



ALBANY LAKES SUMMER SERIES

RACE GUIDE

Albany Lakes Summer Series / Jan 20th, Feb 24th & Mar 24th 2019

Hi everyone,

Welcome along to our ninth season at Albany Lakes. It's been a stunning NZ summer thus far and we hope your training has been going well. Did you grab one too many mince pies over Christmas? Don't worry, the Harcourts Cooper & Co Albany Lakes Summer Series will bring back the fitness fun.

It's also our great pleasure to have Harcourts Cooper & Co. as our title sponsor again this year. Martin and his wonderful team have been supporting our events at the lakes for several years, so they are no strangers. If you are looking to buy or sell property on the wonderful North Shore, no one knows the game better than these guys.

RACE PACK PICKUP

This is the process where you collect your race number, timing tag which you must have in order to take part. Series Pass entrants will also receive their event t-shirt and Running Events gift.

Courier Delivery (Series Pass Only)

Remember that if you opted for courier delivery of your race pack, these were sent out before Christmas so you guys are good to go – you do not need to attend race pack pickup.

Pre-Race Registration (Series Pass & Race One Only)

If you didn't order a courier delivery, you will need to collect your race pack at pre-race registration or on race morning. We **strongly encourage** you to take the stress out of race morning – which can be very busy – and instead come and collect your race pack on Saturday evening. This year, race pack pickup will be at the race site, right next to the finish line.

Where: Albany Lakes Civic Park

When: Saturday, January 19th : 4pm – 5pm

It's fine for a friend to collect your race pack for you – just give them your e-ticket.

If you can't make it to pre-race registration, then you can still collect your race pack on race morning from the registration tent near the finish line ... but **arrive early and be prepared to queue**.

Race Day Registration

Race Day Registration opens at 6:30am on race morning. Look for the Registration Tent next to the finish line when you arrive at Albany Lakes Civic Park. If you are collecting your items on race morning (and this is the only option for single race entrants for Race Two or Grand Finale)

Please, please, please ... **remember to bring your e-ticket** (on your smartphone or tablet is fine). It makes things so much quicker and easier for everyone. You can easily access your e-ticket from the tiktok online registration system. Just click on the "LOGIN" link at the top of the webpage and follow the prompts. Note that due to the new system being

implemented this year, everyone will need to create a new account if you have not done so already.

LATE ENTRY

Provided we have not met our entry limit (which we will announce on our Facebook page at least 24 hours prior to each event), it's not too late for your friends or family members to join you and make a day of it. Late entry is available online until 9pm Saturday (the day prior to the event). Friends can also enter in person at either of the pre-race registration sessions (prior to Race One) or at the Registration Desk on race morning from 6:30am. Remember that race entry costs \$5-\$6 more on race morning and they should definitely allow an extra 15 minutes or so.

GETTING TO THE EVENT

Albany Lakes Civic Park is on the western side of Westfield Albany mall, directly across Civic Crescent from the main western entrance to the mall. If you are driving to the event, you can take the Northern Motorway and exit at Greville Rd or Oteha Valley Rd. Set your GPS for "Civic Crescent, Albany" and you won't end up too far away.

Note: Although Albany bus station is also close by, you may find it difficult to get a bus from the city to arrive in time for the event.

PARKING

There is limited parking available on Civic Crescent and further street parking over towards the bus station. The most convenient and plentiful parking, however, is available within Westfield Albany mall, which is right across the road from the race venue. For the best parking, follow the signs for Event Cinema or Farmers and you'll have a 2-minute walk to the race venue.

Important! Westfield Albany mall has parking zones which are rigorously enforced. Taking part in the event does not absolve you of the need to park appropriately. When you arrive, look out for FOUR HOUR parking spots, which are normally placed furthest from the mall entrance. This will give you ample time to enjoy the event and even take in some shopping before returning to your car. If you park in a one hour spot you are very, very likely to receive a parking ticket.

TOILETS

Thanks to Westfield Albany, competitors in the Albany Lakes Summer Series enjoy some of the best sanitation facilities of any running event in the

world! Westfield Albany have once again agreed to open up the mall main entrance - directly opposite the venue - from 7am just to allow our competitors to access the toilets available just inside the door. For your more urgent requirements, we also have a small number of portaloos at the race site just a few metres from the finish line on the lower grassed area bordering the western lake.

GEAR DROP & KEY CHECK

The gear drop tent will be open for business from 7am right next to the registration tent. Please make sure you have a small bag for your gear. You can save some time by writing your race number on a piece of sticky tape and attach it to your bag. If you do this prior to the event, you can avoid the queue to get one of our labels. Please don't wait until 15 seconds before the gun and lob it at them as you run past ... chances are it may be misplaced! If you only have a set of keys to leave, you can also do that here. The team will put them into the key tub until you return.

