



**MOUNT
RUN**

**2020
Mount Run
Athlete Manual**



The Mount Festival Charitable Trust is a Registered Charitable Trust chaired by Owen Cooney. The vision for the event is to offer a recreational and sporting event that all members of the local and wider community can participate in and enjoy no matter their age, ability or sporting interest.

All profits made by the Mount Festival of Multisport are donated back into the community. The Mount Festival Charitable Trust is governed by three trustees, Owen Cooney (Chair), Joanna Lawn and Bryan Winters.

Thank you to our Sponsors & Partners



MAYORS MESSAGE

Nau mai, haere mai. Welcome to Tauranga and the 2020 Mount Festival – Aotearoa’s longest-running and most popular Triathlon.

This outstanding event has now clocked up 31 years and in recognition of that milestone, the Tauranga Half has achieved ‘Legacy Event Fund’ status for the first time. That status not only recognises the event’s longevity, but also acknowledges the very positive recreational and economic contributions it makes to our wonderful corner of the Bay of Plenty. Tauranga Half symbolises the healthy approach to life that the city aspires to and that is reflected in the ongoing support it receives through Tauranga City Council’s Event Funding Framework.

During the course of this event, athletes will be passing through some simply outstanding scenery. I hope they have time to enjoy it! We particularly hope you will appreciate the running leg around the superb Mauao base track.

I would like to acknowledge the dedication and determination of all of the triathletes competing in the Mount Festival, and I also acknowledge the phenomenal efforts of the organisers, the Mount Festival Charitable Trust. The Trust’s vision is to offer an event that people of any age, ability or sporting interest can participate in. All profits from the Mount Festival of Multisport go back to the community, which means we are all winners.

Competitors – best wishes for the event. May you reach your personal goals and enjoy the success you have worked so hard for.

Supporters and spectators – enjoy the event, our spectacular environment and the many attractions the city has to offer.

I hope we see you all again in 2021, and beyond.

Nga mihi nui.

Tenby Powell
Mayor of Tauranga



SCHEDULE OF EVENTS

FRIDAY 10TH JANUARY 2020

2.30PM – 6PM RACE REGISTRATION & SPONSORS EXPO

[Registration tent, Event Village, Pilot Bay](#)

Registration will be held in the Registration Tent in Pilot Bay on Friday 10th January from 2.30pm – 6pm. There will be a sponsor's expo alongside registration which gives you the opportunity to purchase your last-minute race gear and take advantage of great offers and specials from our sponsors.

You can collect your race pack (which includes your timing transponder and race number/s) and complete your registration during these times. If you do not collect your race pack during these times you will need to collect it from the Info Tent in the Event Village by 8am on Saturday 11th January or you will not be allowed to start the race. If you are in a family team for the 5km event, at least one member must collect your packs.

By collecting your registration pack, others (if applicable)/ you are attesting that you **have watched and understood** the online safety briefing.

Please ensure you watch this online before race day at mountfestival.kiwi when it becomes available

SATURDAY 11TH JANUARY 2020

MOUNT RUN SCHEDULE

8:25am – Participant briefing for 21.1km and 10km event on start line

8.30am – 21.1km Mount Run Start

8.35am – 10 km Mount Run Start

8.40am – Participant briefing for 5km event on start line

8.45am – 5 km Mount Run Start (individuals and families)

1.00pm – Mount Run cut off

5.45pm – Mount Festival of Multisport Prizegiving

MOUNT RUN HALF, 10KM and 5 KM MAP

Distance: Half Marathon, 10km and 5km

Run Cut off: 1.00pm for all competitors



HALF MARATHON DISTANCE

Starting in Pilot Bay run down the Board Walk on The Mall, turn right (keeping left of the cones) into Adams Ave. As you turn right into Marine Parade there is a 200m stretch where you must stay single file and no passing is allowed. This is a safety hazard due to the road layout. Please obey all signage. Continue to run along Marine Parade (on the seaward side of the road) until you reach the turnaround point near Tay St (being aware of runners in both directions). Please be aware that the first turnaround point beyond Tay Street is for all Tauranga Half Triathletes on their run – Do not turn here. **You will run just beyond this and use the second turnaround point beyond Tay Street - which is for ALL Mount Run 10km and 21.1km athletes.**

Head back along Marine Parade (still on the seaward side), joining the boardwalk where you will be directed to continue around the base track in an anti- clockwise direction. Exit the base track and run down The Mall to the turnaround point at Prince Ave.

Turn and stay to the left of the cones on The Mall as you make your way back out for your second lap (being aware of cyclists out on course) as above ensuring you head down the finish chute at the end of your 2nd lap only.

