

# RACE GUIDE

## EVENT DATE

**17 MARCH**  
2024



## LOCATION

**ALBANY LAKES CIVIC PARK**  
ALBANY, AUCKLAND NZ  
36°43'36.4" S / 174°42'32.0" E

## RACE DAY SCHEDULE

**06:30 RACE SITE OPEN**  
**08:00 5K, 10K & 15K RUN**  
**08:03 5K & 10K WALK**  
**09:30 2K KIDS DASH**  
**10:00 AWARDS CEREMONY**  
**10:40 EVENT CLOSE (approx)**

**W**e made it to the end of the 2023/24 Harcourts Cooper & Co North Shore Run Series! Run Albany is our grand finale and we return to Running Events' old stomping group ... Albany Lakes Civic Park. Get ready to send off the 23/24 series in style with a 5k loop that takes in the park, amazing North Harbour Stadium - and everything in between. Featuring closed roads, wide footpaths and gentle rises, this is a thrill ride to cap off a great season of summer fitness. Cya there!

Here is everything you need to know to be ready to race on Sunday ...

## RACE NUMBERS & MERCHANDISE

Before you can participate, you need to have your official Run Albany race number with timing tag attached. Read on for full details of how to get yours:

> **NSRS SERIES PASS** / You guys should already have received your race numbers for all four series events when you collected your series t-shirt. Look after those numbers - a fee is charged for replacements!

> **SINGLE RACE ENTRY** / Collect your race number at any of the race pack pickup sessions listed below.

> **LATE ENTRY** / Late Entry (unless sold out prior - check Facebook for updates) is available right up until the race starts but be aware that race day entry incurs an additional fee. You can do it online via the event web site or by using the provided iPad at the venue. Payment can be made by credit card online, paying cash, or using the eftpos facilities.

> **RACE PACK PICKUP SESSIONS:**

SAT / 2pm-4pm: Race Venue, Albany Lakes Civic Park, Albany. RACE DAY / from 6:30am: Race Venue, Albany Lakes Civic Park, Albany.

> **MERCHANDISE** / All Merchandise orders are available for collection during the PRE-RACE DAY race pack pickup sessions or **from 8:30am** on race day. Show your race number at the orange Merchandise tent to collect. You can also purchase additional merchandise items subject to availability.

## GETTING THERE

The venue is super-easy to find. Just google "Albany Lakes Civic Park" or head for "Civic Crescent, Albany". The park entrance is directly opposite the main staircase leading into Westfield Albany.

> **PARKING** / The easiest parking for race day is at Westfield Albany mall. However, you MUST locate one of the 4-hour parking spots - and keep an eye on the time. Many spots within Westfield Albany are only 90 minutes. Do NOT park there.

There is also street parking (mostly metered) along Civic Crescent and plenty of unmetered parking.

> **PUBLIC TRANSPORT** / Public transport is limited on Sunday mornings but check online for bus timetables. Albany bus station is a short walk from the venue.

> **ROAD CLOSURES** / Don McKinnon Drive is closed between Civic Cres and Munroe Lane. Appian Way and Rose Gardens Lane are also both fully closed. North Harbour Stadium main entrance and perimeter road are also closed. Access to Albany Swimming pool is via Don McKinnon Drive south of Civic Cres. We are extremely grateful to local residents, Auckland Council, Auckland Stadiums and Auckland Transport for permitting these road closures for a safe and enjoyable event experience for all. Check the event web site for a map and full list of closures.

## BEFORE YOU START

Not long to go now! The adrenaline is starting to kick in big time. Here's what you need to be thinking about now ...

> **TOILETS** / A small number of event portaloos will be located on the opposite side of the Art Bridge approach from the finish line. However, for a truly VIP experience, head over the road to the mall where our friends at Westfield Albany have opened up their luxurious facilities early, just to accommodate us. Thanks Westfield!

> **GEAR DROP & KEY CHECK** / A self-service Gear Drop area is housed behind the red Gear Drop tents in the venue. Show your race number to enter/exit and select one of the numbered aisles to set your bag down. If you only have a set of keys to drop, a **Key Drop** container will be available at the Gear Drop entrance. Please ensure you label your keys with your number.

> **RACE NUMBER** / Your official race number - with timing tag attached to the back - must be worn on the front of your top throughout the event. Avoid folding or crumpling the electronic tag to ensure it works correctly and keep your bib with you after you finish if you want to be included in the spot prize draw.

> **RACE BRIEFING** / A compulsory race briefing will take place at the start line a few minutes before the main start (around 7:55am). It is essential that you listen, understand and comply with the instructions given in the briefing, which will focus primarily on the safety of yourself and your fellow athletes.