Running Events operate an "all care, no responsibility" policy on the gear drop so please do not leave anything with us you cannot afford to lose.

TIMING TAG

When you receive your race number, your electronic timing tag will be attached to the back. We are using disposable stick-on timing tags again this year. All you have to remember is to secure your race number to the front of your shirt and you're all set.

Important! There is no need to return your timing tag.

Important! Keep your race number with you when you finish as we will use it to register you in the prize draw for the Awards Ceremony – see below.

Series Pass entrants retain their race number and timing tag for all three events. Please do not lose it as there is a \$10 charge for replacements.

START TIMES

08:00am - 5K/10K runners only

08:03am - 5K & 10K walkers

09:30am - 2K Kids' Dash

15 minutes prior to each event, a compulsory safety briefing will take place at the main stage and all competitors must be in position to hear the announcement.

INFORMATION FOR WALKERS

Those registered in the walk are reminded that they must:

- line up on the start line **behind** the runners
- start on the official walking start gun at 8:03am
- walk at all times during the event. You may not run at any point – no matter how briefly

Please respect those walkers who take their competition seriously ... if you will run - or changed your mind and decided to run - ensure you tell our crew at the finish line so we can move you into the run category.

Walkers, if you accidentally start with the runners, you will be placed in the run section of the event. This is final and un-reversible so please start appropriately.

EVENT SAFETY

It is compulsory for all participants to attend, listen to and heed the advice of the safety briefing. Above all else, however, please understand that few roads are closed during the event. You have sole responsibility for your own safety. Do not leave any pavement, cross any road,

pass any driveway unless you deem it is safe for you to do so.

The health and safety plan is available on request and covers your behaviour and that of spectators who accompany you to the event. Please remind your own spectators that they should not attempt to accompany you in vehicles, bikes or otherwise. They must follow the normal rules of the road to reach vantage points.

Please remember the golden rule ... Always give way to vehicles. No matter who has right of way, vehicles always win.

