



# OMAHA

## HALF MARATHON

AUCKLAND HALF MARATHON SERIES

ESTABLISHED 2010

## RACE GUIDE

Sunday, December 1st 2019

Hi everyone and welcome to the 2019 Omaha Half Marathon! The team at Running Events want to welcome you all to beautiful Omaha and Point Wells for one of the most scenic half marathons in New Zealand.

This year we have a massive field lining up to take part and have the biggest number of entrants the event has ever seen – a whopping 2,500 entrants – so please read the guide carefully and plan your trip appropriately to get the best out of race day. It will be very, very busy on the peninsula and we want everyone to have a happy and safe event experience.

**Important! Due to predicted warm conditions – and the bush fires burning in Australia - we are expecting extremely taxing conditions this weekend. It will be HOT. It will be HUMID. It will be TOUGH out there. If you are not fully confident you are equipped to complete the distance .... drop down a distance, there is no shame in that. If you are confident you can complete the distance, please at least be sensible and monitor how you are feeling throughout the event. If you are struggling, do NOT carry on running. This is a sure-fire way to end your weekend**

**nose-to-the-concrete. It has happened here before and we don't want it to happen to YOU. If you aren't feeling good, STOP, sit down at the side of the course. Take your time to gather yourself. Are you really able to continue? Only do so if you are absolutely 100% sure you can safely continue.**

OK, let's get down to business ...

### RACE PACK PICKUP

The vast majority of race numbers have already been distributed for this event:

- If you entered the event as part of a Mizuno Auckland Half Marathon Series Pass, then you already have race numbers for all five events in the series. You are good to go.
- If you registered for the event online before November 3<sup>rd</sup>, your race number was sent to you in the mail. You are good to go.
- If you registered after November 3<sup>rd</sup>, your race number has to be collected from the race site. We have two opportunities for you to do this:
  1. **Pop-up Registration** is available from 4pm – 5pm at the finish line on Rahui Te Kiri Reserve

the night before the event (Saturday 30<sup>th</sup> Nov)

2. **Race Day Registration** opens at 6am on race morning. Again, just look for the big green Registration tent near the finish line.

**Important!** Whichever registration you plan to come along to, please remember to bring your e-ticket with your 4-digit race number on it, it makes things so much quicker and easier for everyone. You can show us your e-ticket on your mobile device or go old school and print it out.

**Important!** If you are registered in the 21K or 10K events and received your race number in the mail, remember to come over to the Merchandise Tent to claim your free Running Events Cap (for 21K entrants) or Visor (for 10K entrants). You will have to have your race number with you so we can stamp it. No race bib = no cap/visor for you!

## MERCHANDISE

If you ordered any merchandise with your registration, then this will be available for pickup at the Merchandise tent near the finish line. You can collect it during the Saturday pop-up registration or the Sunday race day session. Just show your race number to collect.

A very limited number of event t-shirts will be for sale at the Merchandise tent for \$25 each but they have been very popular this year and many sizes have already sold out. You can also purchase a selection of our RUN MORE gear including our famous RUN MORE hoodie and brand new caps, visors and medal hangers. CASH ONLY for merchandise sales at the event site.

