



**HAMILTON
GARDENS
TRAIL**
HAMILTON

2024 PARTICIPANT NOTES

Thank you so much for exploring New Zealand with us..... Life's too short for asphalt!

A note from our title sponsor, Aramex:

Aramex New Zealand is proud to be the naming rights sponsor of the 2024 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. 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.

Our awesome sponsor family - we couldn't put this event without their support

OUR SPONSORS



HOST CITIES



Event Schedule:

Friday 5th April:

2pm: Optional Friday event check in opens

4pm: Optional Friday event check in closes

Saturday 6th April:

7:00am: Event check in opens

8:15am: Event check in closes

8:30am: Participant briefing at start line

9:00am: Event start (All distances) ** see below

**Please seed yourself accordingly at the start line. We will do wave starts every 3 minutes in this order:

1. Long Course runners (pink wristbands)
2. Mid Course runners (blue wristbands)
3. Short Course runners (yellow wristbands)
4. Long Course walkers (pink wristbands)
5. Mid course walkers (blue wristbands)
6. Short Course walkers (yellow wristbands)

Venue and Parking:

Venue: Hamilton Gardens

Car Parking – As the Gardens are very busy on the weekends, it is recommended that you park on Grey Street which has underpass access to the event venue within the Gardens.

Access to the event venue is via **GATE TWO** which offers some parking near the Camellia Garden.

Cupless event:

Please note we are a cup free event! So please bring a trail cup (or any reusable cup) for the on course pitstops, alternatively, we have Aramex Kiwi Walk & Run Series branded CamelBak Podium bottles available for **\$25 each**. These can be purchased at the Registration tent onsite.



Wristbands and Course Signage:

You will receive a coloured wristband when you check in at event – this wristband relates to the distance event you've chosen as per below:

- Long Course – Pink wristband
- Mid Course – Blue wristband
- Short Course – Yellow wristband



On course, you will all be following the green arrows, UNLESS you come to a junction or a splitting of the distances, then please follow the arrow with a pink border for long course, blue border for mid course or yellow border for short course.

Additionally, there are red tree tags every few hundred meters to spot to ensure you're heading in the right direction.



Results:

Results will be sent to you via email on the same afternoon as the event. These will also be available on our website at the same time.

Other notes for you to read carefully:

- Please note all roads are open and treat accordingly when crossing them
- Please return your white timing chip at the completion of your event (all unreturned chips will require a \$20 replacement fee)
- Please take your cell phone with you in case of an issue
- Please save this phone number to your phone, in case of an emergency on course and there is no marshal in easy access, please call the Course Director, Dave, on 021 310 501 (more details below). Please note there is patchy reception
- 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 stay 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 & water
- 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: cell phones, ipods, mp3, cellphones and walkman devices is discouraged
- All participants under the age of 13 be accompanied by a 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 Course Director, Dave, on 021 310 501 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

Sponsor Activity Onsite:

Aramex

This year Aramex are teaming up with their customer Candy Cutique to collaborate for a special edition Aramex Kiwi Walk & Run candy floss. Aramex are proud to deliver for local businesses such as Candy Cutique and thought what better way to celebrate than a sweet treat to keep participants fuelled for the event. Be sure to visit the Aramex team at the event village, where they'll be delivering limited stock of this exclusive collaboration. Don't miss out on this sweet celebration!



Mahindra

With Sci-Fi Technology, Spirited Performance and World-Class Safety, the all new Mahindra Vehicles are worth a look! They'll be on site with some of their newest models – perfect to help you get to the best NZ trails. Be sure to check them out.



CamelBak Hydration Station

CamelBak have you sorted for all your water hydration needs! Make sure you stop off at the CamelBak Hydration Station and fill your water bottles up pre-race!

