



GLOW LAB

NATURE + SCIENCE

TOUGH GAL TEAM CHALLENGE

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

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 Event start in waves** (two laps / Auckland only 4 laps)
 - Approx 80 people per wave, 1 minute apart
 - Wave order is ~ 12km ~ 6km ~ Tough Gal Teams ~ 3km (Auckland only)

Start Sequence

Glow Lab Tough Gal Team Challenge competitors will go after our 6km and 12km competitors. This is to reduce the congestion at all the course obstacles. Merit prizes will be awarded to the first three Tough Gal teams across the line.



GLOW LAB
**TOUGH GAL
TEAM CHALLENGE**
WELLINGTON - May
WEST AUCKLAND - August
ROTORUA - August

www.eventpromotions.co.nz

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. You will be competing in your team of three therefore you and your team members need to start and finish the event together to be eligible for podium prizes.

Results

A full set of results for all finishers will be available at 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. 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 😊

