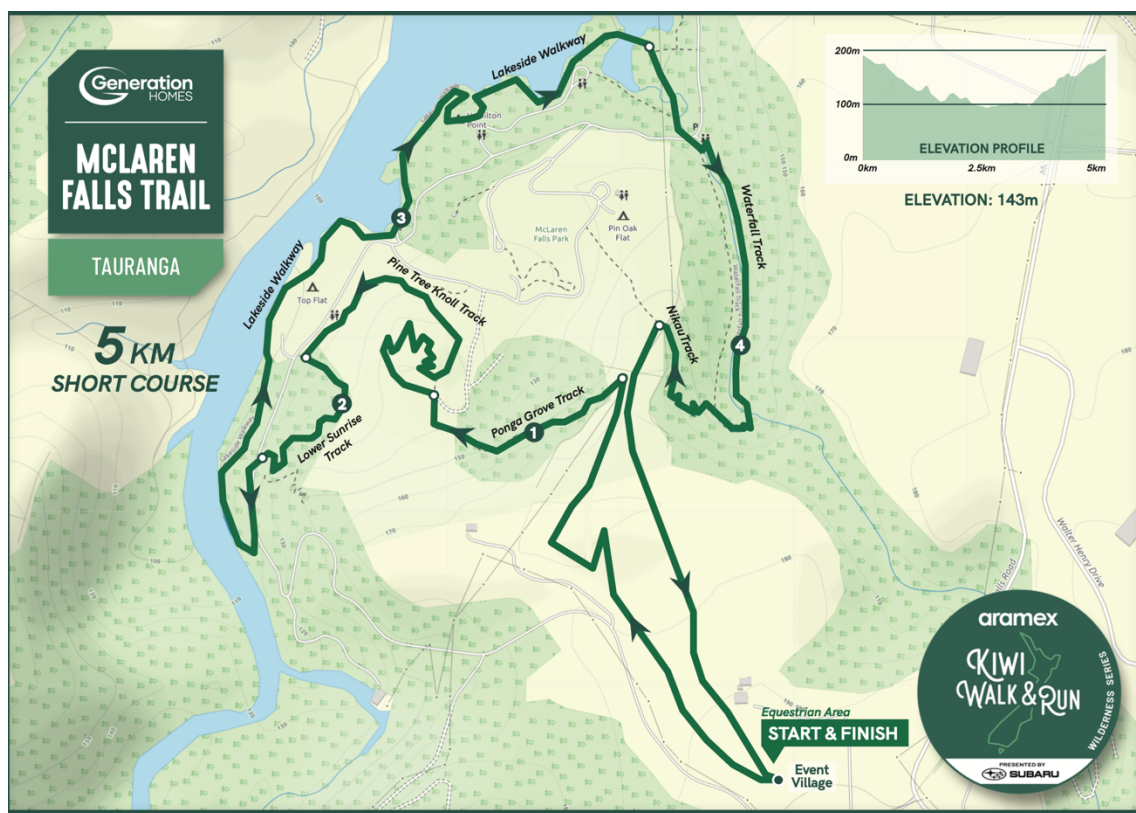
Should you encounter an incident on course, please follow these steps:

- 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 027 921 3747 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 5km

This course heads out from the event village down the paddocks, past the long course turn and down to the Ponga Grove Track. From there you take this track through the bush trails down to Pine Tree Knoll Track. You will pop out near the road before heading back onto Sunrise Trails. At the end of this trail you will arrive near a road where a marshal will cross you over onto the Lakeside Walkway. Follow the Lakeside Walkway all the way past the Cookie Time pitstop where you will see an intersection and a marshal. Turn right and head toward the Waterfall Track where you will start to head back to the Event Village past the waterfall and up Nikau Track. Return to the event village up the hill, the same way you came down.



Long Course 9km

This course first heads down the paddock and where the short course continues straight, the long course will head left out the gate and down the hill via the grass verge. Follow the road until you see the marshal pointing you into the Nature trail on your left. This will take you on a bush loop via the Rimu-Totara Track. Complete this loop and then head back the way you came toward the event village. This time you'll turn left as you enter back into the paddocks and head down to join the the Ponga Grove Track. From there you take this track through the bush trails down to Pine Tree Knoll Track. You will pop out near the road before heading back onto Sunrise Trails. At the end of this trail you will arrive near a road where a marshal will cross you over onto the Lakeside Walkway. Follow the Lakeside Walkway all the way to the end of the trail, where you will see the Aramex Pitstop and the turn around point. Head back on the same track until you meet the marshal who will direct you to the

Waterfall Track where you will start to head back to the Event Village past the waterfall and up Nikau Track. Return to the event village up the hill, the same way you came down.

