

ULTIMATE BEACH RUN

Here is all the info you need for this Saturday.

REMINDER TO REGISTER!!!

Registration is Friday 1st March between 5pm and 8pm and Saturday 2nd March between 5.30am and 6.30am at Mt Maunganui Cenotaph on Marine Parade.

Every athlete must register! Timing chips that are assigned for race day are essential.

SCHEDULE:

Ultimate Beach Run Friday 1st March 2024

5.00pm -Registration Open

8.00pm - Registration Closes

Ultimate Beach Run Saturday 2nd March 2024

5.30am – 6.30am Registrations open

6.45am - Athlete Briefing

6.50am – 10km Beach Run/walk Starts

6.55am - 6km Beach Run/walk Starts

7.00am - 3km Beach Run/walk Starts

7.05am - 3km & 6km Adaptive Course Starts

10.30am - Event Finishes

MUST KNOW!!! Athletes must be at the start line by 6.45am for the athlete briefing. You **MUST** bring with you:

- Your race number (attached to your front with pins which are available at registration or to a race belt)
- Shoes are optional.

SELF SEEDING: Athletes will be asked to 'self seed' at the start line.

- If you are competitive and expect to be fast please move to the front of your distance wave.
- If you are doing the race for fun and expect to take your time or walk the course please move to the back of your distance wave.
- If you're somewhere in between we'd like you to go in the middle.

CHOOSE YOUR COURSE :

We are the first event to take full advantage of the brand new coastal pathway. Choose your course with these exciting options:

- 3KM, 6KM & 10KM BEACH:
Feel the breeze and enjoy the stunning views as you run along the sandy Shores.
- 3KM, 6KM COSTAL PATHWAY:
Accessible for all and perfect for a scenic walk/run by the sea
- COMBINATION COURSE (3KM, 6KM & 10KM):
Mix it up by using our designated beach accesses 2.18 near Sutherland Ave and 3.69 near the end of Marine Parade. Please only change from Beach to Pathway or vice versa using these access.

For timing please select one of the above options. If you've already entered online your entry will default to BEACH. If you'd like to change your category you can do this through your EventPlus account.

IMPORTANT MEDICAL INFO!! Athletes must note any medical conditions on the back of their race bib and take any necessary medication with them.

BAG DROP: located at the registration tent. If you need to leave your bag somewhere safe during your race you can use the bag drop. Our staff will attach a tag to your bag that matches your bib number. Then simply show your corresponding bib number to staff to have your bag returned.

DOGS:

- Dogs must be on a lead that is no longer than 2m long at all times.
- Ensure that your dog is kept under effective control at all times.
- Ensure that your dog does not injure, endanger, intimidate or distress any person, animal or wildlife.
- Please clean up after your dog and use the bags and bins provided.

Please see map below for information on the dog free zones.

PRIZE GIVING:

No prize giving for Beach Run - Online results only and spot prizes at registration

WEATHER: We will go ahead in most weather conditions, however if there are dangerous weather conditions, we will put your health and safety first. We will make the call at the earliest time we can and endeavour to give all athletes notice. We will email all athletes, post on social media, and display information at the info desk. So check your emails if you're not sure.

REUSABLE WATER BOTTLE: We would like to reduce the amount of plastic going to landfill, so we'd like to encourage you to bring your own refillable water bottle. The aid station will have compostable cups so no need to worry during the race, we've got you covered.

MAPS: Please familiarise yourself with the course:



