

Short (6k) & Mid (10k) Run/Walk PRE-RACE SAFETY BRIEFING NOTES

1. ALL ROADS ARE OPEN and shared.
2. Take care on and crossing public roads. You must abide by the New Zealand road rules. You have no special rights just because you are in a race.
3. Follow the instructions of the marshals.
4. There are no track closures. Be aware of, and be courteous to the public.
5. You could be sharing some tracks with mountain bikes. They will be going very fast and are very quiet. For your safety, we recommend you don't wear ear buds during the race.
6. You must wear your race numbers provided (they are coded for your event), on the OUTSIDE of your clothing and on your FRONT at all times. Use either pins or a race belt.
7. The course is marked with red-on-white arrows. Tape across the track means do not cross it.
8. You will also see "6k – Short & 10k – Mid Run" signs – follow the arrow with your race distance with it.
9. Ignore all other track markings.
10. Stay on the marked track and don't take shortcuts – there are old mine shafts everywhere.
11. Please stop and help any injured competitors, and report any incidents to a marshal immediately. You are part of our safety team.
12. If you withdraw from the race you MUST notify an official who is in contact with race HQ, or notify race HQ yourself as soon as practicable. This is essential to avoid unnecessary searches and emergency services being engaged.
13. Expect the course to be around (6km) (10km).
14. WALKERS If you are entered as a walker, you MUST NOT RUN.
15. There will be a staggered start — walkers will start 5 minutes after the runners.