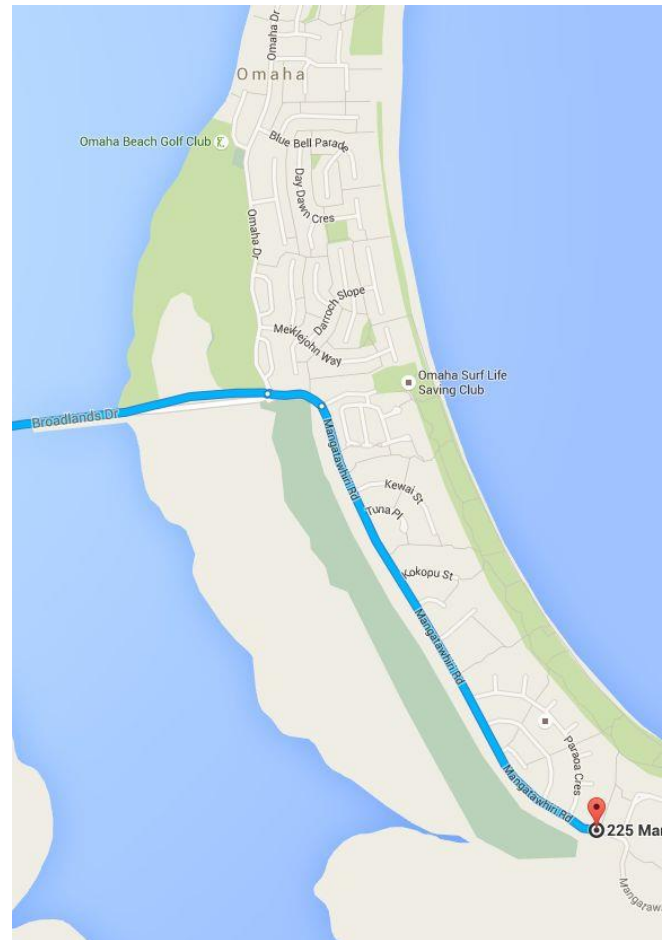
## LATE ENTRY

**Important!** The 2019 event has reached its maximum capacity and entries have closed. There is no wait list and no further entries will become available. No exceptions. Check out our facebook page to get advance notification of 2020 entries opening. Thank you for your support and understanding.

## GETTING TO THE EVENT

If you are coming from Auckland, beautiful Omaha is 70km north of the Harbour Bridge, which takes less than an hour to drive outside peak hours. The race venue for the event is Rahui Te Kiri Reserve at the southern end of Omaha. Set your GPS to 225 Mangatawhiri Rd, Omaha and it will take you right to the front gate.

**Important!** See our parking map and notes below for information on parking. After 7:30am, you will not be able to proceed south on Mangatawhiri Rd past Paraoa Cres.

