



Off-road Running (Half Marathon, 10k & 5k) – COMPETITOR NOTES

It is compulsory for all entrants in this event and their supporters to read this notice and comply with its stipulations. They are also responsible for familiarising themselves with the event course and all its hazards. Please inform your supporters of their responsibility to comply.

Signing your waiver or completing your online entry is an indication you agree to comply with these guidelines.

PRIMARY RESPONSIBILITY

- 🚫 You are responsible for your own health and safety during the event.
- 🚫 The Off-road running event involves an element of risk, where competitors may encounter challenging run conditions.
- 🚫 You should only undertake to participate in this event if you believe that you are fit to do so.
- 🚫 At no stage during this event should you engage in activity that would threaten your own safety and the safety of other people.
- 🚫 You should obey marshal and Event Staff where they are instructing you for your safety.
- 🚫 Marshals are giving up their time to help you, please treat them with respect. If you have any issues with a marshal's conduct please do not approach them independently – please refer to the Event Manager.
- 🚫 Whilst every effort is made to make sure the course is marked accurately, and marshals are available at key points it is your responsibility to know the course prior to starting your race.

COURSE AND CONDITIONS

- 🚫 Conditions on the event days are undetermined and can change during an event, please observe and act accordingly for your safety.
- 🚫 Areas involved in the course are naturally uneven / off road please remain aware at all times of potential risk to self and others.
- 🚫 APES Games 2023 events take place unless the Event Manager evokes either a contingency course or cancellation – please bring suitable clothing for each event.

GENERAL NOTES

The roads are open for all normal traffic but should not impact on the Off-road Running event. The event takes place in a public area.

Competitors must behave in a manner that is safe, fair and demonstrates good sports conduct before, during and after the race.

No earphones or headsets are allowed at any time during the event.

Please report any accidents to the Event Director or marshal during the event.

If you pull out of the race for any reason, please advise the nearest marshal and the timekeepers when you return to Start / Finish.

Please give assistance to fellow competitors in need of help.

If you have finished, please have consideration for others still moving through the course.

Spectators must not follow athletes in a vehicle or on bicycles on the course at any time during the event.

Dogs must not accompany competitors or marshals in position in this event.

If spectators have no choice but to bring dogs, they must be on a leash at all times and kept well clear of all competitors.

GAMES REGISTRATION

All participants are required to check in at the Registration Desk at the Games Hub (Rotorua Energy Events Centre) in person before playing sports or taking part in an activity.

For safety and security, we cannot accept someone checking you in on your behalf. This includes Teams. Each Team Member is required to check in individually at the Games Registration.

VENUE

The venue for the Off-road Running Event is Shade Sails, Redwood Visitor Centre, Long Mile Road, Rotorua.

PARKING

Parking is provided at the Venue. There should be sufficient parking for competitors and spectators along Long Mile Road and at the Visitor Centre. Please be aware the forest will remain open to the public, and you may encounter people using bikes, riding horses, and walking on the trails.

EVENT CHECK-IN

Event Check-in for the Off-road Running will be at the following times:

Sunday 5th March 2023 – 07:00

COMPETITION RULES

Age Groups

OPEN | 18-29 | 30-34 | 35-39 | 40-44 | 45-49 | 50-54 | 55-59 | 60-64 | 65-69 | 70-74 | 75-79 | 80+

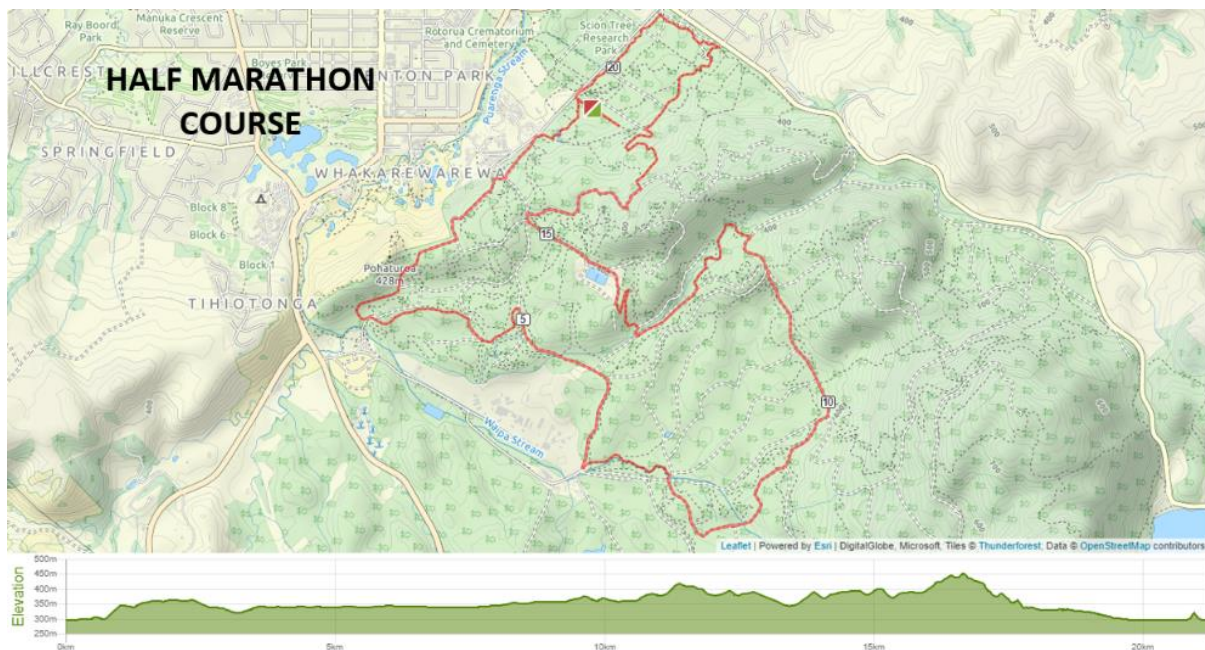
All Competitors will be eligible for the Open Competition in their race distance.