10KM DISTANCE

Starting in Pilot Bay run down the Board Walk on The Mall, turn right (keeping left of the cones) into Adams Ave. As you turn right into Marine Parade there is a 200m stretch where you must stay single file and no passing is allowed. This is a safety hazard due to the road layout. Please obey all signage. Continue to run along Marine Parade (on the seaward side of the road) until you reach the turnaround point near Tay St (being aware of runners in both directions). Please be aware that the first turnaround point beyond Tay Street is for all Tauranga Half Triathletes on their run – Do not turn here. **You will run just beyond this and use the second turnaround point beyond Tay Street - which is for ALL Mount Run 10km and 21.1km athletes.**

Head back along Marine Parade (still on the seaward side), joining the boardwalk where you will be directed to continue around the base track in an anti- clockwise direction. Exit the base track and run down The Mall to the finish chute.

5KM DISTANCE

Starting in Pilot Bay run down the Board Walk on The Mall, turn right (keeping left of the cones) into Adams Ave and then left onto the start of Marine Parade where you will be directed to turn left running past the Mount Surf Club onto the boardwalk and around the Mount Base Track. On exiting the base track runners turn right and run back down The Mall to the finish line in Pilot Bay.

RUN AID STATIONS

- Liquids - Water, **nuun** Lemon Lime Electrolyte Hydration drink, Coke
- Solids - Bananas, Clif Bars – Chocolate Chip, Clif Gels – Citrus and Razz, Gold Moro bars
- Other - Vaseline and Invisible Zinc Sunblock

Aid Stations 1 and 3 only will have Clif gels.

Aid Station 2 only will have Clif Bloks – Mountain Berry, Orange, Ginger Ale

Run support stations are located 1.5—3kms apart and are indicated on the course map.

We care about our environment and our community. Discard rubbish only at aid stations.

In the Half Marathon you will pass support stations 14 times, in the 10km Mount Run you will support stations 7 times and in the 5km Mount Run you will pass support stations 3 times. There will also be refreshments at the finish line.

- Cnr Adams Ave/The Mall—ON WAY OUT
- Marine Parade/Banks Ave—ON WAY OUT & WAY BACK (10km & Half only)
- Marine Parade/Tay Street—ON WAY OUT & WAY BACK (10km & Half only)
- Base Track Entry—ON WAY BACK
- Base Track Exit—ON WAY BACK



EVENT INFORMATION

GARMIN TIMING

GARMIN

The event will use electronic timing. Each competitor will be issued a race bib with a transponder attached at registration

RACE NUMBERS

You will be supplied with 1 race number. Your race number must be secured to your upper body clothing or on a race belt. Race numbers must be worn at waist height on the run leg of the race.

BAG DROP OFF

We will provide a bag drop off from 5am race day located in the Information & Bag Drop tent, in between transition and the athlete recovery lounge.

COURSE CUT OFF TIMES

To ensure the safety of all athletes and volunteers there is a 1pm cut off times are for all athletes across the Mount Run events. Should an athlete not be able to reach this cut off time, they will no longer be able to continue racing and will be asked to return to transition. Results will be classified as Did Not Finish (DNF).

Event personal will assist in transporting the athlete back to the Event Village should assistance be required.

POST RACE INFORMATION

ANTI-FLAMME ATHLETE RECOVERY LOUNGE



Athletes are welcome to utilise all facilities within the Anti-Flamme Athlete Recovery Lounge in the Event Village. Athletes will be directed into the recovery lounge after crossing the finish line.

There will be water, supplements, nutrition and sponsor product as well as massage available from Body in Motion.

BAG COLLECTION

Please leave all gear that you do not need for the race at the Information & Bag Drop tent located in between transition and the athlete recovery lounge before you start. Present your race number at bag drop to retrieve after the race.

FINISHER CERTIFICATES

Finisher certificates are available online after your race. Please go to mountfestival.kiwi/results

FINISHERS MEDALS

Medals will be presented to all individual competitors at the finish line who finish within the cut off time.

INFORMATION TENT

The information tent is located in between the sponsors tent and the start line; this is the place to go for any questions prior to and after the race.

PARKING

VIP parking will be located within Coronation Park, with access from Nikau Crescent. Vehicles displaying a VIP parking will be given access to this area. There are parking options within the local streets. Please park respectfully and observe all parking signage. You must not park in Mount Mainstreet for the entire day. Please observe parking restrictions.

PRIZE GIVING

The Awards will be held at 5.45pm at Coronation Park, adjacent to the transition area on Salisbury Ave.

RESULTS

Provisional results will be posted on the website on mountfestival.kiwi on Saturday evening. Results will remain provisional for seven days following the event.

CONTACT INFORMATION

Event Managers – SMC Events Ltd

Competition Manager – Tracey Howard

Event Director – Shanelle Barrett

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