



2022 Athlete Race Manual



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Thank you to our Sponsors and Partners



MESSAGE FROM THE TITLE SPONSOR

Roads are our specialty so it is great to be able to help this iconic event use the Toll Road. It's the first time in New Zealand a highway has been closed for an event like this, and we're delighted to be closely involved in making this possible.

It's amazing to witness – and be part of - the Fulton Hogan Mount Festival of Multisport's constant improvement in such a practical, roll-up-your-sleeves kind of way. You'll see many of us Fulton Hogoners on the roads helping, and a large bunch competing, too.

Where-ever you're from and whatever your aspirations, good luck to everyone competing. It will be a major personal challenge, and a huge accomplishment!



MESSAGE FROM THE HOST CITY

Kia ora koutou Mount Festival of Multisport athletes!

The iconic Tauranga Half has been part of the famed Mount Maunganui summer for 32 years, with 2022 being the seventh year that it has sat under the wider festival umbrella. It's therefore a distinct pleasure to welcome you to one of the city's great, home-grown events.

For many people, locals and visitors alike, this event is an absolute highlight – a must-do that brings the competitors back year after year. Events like the Mount Festival of Multisport play a key part in promoting the cultural, social and economic wellbeing of our city. That's why Tauranga City Council is proud to continue its close association with the festival.

On behalf of the community, I extend a very warm welcome to our visitors and our best wishes to all competitors. While you're here, please enjoy our beautiful beaches and delicious local cuisine - and check out the many attractions of New Zealand's fastest-growing city.

Anne Tolley
Commission Chair, Tauranga City Council



SCHEDULE OF EVENTS

FRIDAY 21st JANUARY 2022

2.30PM – 6PM RACE REGISTRATION & SPONSORS EXPO

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

As you will know, we will be requiring all participants to be fully vaccinated and show their Vaccination Certificates before entering the designated Event Village area. This also applies to all spectators and support crew who will want to access this area. Please ensure that you have the appropriate passes downloaded or printed prior to arriving onsite.

Registration will be held in the Registration Tent in Pilot Bay on Friday 21st 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.

This designated Event Village area includes the finish line, sponsor expo sites and registration area and will be in place for both Registration on Friday and throughout Race Day on Saturday.

All those entering this area will need to scan the QR code and have their Vaccination Passports checked on entry to be issued with a wristband.

You must collect your **own** race pack (which includes your timing transponder and race numbers) and complete your registration during these times. **If you do not collect your race pack during these times you will not be allowed to start the race.**

By collecting your registration pack, 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 22nd JANUARY 2022

7.25am Mount Run Participants make their way to the start line

7.40am Mount Run Participant Briefing – All distances

7.50am Mount Run Start – 21km

8.00am Mount Run Start – 10km

8.10am Mount Run Start – 5km

12.30pm Mount Run Course closes for all Mount Run Participants

5.00pm Prize giving begins at Coronation Park

MOUNT RUN COURSE MAP

Distance: Half Marathon, 10km and 5km

Run Cut off: 12.30pm 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, R-Line Electrolyte Hydration drink (in cups), Coca-Cola (in cups)
- **Solids** – Bananas, Lollies
- **Gels** – R-Line Gel (in dispensers at each aid station and in the event village)*
- **Others** – Vaseline, Sunblock, first aid and portaloos

*The 21km distance race will have Gel Flasks in their race packs. The R-Line Gel will be in large dispensers which you will be required to fill your own 120ml Gel Flask. We recommend filling your 3-serve flask in the event village before racing!

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.

EVENT INFORMATION

GARMIN TIMING



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 and Bag Drop tent.

COURSE CUT OFF TIMES

To ensure the safety of all athletes and volunteers there is a 12:30pm cut off time 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 personnel will assist in transporting the athlete back to the Event Village should assistance be required.

AGE CATEGORIES

There will be the following age groups for the Mount Run:

5- 9 years (5km only)	10 – 19 years (16 – 19yrs for the 21km)	20 – 29 years	30- 39 years	40- 49 years	50 – 59 years	60 – 69 years	70 + years
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NOTE: This event is run with age groups with your age calculated as of 22nd January.

Mount Run Half Marathon – participants must be at least 16 years of age on event day

Mount Run 10km – participants must be at least 10 years of age on event day. All participants between the age of 10 – 12 must be accompanied by an adult for the entire duration of the event and the accompanying adult takes full responsibility for the safety of the entrant 12 years or under. Participants over the age of 12 can complete the event without an adult accompanying them. Maximum of 2 children per adult.

Mount Run 5km – participants must be at least 5 years of age on event day. All participants between the ages of 5 – 12 must be accompanied by an adult for the entire duration of the event and the accompanying adult takes full responsibility for the safety of the entrant 12 years or under. Participants over the age of 12 can complete the event without an adult accompanying them. Maximum of 2 children per adult.

COVID-19

How we are doing our part:

- Vaccine passports – you will be required to be fully vaccinated to participate, and present your vaccine passport onsite at check in.
- If your friends and family are wanting to enter the controlled Event Village area (Sponsor sites & finish line area), they will need to scan the QR code and have their Vaccination Passports checked on entry. They will then be issued with a wristband to come and go from that area throughout the day.
- 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 sanitation 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.
- We will ensure all food serving staff wear PPE.

What are we encouraging you to do?

- If you are feeling unwell, or have any COVID symptoms, please stay home.

Do not come to event site and let anyone else you have been in contact with know you are not feeling well.

- When you arrive onsite for the event, please scan the QR code using the NZ COVID Tracer App and follow good hygiene principles such as sneezing into your elbows and washing your hands.
- If you haven't got it already, we encourage you to download the app before arriving
- Mask wearing during registration and at food vendors is encouraged.

Our Full COVID-19 FAQs and updates are on our website at mountfestival.kiwi

POST RACE INFORMATION

MOUNT RUN AND PILOT BAY SWIM RECOVERY LOUNGE

Mount Run and Pilot Bay Swim participants are welcome to utilise all facilities within the designated Mount Run and Pilot Bay Swim Recovery Lounge. Athletes will be directed into the recovery lounge after crossing the finish line.

The Recovery Lounge will have a free BBQ and refreshments for you to enjoy!

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.

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 a large marquee, next to the recovery area; this is the place to go for any questions prior to and after the race.

VIP PARKING

VIP parking will be located within Coronation Park, with access from Nikau Crescent. Vehicles displaying VIP parking will be given access to this area.

REGULAR PARKING

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

There are trophies and prize money available for the 1st, 2nd and 3rd placed Male and Female in the Half Marathon event.

1st place: \$500

2nd place: \$300

3rd place: \$200

There will also be medals for the overall male and female winner for the 10km and 5km race to be presented at prize giving.

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 (i.e. search and rescue).

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.

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 12:30pm for the Mount Run.

GENERAL RUN RULES AND REGULATIONS

- The course will close at 12:30pm.
- 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
Festival Director – Julia Tilley - 021 814 386
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