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**NORTH
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RUN SERIES**

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we're runners too

RUNNING EVENTS

VITAL INFORMATION

Operating our events in the RED Traffic Light setting places significant additional demands on our organisation to ensure we provide a safe and compliant event environment. But there are important responsibilities for you - the participant - too. It's unfortunately no longer good enough to rock up on race morning, 10 minutes before the start, and expect everything to be laid on for you. It is **absolutely vital that you read and take on board all of the information in this document** ... of you may encounter a disappointing race day experience.

THE INFORMATION IN THIS DOCUMENT SUPERCEDES ALL PREVIOUSLY PUBLISHED INFO

PRE-REQUISITES TO RACE

In order to participate on race day, you must have checked off ALL of the following items:

- I have a valid entry ticket for the event.** Online entry closes at 4:45pm on the day before the event (collection closes at 5pm). There is no in-person entry for this event at any time. **You will not be able to enter on race day.**
- I am vax verified.** Download a fresh copy of your e-ticket and ensure it shows the VAX VERIFIED (or VAX EXEMPT) label. If not, use the link on the web site to upload your vax pass. See Vax Verification below.
- I have an allocated start time.** All 5K, 10K and 15K runners need to be allocated to a starting wave. Check the notes below under "START TIMES".
- I have my race number and it's pinned to the front of my shirt.** Arrive at the race site ready to race. Access to the controlled event area requires showing your race number as you enter. See below for collection info.

RACE NUMBER COLLECTION

If you don't yet have your race number then you will need to collect this before starting. You cannot enter the controlled event area without showing your vax verified race bib. We strongly encourage all participants to collect their race number prior to race day as follows:

> 3 - 5pm: Saturday @ the event venue, Albany Lakes Civic Park, Civic Cres. Albany.

Strictly limited race day collection for out-of-town participants is available BY PRIOR ARRANGEMENT ONLY. Use the web site contact form - no later than 5pm Saturday - with subject line "Race Day Collection" for details.

VAX VERIFICATION

It is a requirement of our event permit that all participants are double-jabbed. This is managed through the Running Events online registration system. Download a fresh copy of your e-ticket well in advance of the event to ensure it shows the VAX VERIFIED (or VAX EXEMPT) label. If it does not, you must upload your pass using the link on the event web site.

**We will not issue race numbers to UNVERIFIED competitors.
TAKING PART IN THE EVENT WHEN UNVERIFIED IS AN INSTANT DQ.**

START TIMES

It is an ESSENTIAL element of our event permit that participants are grouped in waves of less than 100. Therefore it is vital that you know your allocated start time and corresponding Start Pen and only assemble there at the appropriate time. Scan the QR code as you enter the start pen.

DOWNLOAD A FRESH COPY OF YOUR e-ticket TO VIEW YOUR ALLOCATED START TIME

If your e-ticket does not show a valid start time, you can select a wave yourself by accessing your registration on my.runningevents.co.nz and hitting the Make Changes -> Start Times function (if you're having trouble - choose a start wave from the list on the web site and send an email through the contact form with title "START TIME REQUEST"). You must do this prior to midnight on the day before the event.

A full list of Start Wave times and allocated Starting Pens appears on the web site and will be posted prominently near the entry to the controlled event area.

A WORD ABOUT TOILETS ...

We regret that due to the public health situation, we cannot provide toilets on course or after you finish. The only portaloos available are inside your starting pens and strictly for those awaiting their start. The portaloos in these spaces are sanitised between each start group to comply with H&S requirements.

IF YOU ARE UNABLE TO PARTICIPATE WITHIN THESE LIMITATIONS THEN WE ENCOURAGE YOU TO CONSIDER SWITCHING TO THE VIRTUAL OPTION.

WHEN YOU FINISH

Once you have crossed the finish line, you'll be able to collect your **most righteous** finisher medal from the medal table. Onya! Please keep moving up to the refueling station to collect a drink and banana. But don't stop there! You must keep moving until you have exited the controlled event area. We understand you will be tired, but please DO NOT pause at the refueling station. Exit the event controlled area immediately and - if you need to rest - find some space on the grass to recover before returning to your vehicle.

AWARDS & SPOT PRIZES

As you know, it will not be possible to hold our usual Awards Ceremony on race day. Instead, we will hold a live facebook event on **Wednesday after the race at 6pm** where we will acknowledge some of the great performances on race day as well as handing out a flippin' ton of awesome spot prizes (including a Garmin watch and a big screen TV!).