



# 2023 Athlete Race Manual





# GET *RACE READY* GUIDE

<b>MESSAGE FROM THE TITLE SPONSOR</b>	<b>3</b>
<b>MESSAGE FROM THE HOST CITY</b>	<b>3</b>
<b>SCHEDULE OF EVENTS</b>	<b>4</b>
FRIDAY 20th JANUARY 2023	4
<b>COURSE MAPS</b>	<b>6</b>
21KM DISTANCE	6
iLine 10KM DISTANCE	7
5KM DISTANCE	8
<b>EVENT CHECKLIST</b>	<b>9</b>
<b>GENERAL EVENT INFORMATION</b>	<b>9</b>
<b>POST RACE INFORMATION</b>	<b>10</b>
<b>RULES &amp; REGULATIONS</b>	<b>12</b>
<b>COVID-19</b>	<b>13</b>

## Thank you to our Sponsors and Partners



# MESSAGE FROM THE TITLE SPONSOR

There are so many reasons that people come from all over New Zealand and, increasingly, the world, for this great event. One of them is that they love the course. We're pretty fond of it too, especially as we were fortunate enough to have built half of it! We love nothing more than a good road, and helping people use it safely. Our people have helped set up the Fulton Hogan Mount Festival of Multisport course, and are making sure traffic is managed and people are safe. Many of our people are competing again this year. We see it as a significant honour to be so involved in this highlight of the year in Tauranga, and we're delighted you're here to join us.



# MESSAGE FROM THE HOST CITY

Nau mai, haere mai,

On behalf of the Tauranga community, I am delighted to welcome you to the Mount Festival of Multisport.

This festival is much-loved by locals and visitors alike and brings together athletes with ranging abilities to celebrate sport in one of Aotearoa's most picturesque settings — Mount Maunganui. We are especially proud to once again host the Tauranga Half, which has been an iconic part of our summer for over 30 years.

You will no doubt have a busy few days ahead, but we hope you have time to visit our beautiful beaches, walk up or around Mauao — our sacred maunga, explore our parks and walks, and enjoy some of our renowned cafes and restaurants.

Best wishes to all competitors and supporters, we can't wait to welcome you back next year.

Nga mihi, nui

Anne Tolley  
Commission Chair, Tauranga City Council



**Mount Hot Pools** is offering all event participants 25% off entry between 7am Friday 20th – 10pm Sunday 22nd. All you need to do is show your confirmation email if you're going pre-event or your medal if you're going post-event. Thanks Mount Hot Pools!



The Bay of Plenty region offers a wide variety of activities to help you make the most of your stay. [Click here](#) to read more about the accommodation, markets, food and drink, beaches, activities, and trails.

## SCHEDULE OF EVENTS

FRIDAY 20<sup>th</sup> JANUARY 2023

### 2.30PM – 6PM ATHLETE CHECK IN & SPONSORS EXPO

[Athlete Check in Tent, Event Village, Pilot Bay](#)

Athlete check in will be held in the Athlete check in Tent in Pilot Bay on Friday 20<sup>th</sup> January from 2.30pm – 6pm. There will be a sponsor's expo alongside Athlete check in 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 Athlete check in area and will be in place for both Athlete check in on Friday and throughout Race Day on Saturday.

You must collect your **own** race pack (which includes your timing transponder and race numbers) and complete your Athlete check in 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 race pack, you are attesting that you **have read and understood** the Athlete Race Manual.

Please ensure you read through this prior to check-in and race day.

# PRESSIO MOUNT FESTIVAL HALF MARATHON

## EVENT SCHEDULE

**20**  
Jan

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**2.30PM-6PM**

**Athlete Check-in + Expo**  
Event Village

**21**  
Jan

**6AM-7AM**

**Bag Drop + Onsite Entries**  
Event Village

**7.10AM**

**All distances to the start line**

**7.20AM**

**All distance briefing**

**7.30AM**

**21km participants start**

**7.40AM**

**10km participants start**

**7.50AM**

**5km participants start**

**12.30PM**

**Run Course closes**

**12.40PM**

**Prizegiving** Event Village

# COURSE MAPS

**Distances: 21km, 10km and 5km**  
**Run Cut off: 12.30pm for all competitors**

## 21KM 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 iLine 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.