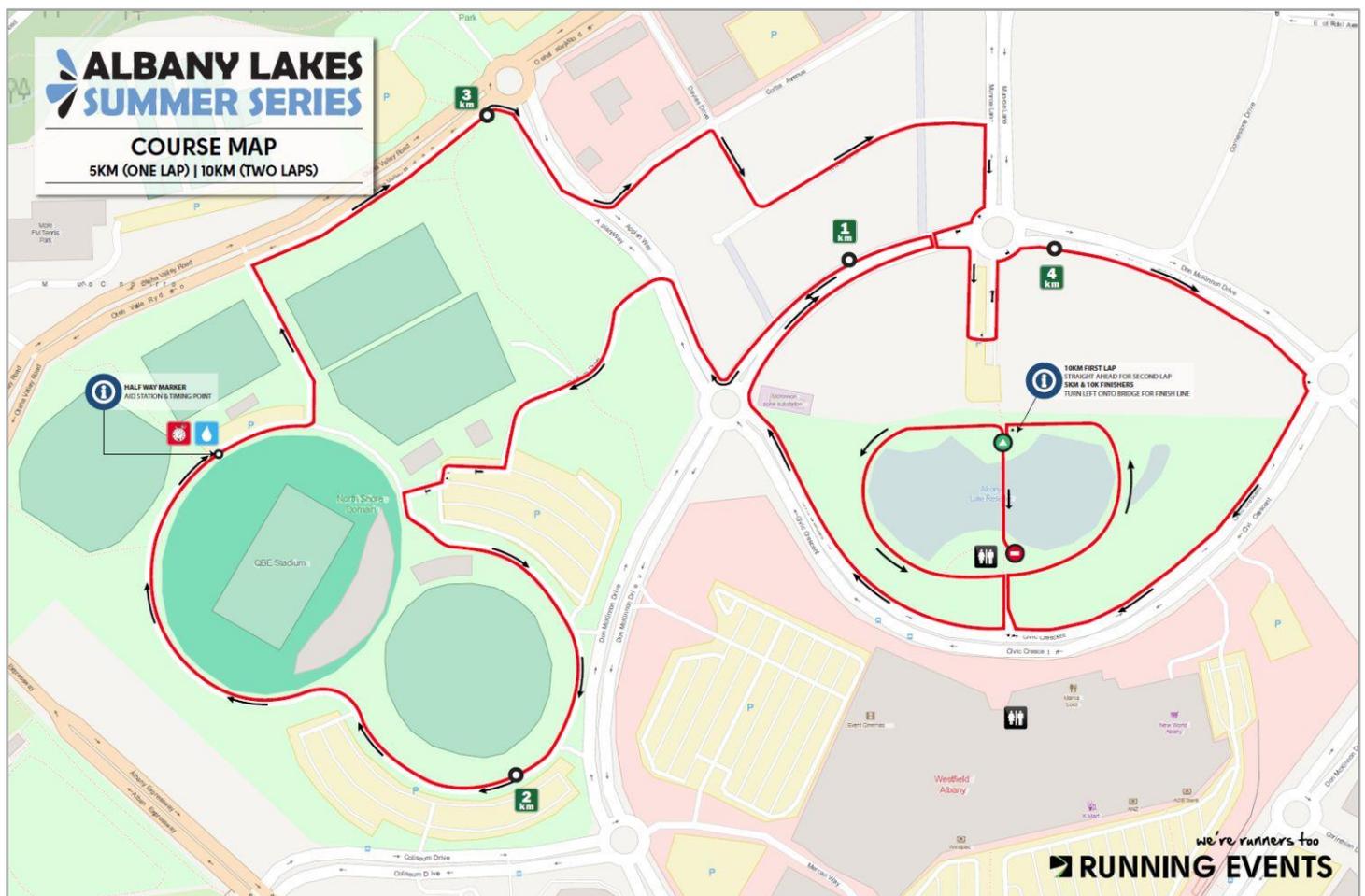
COURSE NOTES – 5K & 10K

We have once again been able to secure several important road closures in order to provide you with the best possible race experience. Above all else, however, you must remember the golden rule ...

Always give way to vehicles. No matter who has right of way, vehicles always win.

Where the area of the course you are on does not have a road closure, you must stay on the footpath. Slower runners and walkers should **keep left** during the first lap to allow faster runners to overtake them.

The following roads will be closed to traffic during the



event and runners or walkers in the 5K and 10K may use the road at their discretion:

- Don McKinnon Drive, between Civic Cres and Munroe Ave.
- Appian Way, with the exception of vehicles accessing Stadium Drive from Don McKinnon Drive
- Davies Drive, south of Corban Ave
- Warnboet Lane
- Munroe Lane south of Don McKinnon Drive

The event starts with everyone lined up on the beautiful Art Bridge which bisects the two lakes. Take care at the start as there is an immediate left turn onto the gravel track around the western lake. As you leave the park, turn right and head downhill for the loop out around Don McKinnon Drive and North Harbour Stadium. Once you have traversed three quarters of the lap around the stadium – just after the aid station at half way – you will turn down the Gate C access road and join the footpath on Oteha Valley Rd for a short section before turning into Appian Way. Return to the Don McKinnon Drive crossing point via Corban Ave, Davies Drive, Warnboet Lane and Munroe Lane.

As you return to the park you will approach from the north end of Civic Cres, running downhill. As you run down the ramp, the finish line is directly ahead of you – but you still have 250 metres to go! Follow the gravel path to your right, in front of the main stage and around the eastern lake.

As you approach the start area from the west, you have a decision to make. Keep left and turn onto the Art Bridge if you are in the 5K – or you are on your second lap of the 10K. Keep right and carry on straight to begin your second lap if you are in the 10K and have only completed one lap.

Important! Everyone will initially be entered in the 5k. On race day, the electronic timing system will detect anyone who has crossed the timing mats for the second lap and will automatically move them into the 10k.

AID STATIONS

There are two aid stations on the course; one inside the North Harbour Stadium complex and one near the finish line for 10K competitors beginning their second lap. On course aid stations will serve water only. Exact locations:

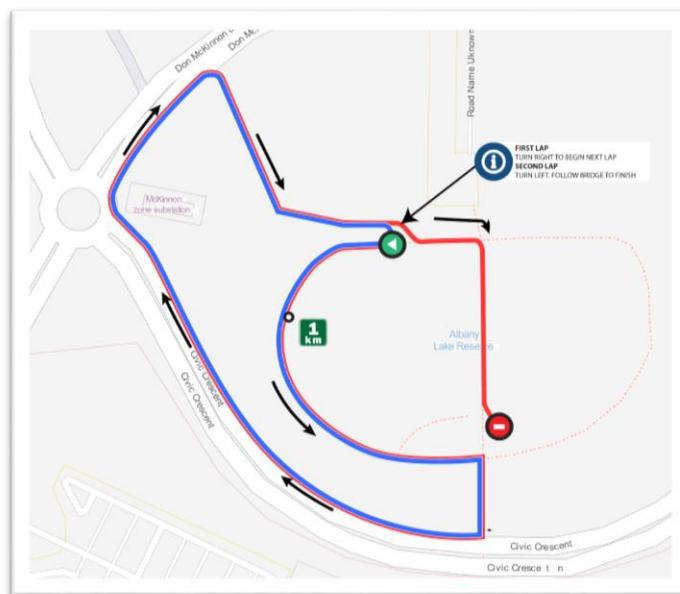
- 2.5K & 7.5K: Aid #1, North Harbour Stadium
- 5.2K: Aid #2, Albany Lakes Civic Park