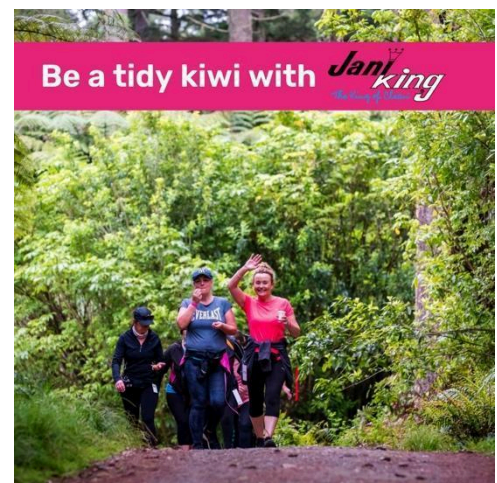


Keeping it Clean with Jani-King

Jani-King are ensuring that our trails are left in a pristine condition.

Show your Kiwi pride by lending a hand in keeping our event locations clean!

Join us at the Jani-King tent in the Event Village after registration, grab a rubbish bag, leave your race number and name, and make a difference by collecting any old rubbish you spot along the way. Return it to the Jani-King tent for a chance to win a spot prize. Let's work together to keep our surroundings pristine!



Beehive Sausage Sizzle

The famous post event Beehive Kiwi BBQ!

Pop along for a free sausage to fuel you post event. The biggest question is will you choose tomato sauce, mustard, or both!



Alchemy & Tonic Pop Up Bar

The perfect post race refresher!

A bit jazzier than your regular soda – Alchemy & Soda have a range of delicious drinks for you to sit, relax and enjoy the post event vibes.



Te Ata Roof Top Tent Display

Ready to explore? Te Ata Adventure & Supply has you covered with quality rooftop tents & adventure accessories! Experience the beauty of nature without sacrificing comfort with their rooftop tents and camping gear.

Climb up and check them out onsite in the event village – the perfect companion to your next adventure.



Heartland Ambassador Hotel Hamilton

Looking for your accommodation for the Hamilton Gardens Trail? Heartland Ambassadors Hotel has you covered!

Exclusive discounts for Aramex Kiwi Walk & Run Series participants over event weekend - follow this link ⚡

<https://reservations.scenichotelgroup.co.nz/108350?adults=1&children=0&rooms=1&datein=04/04/2024&dateout=04/07/2024&identifier=ARAMEX24>

Heartland
Ambassador Hotel Hamilton

Pitstops on course:

Please check the course maps to see what pitstops are on what length course:

1. Cookie Time
2. Aramex Jaffa's 1
3. Aramex Jaffa's 2
4. Ems Power Cookies
5. Jetplane Lollies

All pitstops will also have water – please bring your own reusable cup (or purchase one of our awesome Aramex Kiwi Walk & Run Series branded CamelBak Podium water bottles at the event village - \$25).

Short Course Overview 5.5km

Head towards the Waikato river, past the Governors Lawn. Keep going until the track forks in two directions, take the left hand turn to head over the bridge on the footpath. After the bridge you will hang another left and arrive at your first pitstop!