Course Descriptions

HALF MARATHON – this is a 21km off-road run.

This is a challenging off-road run on forestry roads, walking trails and single track.

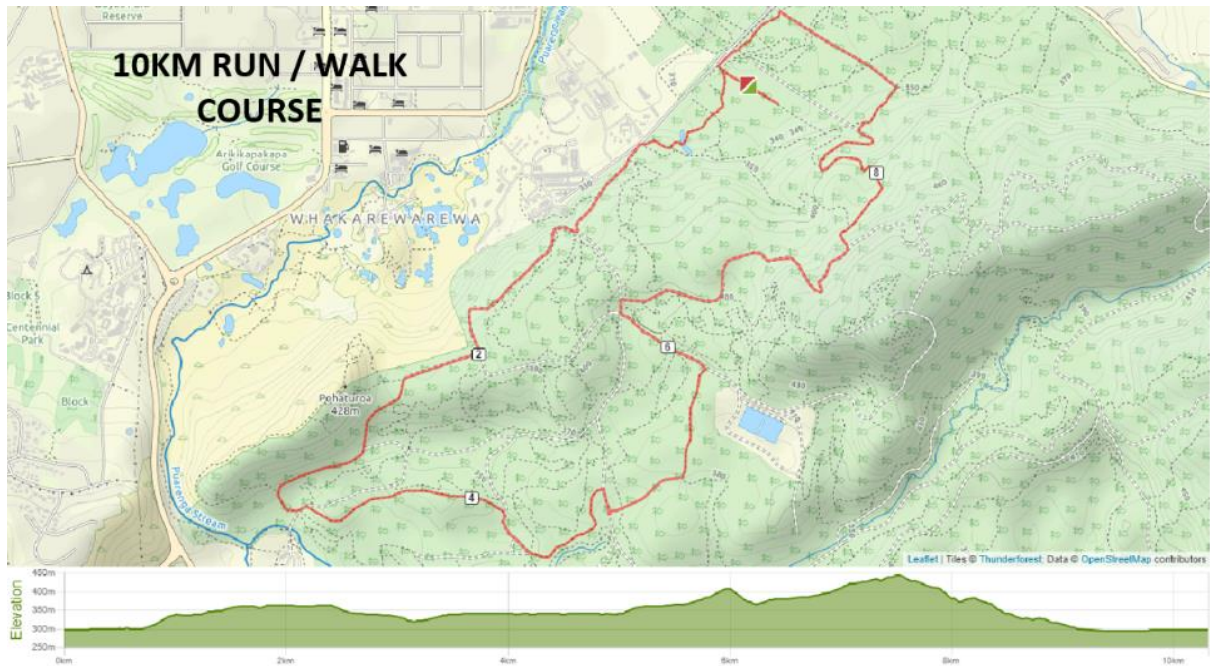
There will be Aid Stations at 7km and 14km of this run course, plus a water fountain and toilet at 10km.



10KM – this is a 10km Off-road run.

