



MOUNT RUN

2021 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 Shane Lye.

Thank you to our Sponsors & Partners



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MAYORS MESSAGE

Nau mai, haere mai. Welcome to Tauranga and the 2021 *Tauranga Half* – Aotearoa’s longest-running and most popular triathlon.

This iconic event has been synonymous with the Mount Maunganui community for the past 31 years, achieving ‘Legacy Event Fund’ status in 2020, for the first time. That status recognises the event’s longevity and 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.

Over recent months, New Zealand’s events calendar has been hard-hit by the COVID-19 pandemic, so it is particularly encouraging to see that events industry is continuing to bring great events to the city, despite the many challenges they have faced.

During the course of this event, athletes will be passing through some simply outstanding scenery. I hope you 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 Tauranga Half, 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.

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.

We hope we see you all again in 2022, and beyond.

Ngā mihi nui

Tina Salisbury
Acting Mayor of Tauranga



SCHEDULE OF EVENTS

FRIDAY 22nd JANUARY 2021

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 22nd 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) 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 23rd 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 23rd JANUARY 2021

MOUNT RUN SCHEDULE

8:20am – Participant briefing for 21.1km, 10km and 5km events on start line

8.25am – 5km Mount Run Start

8.35am – 21.1km Mount Run Start

8.45am – 10km Mount Run Start

1.00pm – Mount Run cut off

6.00pm – Mount Festival of Multisport Prizegiving – Coronation Park

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 (near Prince Ave) run down The Mall, turn right (keeping left of the cones) into Adams Ave. Turn right into Marine Parade. 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 (near Prince Ave) run down The Mall, turn right (keeping left of the cones) into Adams Ave. Turn right into Marine Parade. 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 (near Prince Ave) run down The Mall, turn right (keeping left of the cones) into Adams Ave and then right 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** Electrolyte Hydration drink, Coke
- Solids - Bananas, Clif Bars, Clif Gels,
- Other - Vaseline and Invisible Zinc Sunblock

Aid Stations 1 and 3 only will have Clif gels.

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 on the front, 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 the expo tent.

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.

We're committed to the Event Sector Voluntary Code – JOIN US

While we remain in COVID-19 Alert Level system, we will be aligning with the Events Sector Voluntary Code and we are hoping you'll help us by doing your bit to stop the spread of COVID-19.

The Events Sector Voluntary Code has been released to outline what organisers can do to safely deliver events. This includes following best practice expectations, which are based on Ministry of Health guidance to reduce COVID-19 related risks. It will enable our organisation to support the Ministry of Health in contact tracing if an outbreak of COVID-19 were to occur. We've always taken the health and safety of you all as our number one priority, so this is only a touch up on what we already do.

If you've yet to see the Events Sector Voluntary Code, you can view it here.

<https://www.majorevents.govt.nz/assets/Major-Events/new-zealand-event-sector-voluntary-code.pdf>

What is the one thing we are encouraging you to do?

- Scan the QR code using the NZ COVID Tracer App and follow good hygiene principles such as sneeze into your elbows and wash your hands.
- Oh, and if you haven't got it already, we encourage you to download the app before arriving.

So how are we doing our part?

- QR Codes will be made available at all key locations at the event, such as registration, bag drop and toilets.
- There will be additional hand washing and hand sanitization stations onsite.
- We will provide contact details for participants to the Ministry of Health, should they request them within 4 weeks of the completion of the event

To help you, you might also see a couple of new signs around the event which will include:

- Events Sector Voluntary Code Poster;
- QR Code.

We thank you for supporting us and working together to help stop the spread of COVID-19

POST RACE INFORMATION

BAG COLLECTION

Please leave all gear that you do not need for the race at the Information & Bag Drop tent located in the expo tent. 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 large marquee, next to the recovery area; 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.

AGE CATEGORIES

The official age categories for both male and female for the Mount Run are:

1- 9 (5k only), 10 – 19, 20 – 29, 30 – 39, 40 – 49, 50 – 59, 60 -69, 70+

Please note your age is calculated as at 31 December 2021, therefore you could be considered a year older on race day and in some cases, move up an age group.

PRIZE GIVING

The Awards will be held at 6pm at Coronation Park, adjacent to the transition area on Salisbury Ave. Prizes will be awarded for 1st, 2nd and 3rd place male and female in the 21.1km (prize money) and 1st place male and female in the 10km and 5km (medal).

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.

RULES & REGULATIONS

Medical personnel shall have ULTIMATE AND FINAL authority to remove a competitor from the race for medical reasons if the competitor is judged to be physically incapable of continuing the race without risk of serious injury or death.

No competitors may use alcohol or any illegal drugs, stimulants, depressants, or other substances with the intent to improve their performance, eliminate the sense of fatigue or for any other purpose. For details on banned substances please see triathlon.kiwi.

Good sportsmanlike conduct will be demanded of all competitors. Fraud, theft and acts of grossly unsportsmanlike-like conduct are grounds for immediate disqualification and will result in competitors being prevented from competing in any Mount Festival of Multisport event in the future.

If a competitor decides to withdraw from the race at any time, it is their responsibility to notify the Race Director, event personnel, Technical Official or Timing Official. Failure to give notification after withdrawing from the race may result in the competitor being prevented from competing in any Mount Festival of Multisport event in the future and any costs incurred in locating the withdrawn athlete will be passed on directly to the athlete (ie search and rescue). This includes anyone who after having racked their bike in transition decides not to start the race.

The Mount Festival of Multisport reserves the right to make rule changes at any time. All competitors will be notified in writing of any changes before the race.

Competitors may not compete with a bare torso during the run sections.

No use of any device that will distract the athlete from paying full attention to their surroundings. Mobile phones may be carried during the race for the use of tracking apps such as Strava. During the race the communication functions of these devices may not be used. Nor may any device be used to play music, with or without headphones or headsets.

Competitors must complete the reverse of their race number with important medical and emergency contact information for use in the case of emergency.

Under no circumstances can a competitor swap timing devices with any other athlete and no competitor may race under any name other than their own.

The responsibility of keeping on the correct course rests with the competitor.

The Race Director has the right to remove any competitor from the course after the official cut off time of 1:00pm for the Mount Run.

GENERAL RUN RULES AND REGULATIONS

- The course will close at 1:00pm.
- Any competitor still on the course after this time will not be eligible for a finisher's medal and may be asked to withdraw from the race for his or her own safety.
- No use of any device that will distract the athlete from paying full attention to their surroundings. Mobile phones may be carried during the race for the use of tracking apps such as Strava. During the race the communication functions of these devices may not be used. Nor may any device be used to play music, with or without headphones or headsets.
- No form of locomotion other than running or walking is allowed – crawling is not allowed
- Race numbers must be placed on the front of the runner where it is clearly visible and must not be obscured from view and must be worn at all times.
- The run is an out-and-back course. Please ensure you take care to avoid oncoming runners.
- Runners are expected to follow the directions and instructions of all race officials and public authorities.
- It is the responsibility of the competitor to know the course.
- You must not accept outside assistance from anyone not taking part in the race. This includes taking nutrition, clothing or other equipment from anyone other than from a race official and being paced or accompanied (either on foot or on a bike) during the run by a supporter who is not taking part in the race themselves. The penalty for this is disqualification.

CONTACT INFORMATION

Event Managers – SMC Events Ltd

Athlete Services Manager – Brenna Roband

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