



# TOUGH GUY AND GAL CHALLENGE

EXTREME OFF ROAD RUNNING EVENT

Welcome to the CARTRACK Tough Guy and Gal Challenge. We hope that you all enjoy the event; it's going to be loads of fun and an amazing experience.

**CARTRACK**  
**TOUGH GUY AND GAL CHALLENGE**  
EXTREME OFF ROAD RUNNING EVENT

WELLINGTON - May  
WEST AUCKLAND - August  
ROTORUA - August

**M&NZ**  
TOUGH GUY AND GAL CHALLENGE  
EXTREME OFF ROAD RUNNING EVENT  
**6KM**

**HELL**  
TOUGH GUY AND GAL CHALLENGE  
EXTREME OFF ROAD RUNNING EVENT  
**12KM**

[www.eventpromotions.co.nz](http://www.eventpromotions.co.nz)

### Registration, Start and Race Briefing

**Registration is open from 8:00am – 9:30am** to collect race bibs. Then head to the start line, which is also the finish line. Please be there no later than ten minutes before the start of your event.

- **10:00am Hell Pizza 12km** (two laps / Auckland only 4 laps)
  - Note: no competitors may start their second lap after 11.15am
- **10:10am Middleware 6km** (one lap / Auckland only 2 laps)
- **10:20am AUCKLAND ONLY 3km** (one lap)

### Start Sequence

The 12km event will be set off in one large group. The 6km event will be set off in waves of approximately 150 competitors with a break of around 2 minutes between waves. This is to reduce the congestion at all the course obstacles. Podium placing is calculated by the first three competitors in each grade crossing the line.

### Transponder / Bib Number

Your timing transponder is attached to the back of your race number. Your race number must be pinned to the **FRONT** of your shirt, please do not cover it with any other clothing or costume. You do **NOT** need to hand this in at the finish line.

## Event Obstacles

There is a wide variety of obstacles on the course. If you have health issues or don't feel comfortable doing any of the obstacles, please see the marshal at that event to be given directions on how to miss out that section of the course.

## Prize-Giving

**Prize-giving will take place at 12:45pm**, or earlier if results are available. There are heaps of great spot prizes, but you must attend prize-giving to be eligible for these. Medals and celebratory awards will be awarded to those gaining podium awards. Trophies and Hell Pizza vouchers will also be awarded to our top Corporate and Gym/Club Teams.

## Results

A full set of results for all finishers will be available at [www.eventpromotions.co.nz](http://www.eventpromotions.co.nz) the afternoon of the event (these will be preliminary for a day or two whilst any required amendments are made).

## Merchandise

All pre-purchased merchandise is to be collected from the Merchandise Trailer at Registration on the day of the event. If you do not collect your merchandise, and it needs to be sent out afterwards, there will be a \$5.00 postage fee. There will be additional merchandise available to purchase from the Merchandise Trailer at the event.

## Hot Food and Drinks

There will be hot food and coffee available for purchase. Bringing cash is advised as eftpos can be unreliable at most venues due to their location. Water is also available free of charge for competitors.

## Key Drop

We encourage you to leave your bag and gear in the car. Car keys can be left at the Merchandise Trailer for safe keeping while you do the event. Please leave any valuables at home.

## Hazards / Spectator Safety

Due to the nature of the course, there are many natural and man-made hazards on the course. At many stages, the ground is uneven and has the potential for injury so be extremely careful of hazards throughout the event. Certain areas are out-of-bounds to spectators. Please obey signs and the directions of marshals at all times. There are many hazards on site including unfenced bodies of water - please be very careful and keep children supervised at all times.

## Footwear is Compulsory

Due to the nature of the course and the number of competitors, spiked shoes are not permitted to be worn and it is highly advised that you tape your shoes onto your feet as the swamp may gobble them up.

## Changing Facilities – toilets/showers

Both male and female changing facilities are available. Hot showers are available but please limit your shower to a maximum of two minutes to allow for others. Please use the cold wash down showers before using the hot showers to remove the mud.

## Hot Pool – Rotorua only

This is available to all competitors free of charge **BUT** you must have showered or cleaned up prior to entering the pool for health reasons. This will be monitored so please respect the wishes of Lakes Ranch and other pool users.

## Event Photos

A professional sports photography company, Marathon Photos, will be taking action shots throughout the event. Your personalized proofs may be viewed at [www.marathon-photos.com](http://www.marathon-photos.com). A great way to remember your day!

## Dogs

Dogs are NOT permitted at any of the event venues due to venue rules, please leave your dogs at home.

**We hope you have an awesome, fun and memorable day! The Event Promotions Team.**

**Please support our fantastic sponsors and partners below 😊**

