

# KAPITI JOGGERS AND WALKERS IN THE FOOTSTEPS OF THE MARINES

**SUNDAY 28 MAY 2017**

## **RACE INFORMATION AND SAFETY**

***PLEASE READ CAREFULLY***

**PARKING:** There is parking available at the venue and also at Queen Elizabeth Park

**DOGS ARE NOT PERMITTED**

**RACE NUMBERS:** Will be available at registration at the Whareroa Farm Shelter from 8 am.

**LATE ENTRIES:** Will be accepted on the day, with a \$5 late fee payable (Total \$30). Please allow plenty of time as there will be queues.

**EMERGENCY CONTACT:** Please supply your emergency contact number at registration.

**BRIEFINGS:** 8.50 for social walkers and slow joggers; 9.20 for race walkers; 9.50 for runners.

**STARTS:** At the Whareroa Farm gates. Please start with the category you have entered.  
9.00 am – social walkers and slow joggers; 9.30 – race walkers; 10.00 am – runners.

**FINISH:** Adjacent to the Whareroa Farm shelter. Please use the correct finish chute.

**COURSE:** It will be well marshalled, coned and taped. Roads will be open: please stay close to the cones.

**TOILETS:** These are available behind the Whareroa Farm shelter and in Queen Elizabeth Park.

**DRINK STATIONS:** Water and jellybeans will be provided at about 4km and 7.5km. Take your own drink bottle and a snack if you think you will need it. Water will be available at the finish.

**CLOTHING:** A polyprop or polarfleece and a rain jacket are strongly recommended if the weather is cold. You will climb over 300m.

**SHOES:** Wear shoes that are suitable for both road and cross-country.  
The Department of Conservation has requested that footwear be clean and free of mud and seeds.

**FIRST AID:** The *Wellington Free Ambulance* will be in attendance. For assistance on the course contact the nearest marshal.

### **AFTERWARDS:**

Go under SH1 and over the railway line to the Tramway building in Queen Elizabeth Park to collect your finisher's certificate and see if you have won a spot prize.

***Exchange your race number for a free cup of soup and a roll.***

**RULES:** You must follow the course as laid out and obey all officials and marshals. / Your race number must be visible at all times. / Race walkers must not run. / Remember that all roads are open to traffic so please take care.

***THE KAPITI JOGGERS & WALKERS HOPE YOU ENJOY OUR EVENT!***