



2025 PARTICIPANT NOTES

**WALK N WAG
AUCKLAND**

A note from our title sponsor, Aramex

Aramex New Zealand is proud to be the naming rights sponsor of the 2025 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 300 courier franchisees delivering around New Zealand every day, Aramex is part of your local community. You may have known us in the past as Fastway Couriers. Now part of the global Aramex group, we deliver across town and around the world. Make sure you look out for the Aramex pitstops on the course. We'll be handing out some sweets to deliver you to the finish line



Mark Little - CEO

aramex



HOST CITIES



Event Schedule

Friday 11 April

2pm - Optional Friday event check in opens

4pm - Optional Friday event check in closes

Saturday 12 April

7:00am - Event check in opens

8:30am - Event check in closes

8:45am - 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

Leigh Auton Reserve.

Carparking

There is plenty of parking on the surrounding streets or at the car park at Te Puru Park (only a 5 min walk away).



Walk n Talk

Great trails, great conversations! We love a good walk and talk, and we hope you do too! That's why we've placed conversation placards along the trails to spark fun and meaningful chats along the way.

After the event, share your best on-course convo on our [Aramex Kiwi Walk & Run Series Facebook page](#), and you'll be in to win entry to another event in the series for you and your convo bestie!

What small things brighten your day?

What's something new you've tried recently & loved?

What do you wish you had spent more time on when you were younger?

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 – www.kiwiwalkrun.co.nz/results/

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 official Aramex Kiwi Walk & Run Series branded CamelBak Podium bottles available for **\$25 each**. These can be purchased at the Registration tent onsite or via Race Roster as you enter the event.



Wristbands and Course Signage

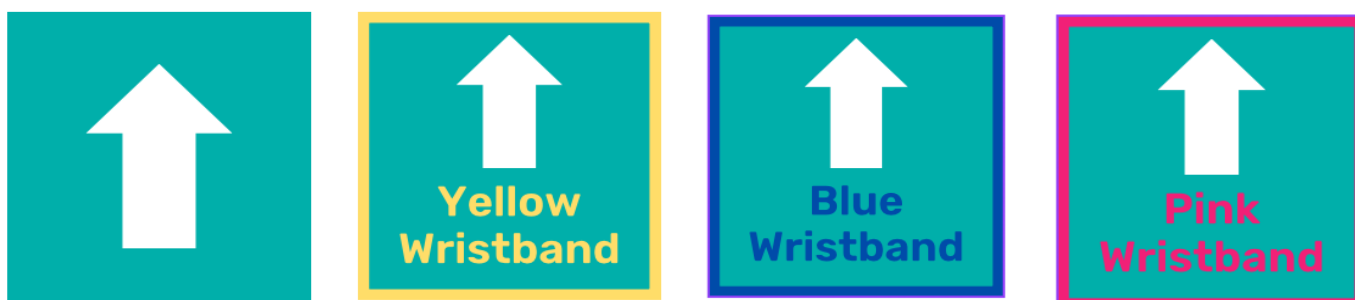
You will received a coloured wristband when you check in at event
– this wristband relates to the distance event you've chosen as per below:

- 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 the boarder colour that matches your event wristband. Pink boarder for long course, blue boarder for mid course or yellow boarder for short course.

Additionally, there are **red** tree tags every few hundred meters as markers that you're heading in the right direction.



Rules - Dogs

We all love our pooches, which is why we have set up some basic guidelines for your loveable pup to keep both you and them happy and safe! We request all dogs to be on leash at all times, and 1 adult owner per dog. There will be a lot of other dogs around the event village and on course, so please ensure the person with your dog is confident enough to enjoy it.

- Only 1 dog per adult human (16 and over)
- Dogs must be on leash the whole time, no retractable leashes and no leashes longer than 2 meters
- Dogs must be registered with your local council, have a name tag with contact details on it
- All dogs must be up to date with their vaccinations
- Please no female dogs on heat
- Dogs must be well socialized and friendly with others, and under control at all times.
- Please clean up after your pooch! Please bring enough poop bags for your dog! No one likes stepping in doggie doo doo.

Advice for walking or running with your dog:

- Water is available at pit stops for your dogs, but please ensure you have some extra with you for your pooch in case they need it!
- You are able to walk or run with your dog, we advise that you have a few practice runs with your pooch if they do not usually run with you and others.
- Terrain is a mixture of grass, concrete, gravel paths and dirt. If your dog has tender paws, bring dog shoes along with you
- Just like you, they need to warm up! Start off slowly and build up your pace.
- Your pooch will go and go and go! They can't tell you if they are tired or have had enough. Allow them to lap up the water at aid stations and sniff that bush, they need a rest too! A good sign if they are tired is heavy panting or laying down.
- If your dog is younger than 9 months we don't recommend running with your dog as they may not have finished growing yet! For specifics, chat with your local vet about your pups needs.
- If you don't usually take your dog on a run or walk with you, do a few training sessions with them beforehand

Rules - Humans

- All roads and open, please treat accordingly when crossing them. New Zealand road rules apply
- Please seed yourself accordingly at the start
- 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 return your white timing chip at the completion of your event (**all unreturned chips will require a \$50 replacement fee**)
- Please take your cell phone with you in case of an issues on course – note this is a trail event and therefore there are potential dangers
- 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 Manager Lauren on 021 795 977 (more details below). Please note there is patchy reception in some venues
- First Aid will be on located in the event village and will come to course if needed
- Please stay on the footpath at all times and/or within the marked course
- Please do not cut any corners nor venture off the track as marked
- Please listen to and obey any instructions given by event staff and marshals
- If you are walking or running in a group please do not walk or run more than two abreast and let people pass you to the right
- Please ensure you have adequate and suitable clothing for all weather types
- Footwear must be worn
- There are 'pit stops' along the course with snack & water, however if you have any special dietary requirements, please bring your own snacks (Gluten Free, Dairy Free, Vegan etc)
- 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 as many of our courses are on DOC land

- All participants under the age of 13 need to 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. We need to know you've exited the event early otherwise we'll be sending out a search party for you!
- 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 on course:

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 Event Manager Lauren on 021 795 977 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

Pitstops on Course

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

1. Cookie Time + water
2. Aramex Jaffa's 1 + water
3. Aramex Jaffa's 2 + water
4. Ems Power Cookies + PURE Sports Nutrition Electrolytes + water
5. Haribo Lollies + water

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).