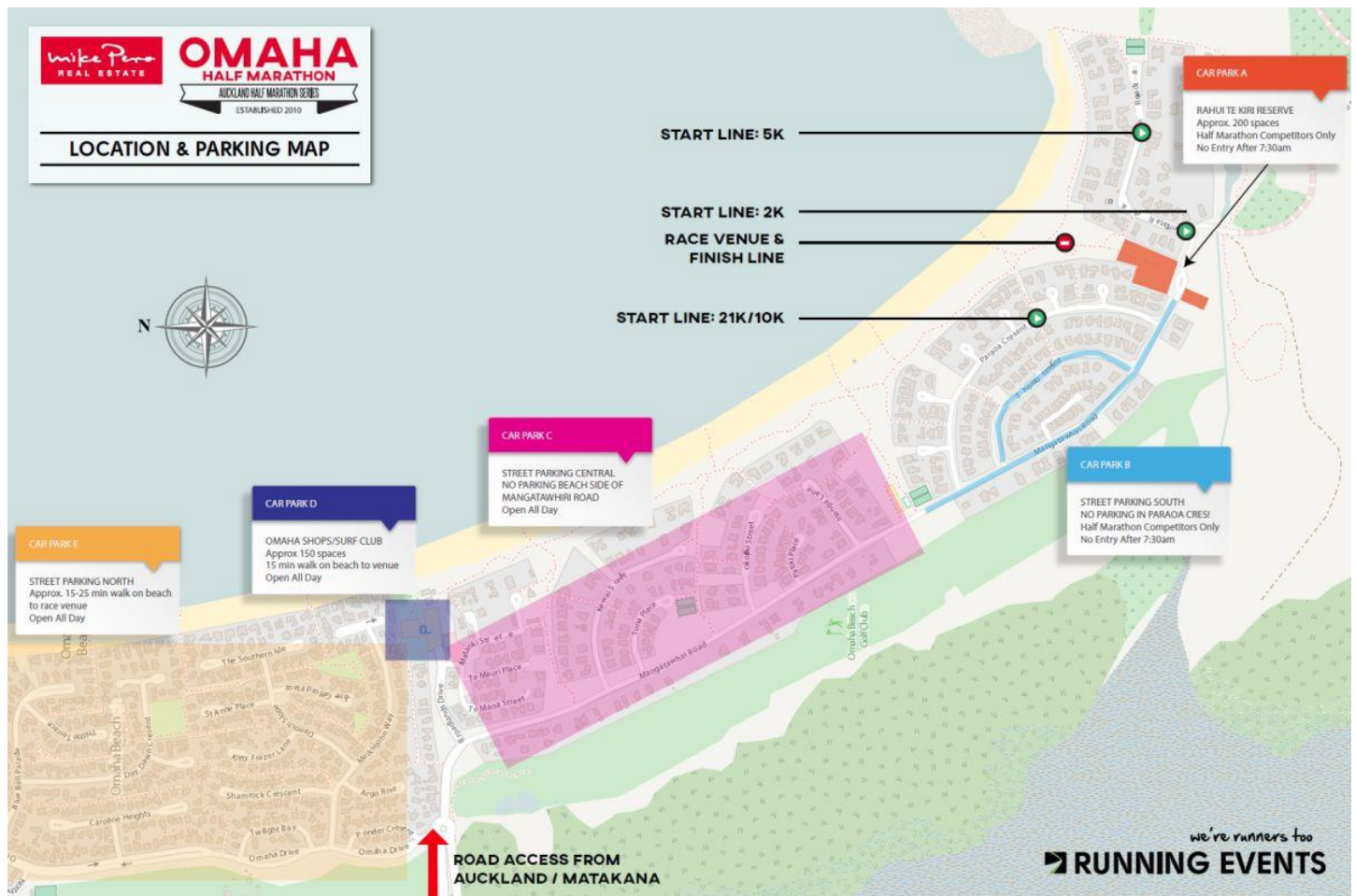


## PARKING

**Important!** We cannot stress how important it is for this event for competitors to be aware of the parking limitations we have on the peninsula and to park in an orderly fashion. BE READY to walk for up to 20 minutes if you arrive later in the morning and have to park near or to the north of the surf club.

**Important!** The start line for the 21k and 10k – as well as the new route to the finish line for all competitors – uses Paraoa Cres. Signs posted at either end will mark access to this crescent as RESIDENTS ONLY. Do not challenge them! Otherwise, you will be collecting your car from the nearest car pound.

With potentially 2,500 people taking part and a single road in and out of the venue, it will be busy and congested. Please, please, don't be one of **those people** who just abandon their car wherever it suits them, causing great inconvenience and a potential safety hazard for the local residents and other participants. We ask (plead!) that all competitors take note of the parking information now



posted on the event web site (and summarised below) and arrive at the venue with a clear plan of where to park and how long it will take you to reach the event venue. Please be aware that all events will start precisely on time.

There are five primary parking options to select from. Your selection will largely be determined by how early you plan to arrive at the race site but **we advise ALL COMPETITORS to allow AT LEAST FIFTEEN MINUTES** in their race morning plan to get from their vehicle to the race venue.

### CAR PARK OPTION 1

The most desirable parking on race day is right in the Rahui Te Kiri Reserve – our race venue. We can fit approximately 200 vehicles into the western side of the reserve and a sealed parking area opposite the entrance. We expect this parking to fill **very** early with half marathon competitors.

### CAR PARK OPTION 2

Option 2 is to park on the non-seaward side of Mangatawhiri Road and in designated parking areas on Tohora Cres. No parking is permitted on the seaward side of Mangatawhiri Rd and no access is available to Paraoa Cres. Mangatawhiri Rd will be blocked for competitors north of Paraoa Cres just prior to 7:30am.

