

RACE GUIDE

**T TAURANGA
MARATHON**

EVENT DATE

**18 SEPTEMBER
2022**

LOCATION

THE STRAND

CBD, TAURANGA

37°40'59.3"S / 176°10'12.2"E

RACE DAY SCHEDULE

05:30 RACE SITE OPEN
06:15 50K
07:00 42K/21K
07:30 10K
10:45 5K
11:30 2K
12:15 AWARDS
13:55 FINAL FINISHERS
14:00 EVENT CLOSE

Welcome to the 2022 Shoe Science Tauranga Marathon. This document includes important changes made to ensure the 2022 event can operate successfully. The 50k Ultra, Full Marathon and Half Marathon events will all now begin at the Maxwells Rd start line in Otumoetai and include sections along Harbour Drive, Fergusson Park and the Daisy Hardwick trail. New course maps are now available on the event web site. Here is everything you need to know to be ready to race on Sunday ...

RACE NUMBERS & MERCHANDISE

Everyone registered by 21 August had their race number sent by post to their registered address. If you haven't received your race number by race weekend, don't sweat it. Come along to in-person pick up and we'll get you sorted.

> **IN-PERSON NUMBER COLLECTION** / If you registered after 21 August, you'll need to collect your race number in-person. We **strongly** recommend collecting pre-race - particularly those running 21K or more - to take the stress out of race day (but if you must collect on race morning, leave plenty of time). Look for the green tents at the harbourside opposite Wharf St (100m south of Hairy McLary). Sessions are 4-7pm Saturday (Race Eve) and from 5:30am Sunday (Race Day).

Important! There is no number collection at Maxwells Rd start line.

> **MERCHANDISE** / All Merchandise orders are available for collection during the pre-race number collection times above and also **from 7:30am** on race day. Show your race number at the orange Merchandise tent (next to number pick up) to collect.

GETTING THERE

The race venue and Finish Line are on The Strand in Tauranga CBD. It's free to park on city streets and parking buildings on the weekend.

> **ROAD CLOSURES** / The Strand will be closed to all vehicles from 4am until 4pm on race day. A similar road closure will be in place for a short section of Harbour Drive and Maxwells Road. A map of all road closures is on the event web site.

> **MAXWELLS RD START AREA** / The start line for the 50KM, Full Marathon, Half Marathon and 10K Classic is located at Maxwells Rd. If you are not being dropped off by a friend then it is approx 2km walk from the finish line. A map of the simple route can be downloaded from the event web site.

> **PARKING** / Parking in and around the Tauranga CBD is free on the weekends - including the two council-operated parking buildings. Maps and information are on the council web site.

DURING THE RACE

The Tauranga Marathon course stretches from Matua in the east to the CBD. The course is almost entirely flat and exceptionally fast with beautiful views of the ocean, harbour and Mount throughout.

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

> **COURSE NOTES** / Take special care when crossing uneven ground near the motorway on-ramp with 1.5km to go (50k, 42k, 21k & 10k races). Pay attention to the low headroom when passing under the Trinity Wharf Hotel (north end of Dive Cres (5k)).

> **AID STATIONS** / Aid stations are spaced approximately every 5km throughout the course. All aid stations will carry water and sport drink. In addition, marathon/50k competitors will be able to access bananas, coke, cookies and candy on their second lap. Note: there is no personal drinks drop off facility available.

> **TOILETS** / Public toilets are available throughout the course.

> **TRAIN MOVEMENTS** / We are indebted to KiwiRail and the Port of Tauranga for their cooperation in minimizing train movements on race day. With the changed courses, we do not anticipate any train interactions during the normal race times.

> **TIMING & RESULTS** / Live timing and race results will be online and updated throughout the day. Timing points are placed at every 10KM of the marathon so that your friends and family - if they can't make it in person - can follow your progress in real-time.

> **CUT OFF TIMES** / Marshals, aid stations, road closures and signage may all be withdrawn based on the 7hr marathon 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 will continue to record finish times and award finisher medals until the race site is vacated.

WHEN YOU FINISH

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

> **FINISHER MEDAL** / After that massive effort, the only thing that makes the pain go away is your beautiful finisher medal. Those in the half marathon and below can collect their medal right after the finish line. Marathon and 50k entrants will receive their medals in the recovery area (see below).

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

> **50K/42K RECOVERY AREA** / A special area has been set aside for marathon and ultra-marathon participants to recover after they finish. Access to this recovery area is strictly limited to those wearing a 50k or 42k race number so be sure to hold on to yours. Inside the recovery area you will find a dedicated portalo, your own gear recovery and a fully stocked aid station (remember that you can also use the facilities in the general recovery area too).

> **FOOD & DRINK** / Water and bananas not quite cutting it? Yeah, we feel ya. Go see Pete at Espresso-on-the-Go to supercharge the batteries or wander back onto The Strand for a selection of food and drink options.

> **AWARDS & SPOT PRIZES** / The Awards Ceremony will kick off at 12:15pm at the main stage which is situated in front of The Phoenix. Come along to acknowledge some of the great performances of the day and you might win from a rollicking roster of 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 15 mins before the ceremony.

KEEPING SAFE

The safety of yourself and your fellow participants is our number one priority.

> **COVID** / If you are COVID positive, a close contact of a case, awaiting a test result or feel at all unwell - please ... do not attend. Give those around you as much room as you are able and if you are personally worried about having people close to you, hang back for a few moments at the start line and things will clear out pretty quickly.

> **ON COURSE** / You must remain fully engaged in your environment at all times whilst participating. Look out for unexpected obstacles such as road medians, 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. If it is a life threatening emergency, ask someone to call 111.

> **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 tent/ambo right after the finish line. A second set of medics is available to attend any on-course incidents.

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