Post Event Village

Recover in style with the following complimentary products for all participants:

1. Alchemy & Tonic Soda
2. Real COCO Coconut Water
3. Beehive Sausage Sizzle
4. PURE Sports Nutrition Electrolytes
5. Athena Protein Bars
6. CamelBak hydration Station

Sponsor Activity Onsite

Aramex

Aramex invites you to relax and have fun at their exclusive Chill Zone during the Aramex Kiwi Walk & Run. Take a break from the action, sink into comfy beanbags, and enjoy a variety of games designed to keep the fun going for participants of all ages. Visit the Aramex team in the event village to experience this exciting new addition. Don't miss out on the perfect spot to unwind and play!



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 in the event village.



CamelBak Hydration Station

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

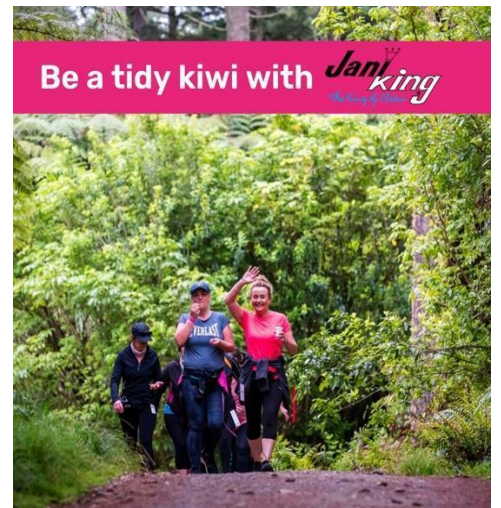


Keeping it Clean with Jani-King

At Jani-King, we believe every trail should sparkle- just like your event-day energy!

Show your Kiwi pride and help keep our event locations spotless. Swing by to the Jani-King tent in the Event Village after registration, grab a rubbish bag, drop us your race number and name, and hit the course with an eye for any stray pieces of rubbish.

Bring your collected rubbish back to the Jani-King tent, and you'll be in the running for a fantastic spot prize! Let's clean up, step up, and make a difference - one piece of rubbish at a time.



Sponsor Activity Onsite

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

Alchemy & Tonic is bringing the magic to the event village! You've crossed the finish line—now it's time to refresh. Swing by the non-alc bar and grab a free can of **Alchemy & Tonic**. Crisp tonic or bold soda, every sip is packed with premium ingredients and big flavour.



Cookie Time & Ems Power Cookies

Attention all cookie lovers, grab a sweet treat for a boost along the course at your aid stations with New Zealand's favourite Cookie Time cookies! Unleash your potential with Em's Power Bites - these will power you up and give you the energy to go the whole way. Soft and easy to digest, we've got your nutrients for the race covered! Find Em's Power Bites at your aid stations and finish line!



PURE Sports Nutrition

PURE Sports Nutrition is the official sports drink partner and will be out on long course pitstop and at the start/finish line keeping everyone hydrated with their natural electrolyte hydration. Use **KIWIWRS15** for 15% off at puresportsnutrition.com



Official Event T-shirts

We have partnered with ASICS to bring you this super funky official event event shirts.

ASICS Silver SS shirts have lightweight and quick-drying knit fabric improves moisture management so that you can keep comfortable on the trails. The top's flat seam construction helps reduce chafing while running.

At least 50% of the garment's main material is made with recycled content to reduce waste and carbon emissions.

Perfect for hitting the trails!

These can be purchased on Race Roster with your entry or onsite at the event registration tent.

Tshirt Men's & Women's \$50

Singlet Women's: \$45

Click here to purchase pre event:

<https://raceroster.com/events/2025/95245/2025-merchandise-aramex-kiwi-walk-and-run-series>



Short Course Overview 1.5km

Starting at Leigh Auton Reserve, you and your furry pals will follow the footpath around event village gently making your way down to Te Pura Park following the path along the waterfront. The Dog Dash will grab a jaffa and turn around at this point to head back to the event village.



Mid Course

Overview 5.5km

Starting at Leigh Auton Reserve, you and your furry pals will follow the footpath around event village making your way down to Te Pura Park following the path along the waterfront. After crossing the little bridge take a left and follow the bush trail that runs around the outskirts of the Omana Regional Park. Coming back to the little bridge, take a left and head back to the event village.



Long Course Overview 9km

Starting at Leigh Auton Reserve, you and your furry pals will follow the footpath around event village gently making your way down to Te Pura Park following the path along the waterfront. After crossing the little bridge take a left and follow the bush trail that runs around the outskirts of the Omana Regional Park until you hit the waterfront half way around. You'll take a left and right to head onto the pathway that heads along Omana Esplanade towards Maraetai Beach.

Maraetai Sailing Club is the turn around point. When you return to Omana Regional Park, you'll follow the track clockwise around the park until you reach the little bridge, take a left and head back to the event village.





**WE LOOK FORWARD TO
SEEING YOU THERE**

Any questions please email hannah@smcevents.co.nz

www.kiwiwalkrun.co.nz