

BAYS & BRIDGES CHALLENGE



RACE DETAILS AND INFORMATION

Tauranga Ramblers extend a warm welcome to competitors and supporters to the second 14km Bays and Bridges Challenge. SUNDAY 6th Nov

We trust you will enjoy running/walking the Tauranga unique harbour views around Waipu Bay and trust you will have a memorable time and achieve a personal best.

RACE NUMBERS & Transponders

Will be available on SATURDAY Nov 5th at Smiths Sports Shoes **2.00 – 4.00pm** or on

RACE DAY at the REGISTRATION TENT- open from 6.30am, please attach to front of your singlet or shorts. Transponders are tied to the shoe and must be returned at end of race or incur a \$25 replacement charge.

START INFORMATION

The event will start in the Strand carpark [other side of railway line] approximately opposite Crown & Badger and proceed toward the harbour bridge.

WARNING: There is NO Road closure - part of our compliance agreement with Tauranga Council's that you must stay on the Left-hand shoulder of the road within the cones and then in single file [unless passing another competitor] as you approach the Sulphur Point round-about until you reach the pedestrian entry [left hand side] of the new bridge. Failure to comply will mean your number will be withdrawn from spot prize draws. Marshalls will be on the course at strategic positions, they are there for your safety, please follow their instructions if spoken to.

Supporters: given the off road nature of the course, supporters are encouraged to cheer at the Totara St side street leading to the boat ramp, the airport car park and/or Matapihi Rd. Or simply walk back across the Railway Bridge. Supporters are permitted to ride bicycles however only on Matapihi Rd.

Start times:

Runner's 8.00am

Walkers: 8.02am

COURSE OUTLINE

Is available at www.baysandbridgeschallenge.co.nz or on the entry forms available at sport's stores or gyms. There is some off road stretches that is a bit uneven upon entering the airport rear gate [off Totara st] and again upon entering the Golf Course grounds

TIMING & FINISHING

Timing will be provided by means of a transponder which you will tie to your shoe with 2 plastic wire ties [provided] Once you return across the Railway Bridge you will finish the event just before the cornerstone Pub on the Strand. You will be asked to stay in the finishing shute until the transponder is removed from your shoe. [You will NOT have to tie them to your shoelace.

GEAR TENT

There will be a gear tent at the handy to the start [**opposite Crown & Badger**] to store your gear- provide your own bag or plastic bag. Your race number will be used as your ID.

PETS & PRAMS

Dogs are permitted but must be securely leashed and must not impede any other competitor.

Prams are also able to be used but there is a little 'rough' terrain through the airport and you will need to lift the pram over a narrow gateway

FIRST AID

1st aid medics will be on the course at strategic positions **ie drink stations**, if you or anyone else you observe get into difficulty please speak to one of the marshals who will mobile phone for medical assistance.

MASSAGE TENT

Bay Massage Therapist Kylie Kirkwood will be available for massage at the completion of the event. **Cost is \$10 for 10 minutes.** The tents will be set up on the grass verge left of the finish line and she will be available until 11am. Kylie will also be sponsoring 2 massage vouchers as Spot Prizes.

RACE REPORTS

More FM will broadcast final race results.

TOILETS

City Council Toilets are available:

- Opposite Crown & Badger [on the Strand]
- Opposite Demon [on the Strand]

- Opposite Tauranga City Council building [Willow St]
- There will also be 4 portaloos handy to the start line.
- **At Halfway:** The Fresh Fish Market Cafe & Snappers Golf Range and Avanti Sports Shop [opposite] at the start of Matapihi Rd
- **PORTALOOS will also be at the start and adjacent to drink stations i.e Halfway before turning into matapihi Rd and Matiphi Primary school approx 11.5km**

DRINKS

Water stops are located at

1. Classic Flyers Museum at Jean Batten drive
2. Start of Matapihi Rd [halfway,7km] change-over for 2 person Relay participants
3. Matapihi school approx 11.5km.

There will also be available 'Leppins' Sports Supplement at the halfway stop [supplied by Leppins]

RELAY CHANGEOVER for TEAM EVENT

Teams of two may run the event – each running approx 7km each. The change-over will be at the start of Matapihi Rd, outside The Fresh Fish Market Cafe.

Participants are required to provide their own transport to and from the change-over. You may park in the carpark opposite outside Avanti Sports.

FINISHER REFRESHMENTS

Bananas, Leppins and water will be available at the finish [Bananas kindly supplied by Brookfield, Gate Pa and Mt Maunganui NEW WORLD supermarkets]

The following Strand Restaurants and Bars have also provided us Spot Prizes. Please support them while you await prize giving.

1. Starbucks
2. The Naked Grape
3. Crown & Badger
4. Cornerstone

PRIZEGIVING

Prizegiving will be held at the Crown & Badger Pub - cnr Wharf St & The Strand [road will be coned off to allow for crowd spill-over] 11.30am. There will be a placing for 1st, 2nd, and 3rd in each category plus numerous spot prizes. **You must be present** for spot prizes otherwise it will be re-drawn.

REGISTRATION- you may enter online and pay on the day provided you have correctly filled out your registration.

LATE FEE- will apply to entrants who HAVE NOT REGISTERED BY 1st November. NO EXCEPTIONS

COURSE RULES & REFEREE

As the event is run under Athletic NZ rules there will be a Course Referee- Graham McCabe If there is any dispute, misconduct or foul play then you may make a verbal complaint to Mr McCabe at the conclusion of the race and his decision will be binding and final.

WALKERS please note you are required to have ONE foot in contact with the ground at any time.

ABOUT TAURANGA RAMBLERS

The club meets every **Tuesday nights [Oct ~ March] at the Tauranga Domain 5.45pm** for a variable programme of track and field events on the Mondo all-weather track.

They also run a **5KM Everybody's Run** on the Thursday night sponsored by *Smith's Sports Shoes* – cost \$5 payable on the night Club subscriptions is \$100.00 adults, 40.00 children [full yr for both summer and winter programmes]

You are able to participate up to 3 times before being required to join the Club, or you can pay a \$5 per night fee. Track running the fastest way to improve your fitness and results

SPONSORS

We wish to thank all the other sponsors for their assistance in making this event possible, please remember them

1. New Balance Shoes, Smith's Sports Shoes, Koops Cycles & Avanti Sports, TSB Bank, House of Travel, CNS Sport's Clinic, New World supermarkets – Gate pa, Brookfield and Mt Maunganui
2. The Naked Grape, Crown & Badger, Cornerstone, Starbucks

CONTACT

For any other queries please contact Race Directors Russell Lake 578 6979 or 027 364 9943