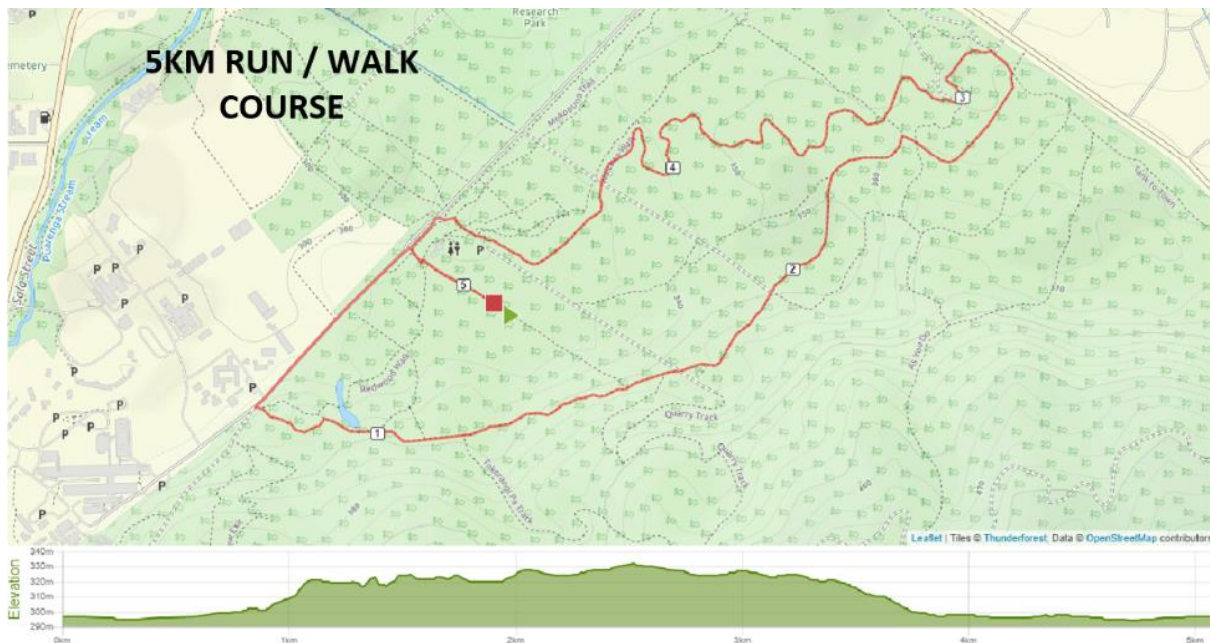
This is a challenging off-road run on forestry roads, walking trails and single track.

There will be an Aid Station at 6km of this run course.



5KM – this is a 5km Off-road run / walk.

This is a fast-flowing course on walking tracks with less than 50m elevation gain.



Run Course(s)

- 🚫 Follow the directions of marshals at all times.
- 🚫 APES Games 2023 signage and event tape indicates course route.
- 🚫 Run in single file wherever possible.
- 🚫 You must wear footwear at all times.
- 🚫 This is an off-road run so the ground is uneven and there may be exposed roots and rocks present on the trails.
- 🚫 The forest and trails will be open to members of the public and you may encounter bike riders, horse riders and walkers whilst completing the event.

Timing: Responders and Race Numbers will be provided at registration. This event will have electronic timing provided by Fastway Timing Services.

Timing Chips will be collected at the finish. Please do not leave with your Timing Chip. Lost timing chips will incur a \$60.00 charge (**this will be charged to the Credit Card used when Registering for the event**).

Timing mats will be located at the Race Start line and Finish line. Timing results will be provided by age group category, and age group placings will be based on participants mat time. Overall distance placings will be based on 1st, 2nd and 3rd Male and Female runner across the line.

SCHEDULE

Time	What's Happening	Who is involved
07:00	Registration	All participants
07:45 08:05 08:20	21k Competitor Briefing 10k Competitor Briefing 5k Competitor Briefing	All Participants
08:00	Half Marathon Starts	All Participants Officials
08:15	10k Starts	All Participants Officials
08:30	5k Starts	All Participants Officials
08:55	First Finishers (Estimated)	All Participants Officials
11:00	Last Finishers (Estimated)	All Participants Officials

SPECTATORS

Spectators are welcome to attend the Off-road Running Events. APES Games 2023 staff and the Off-road Running Event Team will strive to keep all spectators safe from harm but all spectators are responsible for their own personal safety.

Here are some pointers to help spectators stay safe while watching the event:

- 🚫 Be responsible and keep your own safety in mind.
- 🚫 Always follow and obey marshal's instructions.
- 🚫 Observe and follow all event signs.
- 🚫 Stay within designated spectator areas.
- 🚫 Do not enter any restricted areas. If you are unsure, please ask a marshal.
- 🚫 Keep off the track and always pay attention.
- 🚫 Children to be accompanied at all times.

PRIZE GIVING

Prize Giving will take place at the Games Hub, Rotorua Energy Events Centre between 5pm – 7pm on Sunday 5th March 2023. Full details of the medal ceremony will be provided once Games Registration closes on 10th February 2023.

KEY CONTACTS / INFORMATION

Name	Role/Organisation	Contact Number
Ben Alton	Off-road Running Sports Co-ordinator	027 494 2419
Sue Crowley	Off-road Running Event Manager	027 436 0410
Graham Perks	APES Games Sports Manager	021 191 3660

ADDITIONAL INFORMATION

Food and Drink will be available for purchase at nearby cafes.

Physio services are available through Go Physio (1221 Haupapa Street, Rotorua – Tel: 07 347 8380) who will be operating a Drop-in Clinic 8am – 5pm Monday 6th March – Friday 10th March 2023 - <https://gophysio.co.nz/>