



**MCLAREN
FALLS
TRAIL**

TAURANGA

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. Short Course runners (yellow wristbands)
3. Long Course walkers (pink wristbands)
4. Short Course walkers (yellow wristbands)

Venue and Parking:

Venue: McLaren Falls (Equestrian Park area)

Access to the event venue and event carpark is via the McLaren Falls Equestrian Park. 358 McLaren Falls Road, Omanawa 3171.

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:

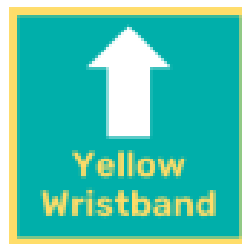
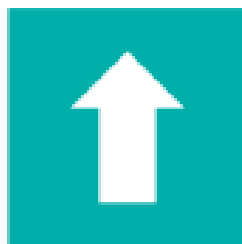
You will receive a coloured wristband when you check in at event – this wristband relates to the distance event you've chosen as per below:

- Long Course – Pink wristband
- 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 Manager 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 Manager 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 fueled 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!

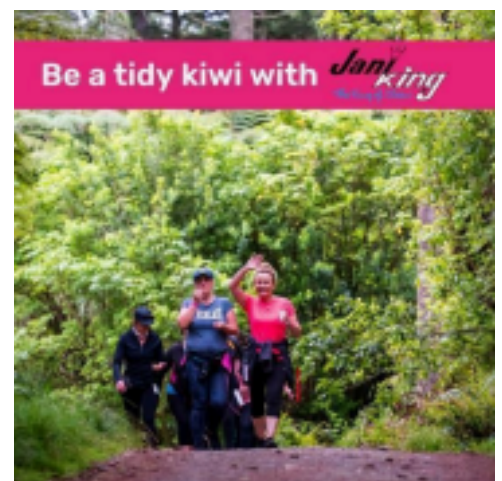


Keeping it Clean with Jani-King

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.



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

Starting in the equestrian area, you'll run/walk straight towards the rotary grove. Hanging a right at your first pitstop, you'll head onto the waterfall track, coming out of that, you will cross the road and down towards Lake McLaren where you'll run along the lakeside walkway.

From the walkway you'll cross over the road again and head into more trails through stunning autumn trees, connecting into the pine tree knot track before dropping back down onto the lakeside walkway, up through the waterfall track and back into the finish.



Long Course Overview 12km

Starting in the equestrian area, you'll run/walk straight towards the rotary grove. Hanging a right at your first pitstop, you'll head onto the waterfall track, coming out of that, you will cross the road and down towards Lake McLaren where you'll turn right following the long course signs, running/walking along the lakeside walkway towards McLaren Falls.

From the walkway you'll cross over the bridge and along the Ruahihi Canal walk, turn around at the turn point and head back the way you came. Once you're back on the lakeside walkway you'll hit a pitstop, cross the road and head into more trails through stunning autumn trees, connecting into the pine tree knot track before dropping back down onto the lakeside walkway, up through the waterfall track and back into the finish.