> **COMPETITIVE WALK** / To be included in the 10KM or 5KM Competitive Walk competition, athletes must:

1. Register themselves in the Competitive Walk
2. Start on the designated walk start gun (3 mins after runners)
3. Walk at all times whilst completing the course.

## DURING THE RACE

The Run Albany course is a figure of eight featuring a double-loop near the park and a big loop of North Harbour Stadium. The 5k loop is mostly flat and fast, with a gradual climb from the 3k to 4k marks. The 10k course is two laps of the circuit and the 15k is three laps. Be ready for the decision point near the end of each lap where you will be directed to bear left for the finish line or keep right and carry on for your next lap.

The kids take in a shortened course comprising two laps between the park and Rose Garden Apartments. Kids are on the footpath throughout.

> **COURSE MAPS** / Detailed course maps - in a variety of formats - are available from the event web site:  
<https://albany.werun.nz/#races>

A large format course map will be on display at the venue.

> **AID STATIONS** / An aid station serving water and Pure sport drink will be located half way around the loop on the stadium perimeter road. Another station - for 10k and 15km competitors only and serving only water - is right before heading out onto your next lap.

> **TIMING & RESULTS** / Live timing and race results will be online and updated throughout the day. To access live results, just look for the button on the front of the event web site during race weekend or scan the QR code on your race number to be taken directly to your personal result.

> **CUT OFF TIMES** / Marshals, aid stations, road closures and signage may all be withdrawn based on the 2hr event cut-off schedule. If you are unable to maintain this pace you will need to withdraw or proceed as a member of the public. We feel that every participant who makes it to the finish line is a winner and we will continue to record finish times and award finisher medals until the race site is cleared.

## WHEN YOU FINISH

Hey legend! You made it ... now what???

> **FINISHER MEDAL** / Every mighty warrior that crosses the finish line at the Lakes will receive a beautiful Harcourts Cooper & Co Run Albany finisher medal. Our medals this year are in deep black finish with green highlights and a green ribbon. North Harbour Stadium's distinct skyline is incorporated in the event logo A recess on the back of your medal is provided for a revTab - a specially minted self-adhesive plate for recording your name and finish time (see <https://runningevents.co.nz/revtab> for more info).

> **REFUELLING** / Next up is the Refuelling Station - blue tents of urgently needed re-supply! Fill up on water or Supa sport drink and grab a banana (please, only one per competitor). Now you're ready to find a spot on the grass and re-c-o-o-l!

> **FOOD & DRINK** / Harcourts Cooper & Co's amazing "coffee and cone" van will be on hand to serve up your favourite cup of joe or a tasty ice cream to help you cool down. All proceeds from Coffee & Cone go directly to charity. Onya Cooper & Col Looking for something you can really get your teeth into? A dairy is right around the corner and local cafes are a short walk away.

> **AWARDS & SPOT PRIZES** / The Awards Ceremony will kick off at 10am sharp on the main stage, right in the heart of the event venue. Come along to acknowledge some of the great performances of the day - and the series - and you might just be taking home your share of over \$3,000 of amazing spot prizes. Remember, you must be present in person - and be recorded on the spot prize mats - to be eligible. Keep your race number and listen for announcements around 15 minutes before the ceremony. **Important!** As this is our series finale, series awards will be presented and the ceremony may take up to 40 minutes to complete.

## KEEPING SAFE

The safety of everyone involved in the event; participants, contractors, crew and the public, is our number one priority and we expect all participants to act in support of this.

> **ON COURSE** / You must remain fully engaged in your environment at all times whilst participating. Look out for unexpected obstacles such as road medians, uneven surfaces, pedestrians or stray vehicles. Even when the road is closed, we cannot guarantee it will be traffic free. If you see a competitor in distress, stay with them and send a message to the next marshal.

> **MEDICS** / The amazing team from St John will provide medical cover for our event. If you are feeling unwell as you finish, look out for their treatment area right after the finish line.

> **FEELING UNWELL?** / If you are experiencing cold, flu or other infectious symptoms, we ask that you please stay home. Remember that you have up to 3 weeks to complete the event virtually and still earn that beautiful finisher medal.

> **UNSURE IN CROWDS?** / The mass participation aspect is very much a part of our event but if you are nervous or unsure in crowds, just hold back on the start line for a few minutes and you'll find the crowds disperse quickly and you can still participate.

**IF THERE IS A LIFE THREATENING EMERGENCY,  
ASK SOMEONE TO CALL 111**

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