## iLine 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 Pressio Mount Festival Half Marathon 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, Em's Power Bites, Chips
- **Gels** – R-Line Gel in serving cups
- **Others** – Vaseline, Sunblock, first aid and portaloos

\*The R-Line Gels will be in serving cups. If you have a gel flask, you can refill this. **We will NOT have individual gel sachets available at any aid station.**



**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 Pressio Mount Festival Half Marathon you will support stations 7 times and in the 5km Pressio Mount Festival Half Marathon you will pass support stations 3 times. There will also be refreshments at the finish line.

## EVENT CHECKLIST

### Pre-Event

- ☐ Familiarise yourself with the Athlete Race Manual
- ☐ Check the event schedule and take note of key times that apply to you
- ☐ Let the Mount Festival team know if there are any changes to your registration
- ☐ Pack everything you will need for Race Day (allow for all weather conditions)
- ☐ Ensure you attend Athlete Check-In (Friday 20th January 2:30-6:30pm)

### Race Day

- ☐ Collate everything you will need to complete your race
- ☐ Arrive at the event village with enough time for your briefing and to warm up
- ☐ Ensure your race bib is attached correctly

Good luck!

### Post-Race

- ☐ Relax in our Athlete Recovery Lounge
- ☐ Attend your prize-giving (see your schedule for time + location)

## GENERAL 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 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 Pressio Mount Festival Half Marathon 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 Pressio Mount Festival Half Marathon:

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 21st January.

**Pressio Mount Festival 21km** – participants must be at least 16 years of age on event day

**iLine 10km** – participants must be at least 10 years of age on event day. All participants between the age of 10 – 13 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 13 years or under. Participants over the age of 13 can complete the event without an adult accompanying them. Maximum of 2 children per adult.

**Pressio Mount Festival 5km** – participants must be at least 5 years of age on event day. All participants between the ages of 5 – 13 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 13 years or under. Participants over the age of 13 can complete the event without an adult accompanying them. Maximum of 2 children per adult.

## POST RACE INFORMATION

### ATHLETE RECOVERY LOUNGE

Athletes are welcome to utilise all facilities within the 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 products as well as a 15 minute massage available from **Foundation Clinic** for \$15!

**FOUNDATION**  
SPORTS & REHABILITATION CLINIC



You can also enjoy a free sausage sizzle with Waitoa's free-range sausages



**MOA BREWING CO.**



### **BAG COLLECTION**

Please leave all gear that you do not need for the race at the Information and 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 competitors at the finish line who finish within the cut off time.

### **FOLLOWING THE ACTION**

We will be doing our best to keep your friends and family updated throughout the day. Stay tuned on our social media pages for updates.

### **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. Only 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**

Prize giving will be held at approximately 12.40pm at the Event Village in Pilot Bay.

There are trophies for the 1st, 2nd and 3rd placed Male and Female in the Half Marathon event. Spot prizes available for all 21km, 10km, and 5km finishers.

# 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](http://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 Pressio Mount Festival Half Marathon.



## 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.

## COVID-19

We ask that anyone feeling unwell stays home. At this stage we will follow any mandatory government guidelines regarding mass gathering COVID 19 policies. Should the Ministry of Health and/or the District Health Board request participant details for contact tracing purposes we will supply this to them. This will include your name, contact phone number, and contact email. This information will only be supplied to the Ministry of Health should it be requested within 4 weeks of the event.

## CONTACT INFORMATION

Event Managers – SMC Events Ltd

Festival Director – Julia Tilley - [julia@smcevents.co.nz](mailto:julia@smcevents.co.nz)

Athlete Services Manager – Hannah Thorne - [mountfestival@smcevents.co.nz](mailto:mountfestival@smcevents.co.nz)

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