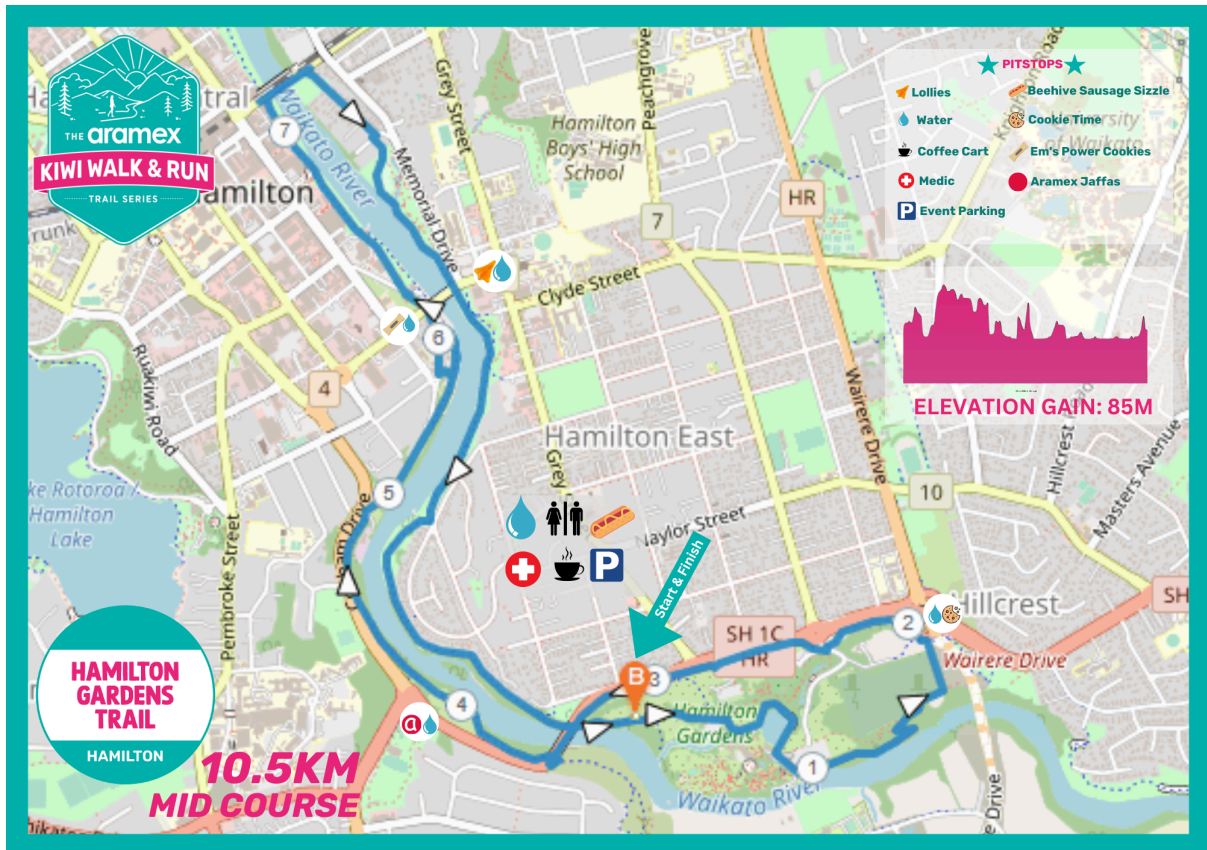
Walk/Run over Cobham Drive bridge and along the Waikato River towards Victoria bridge. Take the loop around Yendell Park, come back over the bridge and head into the Hamilton Garden for a scenic lap before crossing the finish line.



Mid Course Overview 10.5km

Head towards the Waikato river, past the Governors Lawn. Keep going until the track forks in two directions, take the left hand turn to head over the bridge on the footpath. After the bridge you will hang another left and arrive at your first pitstop!

Walk/Run over Cobham Dr bridge and along the Waikato River towards Victoria bridge. Cross Victoria bridge and turn right heading down the otherside of the Waikato River. Once back into Hamilton gardens, wrap around turtle lake before crossing the finish line.



Long Course Overview 15.5km

Head towards the Waikato river, past the Governors Lawn. Follow the course markings through the gardens and cross the new bridge.

Stick to the grass/ footpath and make your way down Howell Ave to the river trail. You will then exit the river trail and turn left onto Riverlea Road, then left onto Hudson Street before connecting back up with the river trail. Head back up Howell Ave and towards the bridge, hang another left to run back through the gardens.

Walk/Run over Cobham Dr bridge and along the Waikato River towards Victoria bridge. Cross Victoria bridge and turn right heading down the otherside of the Waikato River. Once back into Hamilton gardens, wrap around turtle lake before crossing the finish line.

