

JUNIOR TOUGH GUY AND GAL CHALLENGE

EXTREME OFF ROAD RUNNING EVENT

FINAL COMPETITOR NOTES

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

Registration, Start and Race Briefing

Registration is open from 8:30 – 9:30am for all events. **Please note that Wellington events your registration is open from 9:30 – 10:30am.** At registration you will collect your race bib numbers.

- If you're entered via a school group, your race bib numbers will already be pre-packed in a bundle under your school name. The Teacher in Charge needs to come to registration to collect this on behalf of the school group.
- If you entered online as an individual, your race bib number will be hanging on the rods at registration and yourself or your parent/caregiver will need to collect this from registration by stating your name and bib number.

The start line is under the Start/Finish Gantry. Please ensure that you're there no later than ten minutes before the start of your event for a race briefing.

Race starts at 10:00am for all events. **Please note that Wellington events you start at 11:00am**

Start Times: 3km Big Rascals 10:00am (11:00am Wellington), 3km Little Nippers 10:05am (11:05am Wellington) and 1.5km Ankle Bitters 10:10am (11:10am Wellington)

Prize Giving

Prize giving will take place at 12.00pm. **Please note that Wellington events your prize giving will be at 1:00pm.** There are heaps of great spot prizes but you must be present to be eligible for these.

Online Certificates

Certificates will be available to download from www.eventpromotions.co.nz from the next day after the event. These are editable PDF files for you to add in your own name.

Finishers Medals

All competitors will receive a stunning finishers medal as a part of their entry. This is given to you at Registration rather than when you cross the finish line to allow them to be kept clean.

Timing

There is no official timing, however a timing clock will be displayed at the finish line so you can take your own time.

Merchandise

All pre-purchased merchandise is to be collected from Registration on the day of the event IF in a school group. Otherwise if you're attending as an individual, your pre-purchased merchandise will be at the Merchandise Trailer. 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 also be additional merchandise available to purchase from the Merchandise Trailer at all events.

Race Goodies

All competitors will receive a FREE Gourmet Snack Hell Pizza Voucher valued at \$9.50 and their finishers medal at Registration and a can of Vista. Water is also available free of charge for competitors.

Hot Food and drinks

There will be hot food and drinks for purchase and the Rapid Relief Team will be at most events.

Hazards / Spectator Safety

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

Footwear – Compulsory

Shoes are compulsory for ALL competitors. 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 ankles 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. Bring a towel and warm clothes for afterwards to get changed into and a rubbish bag to keep all your muddy clothes in to save your backpack getting dirty.

Bib Number

Your bib 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.

Dogs

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

Hot Pool – Rotorua only

This is available to all 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.

We hope you have an amazing and memorable day! The Event Promotions Team

