

RUN
THE POINT

RACE GUIDE

The North Shore ... what a Great Place to Run! The Harcourts Cooper & Co Run the Point is back at Hobsonville Point Park, and we're taking on the "classic" 5k coastal loop. This one's an absolute gem - mostly traffic-free and right by the water. Bliss! This Sunday is Race Two of the Harcourts Cooper & Co North Shore Run Series, so you know what that means: points, times, places ... and some serious bragging rights are up for grabs. Ready to throw down and show everyone what you've got? Here's everything you need to know to crush it on race day ...

EVENT DATE

24 NOVEMBER
2024

LOCATION

HOBSONVILLE POINT PARK
HOBSONVILLE POINT, AUCKLAND NZ
36°4'13.65" S / 174°39'39.2" 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
10:20 EVENT CLOSE (approx)

RACE NUMBERS & MERCHANDISE

Before you can participate, you need to collect your official race number from us. 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!

If you have not yet collected your NSRS Series Pack, it will be waiting for you at Run the Point - come to either of the collection sessions.

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

> **LATE ENTRY** / Late Entry is available right up until the race starts (+\$5 on race morning). You can do it online via the event web site or by using your phone right from the queue! Payment can be made by credit card online or by paying cash at the Late Entry desk.

> **RACE PACK PICKUP SESSIONS:**

SAT / 2pm-4pm: Race Venue, Hobsonville Point Park.

RACE DAY / from 6:30am: Race Venue, Hobsonville Point Park.

Important! Hobsonville Point Park is on the corner of Hobsonville Point Rd and De Havilland Drive.

> **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 (next to number pick up) to collect. You can also purchase additional merchandise items subject to availability.

GETTING THERE

The race venue is Hobsonville Point Park in - you guessed it! - Hobsonville Point. It is located on the corner of Hobsonville Point Rd and De Havilland Road.

> **PARKING** / There is no dedicated parking space available for the event and parking in the area can be tight with many residential streets pretty parked up most of the time. So just allow extra time to find a space and an easy 5-10 minute walk to the venue is the ideal loosener for the legs.

> **BUSES** / Unfortunately local bus services are somewhat limited on weekends and will likely not be suitable for participants. There are no special event buses operating for this event.

> **ROAD CLOSURES** / Several road closures will be in place for this event including Buckley Ave (near the venue) and De Havilland Rd. A stop-go will operate for vehicles on Hobsonville Point Rd as they cross De Havilland Road. See the web site for a detailed map.

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** / Event portaloos will be located on the footpath on the southern side of the park. There is also a public toilet on the De Havilland Road side of the reserve although - with just a single loo - it is likely to be highly over-subscribed!

> **GEAR DROP & KEY CHECK** / A self-service Gear Drop area is housed behind the red Gear Drop tents in the northern corner of the reserve. 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 race number.

Important! The Gear Drop area is not covered and your bags will be exposed to the elements.

> **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

Run the Point features a wonderful, varied and almost entirely flat 5k course that locals will be very familiar with. The 5k loop track is a major attraction of the area and takes you past reserves, new developments and the Hobsonville Point ferry terminal at Catalina Bay. Wide views of the inner harbour feature throughout. The 10k course is two laps of the circuit and the 15k is three laps. The kids take in a shortened out-and-back course over the final 1km of the 5k loop.

> **COURSE MAPS** / Detailed course maps - in a variety of formats - are available from the event web site:

<https://hobsonville.werun.nz/course/>

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

> **COURSE NOTES** / The course for Run the Point is the same as the first two editions held here in 2019 and 2020 and again last year. Runners in the 10k and 15k reach a decision point at Buckley Ave near the end of each loop. Stay left to proceed onwards to the finish line. Bear right to rejoin De Havilland Rd and run under the start arch to begin your next lap.

> **AID STATIONS** / An aid station will be located half way around the loop near Catalina Bay. Another station - for 10k and 15k competitors only - is adjacent to the race venue for those setting out on another lap. All aid stations will carry water and sport drink.

> **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 legend that crosses the finish line in Hobsonville Point Park will receive a beautiful Harcourts Cooper & Co Run the Point finisher medal. Our medals this year are brilliant contrasting black and white badge shapes that form part of the theme for the entire North Shore Run Series medal collection. Keep going! Collect the set!

> **REFUELLING** / Next up is the Refuelling Station - three 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 r-e-c-o-v-e-r!

> **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 & Co! 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 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.

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 First Aid NZ 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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RUNNING EVENTS