

It is important that below is read and communicated to all team members



LAKE CITY

Athletic Club INC

www.lakecity.co.nz

NOTE: There are two race start times

- **10.00am** start for Senior and Walker teams
(White race numbers)
i.e Each team member running or walking the approx.4800 metre lap
- **10.02am** start for Youth teams
(Yellow race numbers)
i.e Each team member running an approx. 3200 metre lap

On behalf of our principal sponsor, *Red Stag Timber* and our supporting sponsors *the New Zealand Community Trust, Timberlands, CNI Iwi Holdings, Rotorua Lakes Council, Design House Kitchens* and *Scion*, the Lake City Athletic Club welcomes you to the 39th



REDWOODS FOREST RELAY

9 September 2017 - Rotorua

All events need to operate with a few rules and conditions in force. Please read the following rules and information and make sure that all members of your team are aware of them.

Yes the list is lengthy but all are very important.

Non adherence of these rules may lead to team disqualification

RACE RULES

1. All team change sheets, which will be in the race pack, must be completed in full and handed into the registration table, no later than **9.30am**. This is whether or not the team has changed. Note that the running or walking order shall be as stated on the original completed entry form. Team members may be replaced, but running/walking order is **NOT** to be rearranged.
2. Participants may compete in no more than 2 laps for a team provided they are consecutive laps and do not include the last lap. No more than one person in a team can compete in multiple laps. No participant may compete in more than one team. Walk teams shall comprise of 2 participants.
3. The race number must be worn and securely fastened in a prominent position on the **front** of the running vest. Please ensure that the **last lap** runner/walker wears the race number with the **black** stripe along the bottom. *All race numbers are to be retained by the organisers so please ensure they are **all** returned.*
4. Each team will be issued with a relay baton, which is to be exchanged between team members as they cross the start/finish line. The baton has a timing chip embedded in it and this is how your team members and team times will be recorded. Do not remove the "chip" from the baton. Ensure the team number on the baton corresponds with the race number issued to you. *The baton is to be returned with all team race numbers*
5. All competitors shall run/walk on the course as directed by marshals. Note in particular:
 - a) The departing runner/walker starts when the incoming runner/walker crosses the common start/finish line exchanging the relay baton.
 - b) Beware of the road crossing at approx. 2.5km. Marshalls will direct participants. All participants on crossing the road will proceed through the gate way. The 4 lap youth runner's turn 90 degrees to their left and run alongside the fence line. The 5 lap runners and 2 lap walkers will then head straight ahead and after completing a loop out in the trees they will re-join the course by the Long Mile Road fence line.All teams will then run/walk against the fence line for around 400 metres to exit onto the roadway through a narrow gap in the fence line and then proceed towards the finish and change over area.
 - c) We cannot guarantee that members of the public (and in some cases, with their dogs) will not be in the area especially the forest tracks. Generally, they are quite wide and there will be marshals at points where the public might wander onto the course.
6. To aid team identification all club teams are required to wear their club uniform. Secondary school teams should wear their school running uniforms, but this is not compulsory. Walk and composite/corporate teams have no requirement to wear any specific uniform. All clothing worn must not be objectionable.
7. **Ipods - These are not to be worn whilst participating in the event**
8. Members of school teams competing in the Youth section must be a pupil of the same school on race day and be older than 11 years of age and under 19 years of age as at 31 December 2017. Also Club youth teams must be of the same club

PTO

9. **MEMBERS OF WALK TEAMS:** Participants are required to walk the entire distance, and failure to do so may result in disqualification of the team. Please walk in single file on narrow sections of the course, and move over when requested by overtaking runners. We rely on the honesty of those that walk to walk the entire distance. Any team member considered to be running maybe liable for disqualification.

10. Failure to adhere to these rules or to obey race marshals may result in team disqualification. The Race Referee may disqualify any runner/walker, and accordingly, that runner's/walker's team, for infringement of the race rules

INFORMATION

The senior teams run 5 full laps of approx.4800 metres each person. Walkers complete 2 full laps of approx.4800 metres each person, while the Youth teams run 4 laps of the shorter approx.3200metre course per person.

Liability

All participants compete at their own risk. Team managers/captain please read the safety notice in your race pack to all team members.

Animals

Accompanying animals are not permitted on the course without the express permission of the event organisers – race manager.

Toilet Facilities

Please use the toilet facilities in the old toilet block at the rear of the of the Redwoods Visitors Centre and I-Site

Medical

If medical assistance is required please make this known to the announcer. Medical personal will be available at the finish area.

Redwoods Visitor Centre and I-Site and Redwoods Treewalk

The Centre will be open on Saturday for participants and their support crew to visit. There is also a range of souvenirs and gifts available for purchase. Relatively new to the area is the Redwoods Treewalk – check it out.

Food and coffee

Food will be for sale adjacent to the finish area and coffee within the Visitors Centre / I-Site.

Awards

The awards ceremony will be in the vicinity of the *Redwoods Visitor Centre and I-Site*, and will commence approximately 45 minutes after the relay has concluded.

Spot prize winners (teams and individual) **must be present** at this function to collect their prizes - otherwise they will be redrawn. The Youth secondary school participation spot prize will be forwarded to the school early in the next week.

Thank you for supporting our event. Enjoy your day.

Looking ahead

Come and take part in one of the following events on Sunday 4 March 2018 at the Copthorne Rotorua Hotel off Road events. A choice off

- Half Marathon
- 10km or 5km
- 3km or 1.5km Little Devils Run for the youngsters

These events are organised on behalf of the Lake City Athletic Club by Event Promotions. Event headquarters are at the Mountain Bike car park area off the Waipa State Mill Road on the southern side of our fabulous Forest. The various courses take in tracks and roads in Whakarewarewa Forest. This is a family day – events for all – runners and walkers. A great range of merit and spot prizes

Visit www.eventpromotions.co.nz for further details