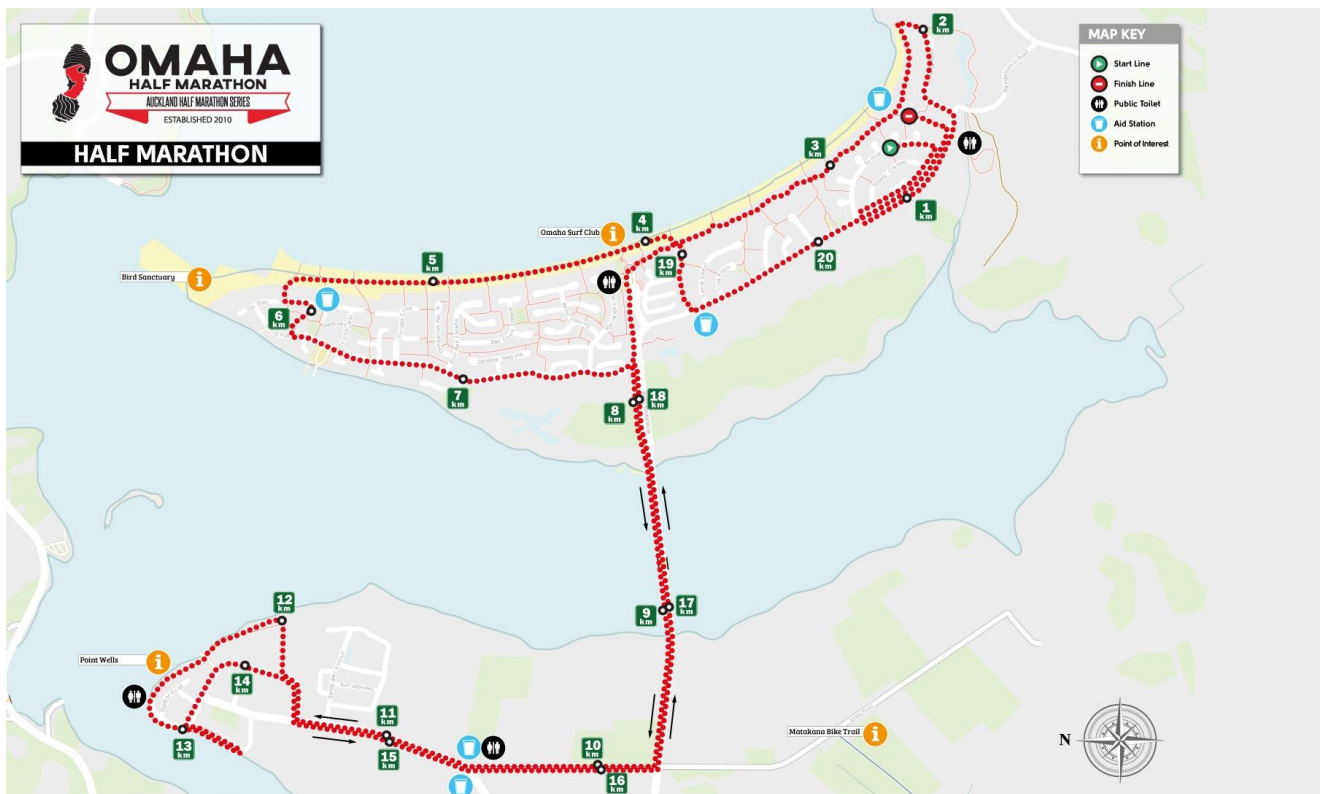
### CAR PARK OPTION 3, 4 & 5

For those taking part in the 10K, 5K or 2K, your most likely parking options are in the streets north and south of the surf club and at the main Omaha car park next to the shops and surf club. The main car park can accommodate around 150 vehicles. From any of these areas, you can enjoy a splendid walk to the race site along stunning Omaha Beach. It is an approx.. 15 minute walk from the surf club to Rahui Te Kiri Reserve. Head up off the beach when you hear the PA system (yes, it is the perfect warm up!).

The parking map is shown here and a high resolution map can be downloaded from the event web site.

