

Written Race Briefing. 5km Event.

RUN or WALK



Follow red directional arrows at all turns.
Continue straight on the road you are on where there are no arrows.
In the short trail sections follow all black and yellow tape.

You'll notice distance signage counting you down on the course.
Expect to see 4, 3, 2 & 1 Km To Go

The Start Area

- Your start time is 11.10am. The event will begin on the sound of a horn.
- Late registration assistance & gear bag service is operational 1 hour pre start time and closes 10 minutes before the event's start time.
- Water and toilets are available in and around the start area.
- Please ensure your race number is on your front and is kept visible to marshals throughout the event (your timing transponder is on the back of your number).
- "Self-seeding" applies (elite at front) for all entrants to ensure a smooth start.

A Note to All Walk Entrants

- Walk entrants have different race numbers and **MUST COMMIT TO WALKING THE ENTIRE COURSE**. Walk entrants that intend to walk the majority of the course, but may do some jogging, must be entered as a runner.

Following Your Event Course, Aid Stations and Medical Assistance

- It is your responsibility to know the route of your event course.
- ALL Important turns on your event course have been marked with red arrows. If you pass over a side street, there may be no arrows, simply continue straight on the main road that you are on until reaching the next turn which will be marked.
- The event course is on the left shoulder of the roadway, however, there are sections where the event course shifts to a footpath/walkway for your own safety. Please follow all black and yellow tape in these sections.
- If there is a coned lane provided for you, please remain inside that coned lane.
- **Treat all roads as OPEN TO TRAFFIC THROUGHOUT THE WHOLE EVENT.**
- Please follow all event marshals' instructions.
- Please take care at each of the road crossings.
- There are 3 water stops on your event course which all serve water.
- There is medical support provided by St John available at the finish area at Matiatia Reserve. If you need urgent medical attention on the event course please inform the closest event marshal or dial 111 as soon as possible. Explain that you are at an event on Waiheke Island and St John units are involved with the event.

Enjoy your event experience at the 2020 Fullers Wharf2Wharf Event.
We'll see you at the finish line.