A refuelling station is available after you finish – look

out for the blue “REFUELLING” flag, marking the refuelling station. Water, bananas and R-Line sport drink are available for everyone. Please help us - and the planet - by **only taking one cup** and using the billys to refill if you need more. We also have banana boxes next to our rubbish bins for your food waste.

KIDS' DASH

The kids' dash is one of the highlights of any Albany Lakes event, with a massive field of almost 300 kids taking part in each one. The support the kids receive as they run through the park on both laps is exceptional and a real thrill for everyone involved.



The Kids Dash course is slightly different this year with two laps around the park and Rose Garden apartment complex. The kids do not cross any roads and we will have marshals positioned around the apartments to help with traffic safety. Parents who are not confident of their child's ability to negotiate the course safely should accompany them. You are more than welcome and do not need to register to do this, however we ask that all adults start towards the back of the field.

THE FINISH

Finishing the Albany Lakes Summer Series is a special moment in a spectacular setting. To finish, you cross back over the stunning Art Bridge (where you lined up to start) and approach the finish arch from the north. Look out for the street furniture on the bridge, whilst enjoying the scenery. Raise your arms in triumph as you finish, we'll try our best to capture a photo and video of all finishers.

A race clock next to the finish line will show time of day. All events start exactly on time so you can

easily work out your own race time if you don't have a watch on.

There are lots of vantage points on either side of the finish chute for your supporters to cheer you on. They can also line up behind the barriers after the finish line to get that awesome paparazzi photo as you finish, arms raised in triumph.

Kids – because we know you will be **absolutely knackered** – we'll have a lolly just for you guys as you cross the finish line.

FOOD & DRINK

Our title sponsor, Harcourts Cooper & Co, will have their special coffee and cone truck on hand for snacks. All proceeds are donated to charity. After the Awards Ceremony, why not retire to the cultured surroundings of The Merchant Bar & Kitchen for a post-event lunch. Look out for the Running Events team – we'll be in The Merchant as soon as pack down is over!

MASSAGE

Luke and the crew from SportsLab will be on site to soothe those aching muscles when you finish. Cash is the preferred currency so consider packing a couple of notes in the key pocket of your running shorts ... they don't care if it's a bit soggy!

AWARDS CEREMONY

The Awards Ceremony will take place on the main stage inside Albany Lakes Civic Park.

Start Time

Race One & Race Two: 10am sharp
Grand Finale: 10:15am sharp

For race one and two of the series, the names of the overall winners in the 10K, 5K and 2K run will be announced for information only. All merit awards are saved until the Grand Finale at the end of the series.

We have some wonderful spot prizes to give away including vouchers for Brooks (running shoes), The Merchant (dinner and drinks) and Shoe Science Albany. We'll also have an amazing Garmin Forerunner 235 GPS sports watch to give away at each event. Finally, the grand prize of a **Big Screen TV** comes right at the end, so don't leave early! Remember - **you must be present in person** when your name is called to claim your prize.

The team at Running Events believe a good game is a fast game and we expect to be wrapped up in under 20 minutes for Race One and Race Two. For the Grand Finale, we do have a lot of prizes to hand

out but we will be doing our utmost to be wrapped up inside of 45 minutes.

SPOT PRIZE DRAW

Remember - you must be present at the prize giving to claim your prize. Only those who scan their timing tags (at the spot prize timing point) will be eligible to win a prize.

Important! In the event of seriously inclement weather, we may elect to cancel the Awards Ceremony. If the weather is marginal, listen out for announcements on the PA or check out our Facebook page. If this does happen, all prize winners will be announced on our Facebook page and prizes will be couriered out to them.

RESULTS

Provisional results will be available throughout the event from our web site:

<http://albanylakes.co.nz>

and via our facebook page on Sunday afternoon. Like our page now for immediate notifications and early access:

<https://facebook.com/albanylakes>

Results and series points will be posted to the event web site on Monday morning. If you see any issues with your results or believe there may be an error, please use the web site contact form and we'll get into it.

THANKS TO OUR SPONSORS

Without their help and support, the Harcourts Cooper & Co Albany Lakes Summer Series would be a shadow of the event it is now. Please support those who support you and our sport ...

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