### TOILETS

Portaloos will be available on the reserve near the finish line. Needless to say, until the time when we are able to supply one loo *per competitor*, there will always be queues as we lead up to a race start. Think ahead, organise yourself and make sure you “take care of business” nice and early so you aren’t stuck in a long queue with five minutes to the gun, getting stressed out. All races will start precisely on time unless the Race Director deems it unsafe to do so.



For half marathon and 10K competitors, public toilets are available at the Point Wells boat ramp and the Omaha Surf Club. Portaloos will also be located at the half way mark of the half marathon, which you hit at 15.5km too.

## GEAR DROP & KEY CHECK

A gear drop and key check tent will operate on the reserve near the finish line from 6:30am. Ensure all your gear is contained in a single bag. Write your race number on the labels provided, secure it around a handle or stick it to the bag and hand it to our friendly crew. When you finish, just show your race number to the crew and they will return your belongings.

**Important!** Think ahead and label your bag with your race number before arriving at the venue. This means you will not need to queue to access the luggage tags and can just hand your bag into the tent.

If you only have a key to drop off, ask the crew to put it into the key drop plastic container. It is useful, once again, to use a label to number your keys so they don't get lost. Running Events operate an "all care, no responsibility" policy on the gear drop and key check 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. All you have to remember is to secure your race number to the front of your shirt and you're all set. Try to avoid holding your arm in front of the number as you cross the finish line (e.g. to turn off your watch) as this can sometimes affect the tag reading. Just wait until a few steps after the timing mat.

**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.

## START TIMES

07:30am – Half Marathon runners & hybrids only  
07:33am\* – Half Marathon competitive walkers only

08:30am – 10K runners & hybrids only  
08:33am\* – 10K competitive walkers only

09:30am – 5K Fun Run & Walk

10:30am - 2K Kids' Dash

\* approximately



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

With ten minutes to go, we will begin the walk to the start line (Paraoa Cres for 21K and 10K, Taumata Rd for 5K and 2K). The walk will take around five minutes to stroll through - don't stress, we will make sure you are there in plenty of time.

## PACERS

The great team from the Auckland YMCA marathon club will be providing pacers for those in the half marathon. So if you want that extra motivation and control to hit your goal time, cosy up to one of our pacer runners at the start line and then – **stick to them like glue!**



We have pacers for the following goal times:

- 1 hr 30 mins
- 1 hr 40 mins
- 1 hr 50 mins
- 2 hr 00 mins
- 2 hr 10 mins
- 2 hr 20 mins

## INFORMATION FOR WALKERS

Those registered in the Competitive Walk option for the Half Marathon or 10K Classic are reminded that they must:

- start on the official walk start gun which is 3 minutes (approx) after the main start
- 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.



## COURSE SAFETY

**Important!** Shortly after the start of the 5K course, you will enter the loop around the reservoir which is single file. It will be very difficult to overtake as you go around the reservoir so please be patient. It is a long day!

**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 no 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.

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

## COURSE NOTES

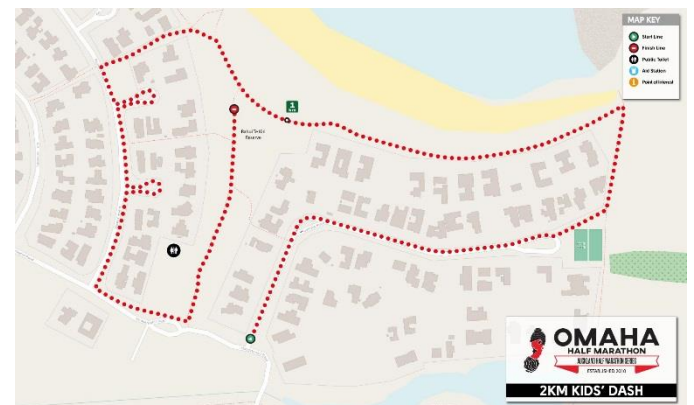
The Omaha Half Marathon and 10K Classic feature a counter-clockwise route around the entire Omaha peninsula. The half marathon is extended with an out-and-back section across the Omaha causeway to Point Wells. In most places, the footpath is wide and accommodating but please always keep left to allow those behind you to pass.

At the start line, all competitors should seed themselves appropriately using the pace guide signs

for guidance and use the first 5 minutes of the event to slot in amongst your peer pace group. If you are aiming for a PB, make sure you use the early stages of the race to get yourself in the right position in the field. If you are a gun runner, don't start at the back!

The 5K features a shortened loop around the southern end of the peninsula, starting in Taumata Rd.

The Kids' Dash will start at the end of the reserve on Taumata Rd. Kids will dash to the end of Taumata Rd and then join up with the dune path. At half way, they will run past the race venue and we hope to see a big crowd cheering them. They carry on until we send them down a path away from the beach and into Paraoa Crescent. This will take them back to the reserve entrance and then they have 250 metres of dashing to the finish line.



2km Kids Dash Course Map

## AID STATIONS

Aid stations are spaced approximately every 3km. All aid stations will serve water and r-line sport drink except the 2.5k station in the half marathon (which is actually at the race site) which will only serve water. The approximate locations of the aid stations are:

- 21K: 2.5k, 6k, 10.5k, 15.5k, 19k
- 10K: 5k, 8k
- 5K: 3k

A refuelling station is available after you finish – see below.

## THE FINISH

We have a fantastic finish setup for you this year. The last 250 metres is through beautiful Rahui Te Kiri Reserve, heading directly for the sea, on the concrete and boardwalk path. Nestled amongst million-dollar homes, you will find flags, fences, a massive inflatable arch and a huge crowd of supporters to welcome you home. Raise your arms in triumph – you made it!

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

## FINISHER MEDAL



This year we have a stunning Finisher medal for every competitor that crosses the finish line. Show it off!

If you are in the half marathon series this makes up 1/7 pieces of the GIGANTIC piece of kit you are gonna be left with at the end of the season. Check it out on the Facebook page and find out more about the whole series medals! Check out [halfmarathonseries.co.nz](http://halfmarathonseries.co.nz) for more info.

## REFUELLING STATION

Once you have exited the finish area, 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 will also have banana boxes next to our rubbish bins for your food waste.

## FOOD & DRINK

A few food and drink vendors will be available at the finish line to restock the reserves. Although some vendors may have EFTPOS facilities, it is always a good idea to have some cash on hand, just in case.

## FACE PAINTERS

The fantastically talented ladies from ColourMe will be coming along to offer their face painting skills to the kids. They will be onsite from 8am to 11am and you absolutely have to see their amazing work. The kids will love it! This will be **free of charge** with our compliments. Please accept that there may be a bit of a line while you wait for your turn and we will close off the line at approximately 10.45am to allow for the final people in the queue to be finished, so don't wait until the last minute.

## 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 & PRIZES

The Awards Ceremony will take place on the main stage inside the reserve at 11:00am sharp.

Beautiful glass trophies will be awarded to:

- Top 3 men and women overall in the Half Marathon, 10K Classic and 5K Fun Run & Walk
- Top 3 men and women in the Half Marathon Competitive Walk and 10K Classic Competitive Walk
- Top 3 boys and girls in the 2K Dash for 7 & Under and 8 & Over age groups.

Not one of the show ponies? Don't worry, you may still be going home with a great prize. We have some wonderful spot prizes to give away including an amazing Garmin watch and more! The grand spot prize is a big screen TV. Do not go home early – you

may regret it!

**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 (by the main stage) will be eligible to win a prize. An announcement will be made over the PA system when you can scan your tag.**

**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.

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## **RESULTS**

Live Results will be available on the event webpage or by scanning the QR code on your race bib and Preliminary results will be available via our facebook page on Sunday afternoon. Like our page now for immediate notifications and early access:

<http://facebook.com/omahahalfmarathon>

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.

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## **THANKS TO OUR SPONSORS**

Without their help and support, the Omaha Half Marathon would not be able to operate. Please support those who support you and our sport ...

### **Major Sponsors**

Garmin

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### **Associate Sponsor**

R-Line Electrolyte Drink