

RACE GUIDE

EVENT DATE

15 NOVEMBER
2023

LOCATION

WAITANGI PARK
WELLINGTON, NZ
41°17'28.15" S 174°47'05.11" E

RACE DAY SCHEDULE

1:00pm	VENUE OPEN
1:00pm	BIB COLLECTION
5:30pm	TEAM PHOTOS
6:15pm	MASS WARM UP
6:30pm	RACE START
7:25pm	FINAL FINISHER approx.
7:30pm	AWARDS CEREMONY
7:50pm	PACK UP BEGINS
8:30pm	EVENT CLOSE approx.

Welcome to the 2023 Corporate Challenge Wellington. We look forward to welcoming 500 runners, joggers and walkers to Waitangi Park for an awesome 5k on Wellington's beautiful waterfront. We have a new course this year which means we are no longer dodging pedestrians and parking cars on the narrow footpaths near Freyberg Pool. Instead, a two-lap run towards Te Papa will bring the fun and games and determine which company has the best runners in the capital city!
This guide has some quick tips and info to help you make the most of the evening.

RACE NUMBERS & TSHIRTS

All team members registered by the close of earlybird pricing three weeks out from race day will have been sent their race numbers - with electronic timing tag attached - and their t-shirt. Team managers must ensure that each team member wears only the race number that has been assigned to them.

> **OUR PACKS DIDN'T ARRIVE!** / Please get in touch via the contact form on the web site and we'll try to track your parcel down or arrange for a substitute.

> **CAN WE ADD A TEAM MEMBER OR MAKE A CHANGE?** / There's always a few, right? You know who we're talking about! It's fine and you can add or make changes right up until 10 minutes before race start (though we'd prefer you didn't leave it quite that late!). Before race day, you can log on to your Dashboard account and add or change team members there. If you have any problems, just drop us a line through the web site contact form. Once we get to race day, it's best to do this in person. Head for the blue "RACE HQ" tents and we'll get you squared away.

Important! It is vitally important we are informed of any changes of personnel as this has safety implications and can also affect the event results (and Awards Ceremony).

> **CAN WE SWAP A T-SHIRT FOR A DIFFERENT SIZE?** / We have a limited number of spare tshirts with us so head over to RACE HQ when you arrive and check what is available. Please bring your original - unworn - t-shirt with you to exchange.

Important! To reduce waste, safety pins were not sent in your race packs. However, there will be plenty available on either side of the main stage during the evening so feel free to help yourself.

GETTING THERE & SETTING UP

The race venue and Finish Line is in Waitangi Park right under the high windows of Chaffers Dock, you can't miss it. There is plenty of space at the venue to warm-up, chat with friends or relax on the grass prior to the start.

> **TEAM TENTS** / The venue will be open for you to setup your team tents from 1pm onwards. There is no vehicular access to the site so you'll have to carry your items over from Cable St or the car park behind Te Papa. If you ordered a team tent through us, we'll have it setup by 1pm directly opposite the main stage. A sign on the front will have your team name on it.

Important! If you intend using a BBQ during the event, please ensure it doesn't damage the grass.

> **PARKING** / There is no on-site car parking or dedicated event parking although there are plenty of car parks nearby. With the close proximity to the city, most teams walk down from their offices and make that part of their warm up.

BEFORE YOU START

Not long to go now! The adrenaline is starting to kick in big time. Here's what you need to be thinking about now ...

> **TEAM PHOTOS** / The Team Photo is a unique and special part of the Corporate Challenge and all team photos will be posted to our facebook page by next morning - allowing you to relive a great night out with your work buddies - and tease those who were too lazy to come along! You'll be able to download them in high resolution for printing or posting on the company intranet.

Team photos commence from 5:30pm ... listen for PA announcements on where to line up. We *strongly* recommend you get your team photo taken as soon as you have all your team members with you. The photographer will stop shooting at 6:15pm sharp and if you leave it to the end, you may miss out altogether.

> **TOILETS** / Portaloos will be located next to the public toilet at the eastern (Herd St) end of Chaffers Dock. We strongly encourage all participants to arrive at the venue ready to run and hold off on the liquids until after you have finished.

> **GEAR DROP** / An unattended gear tent will be available next to the Crew Tents should you have a change of clothes with you in a bag and need to stash it somewhere whilst you run. Please ... no valuables! We cannot accept any responsibility for items left at the gear drop.

> **RACE NUMBER** / Your official race number - with timing tag attached to the back - must be worn on the front of your top throughout the event. **It is vitally important each team member wears the number specifically allocated to them.** Avoid folding or crumpling the electronic tag to ensure it works correctly and keep your bib with you after you finish ... you will need it to register for the spot prize draw.

> **WARM UP** / A warm up will take place in front of the main stage at 6:15pm. It's a great way to get yourself moving and ready to take on the event. There will be plenty of time left at the conclusion of the warm up to move into the finish chute and be in place to hear the race briefing and start on time at 6:30pm.

> **RACE BRIEFING** / A compulsory race briefing will take place at the start line a few minutes before race start. It is essential that you listen, understand and comply with the instructions given in the briefing, which will focus primarily on the safety of yourself and your fellow participants.

DURING THE RACE

The Corporate Challenge Wellington course this year features one shorter out-and-back to Te Papa (approx 2km) and one longer out-and-back to TSB Arena (3k). Each loop includes a lap around Clyde Quay Wharf apartments - please look out for resident vehicles. The course hugs the awesome Wellington waterfront throughout and features views of the city, Te Papa and multiple pedestrian footbridges - you can even check up on your share price as you run in front of the NZX building.

> **COURSE MAP** / A detailed course map is available on the event web site: <https://corporate.werun.nz/#events>

> **TIMING & RESULTS** / Live timing and race results will be online and updated throughout the event. Keep an eye on the event web site to find out how you did - or just scan the QR code on your race number.

> **CUT OFF TIMES** / Marshals and signage will be withdrawn from the course on a one-hour time limit schedule. If you are unable to maintain this pace then just make sure you know the way back to the finish line. We feel that every participant who makes it to the line is a winner and we will continue to record finish times until the Awards Ceremony is completed.

WHEN YOU FINISH

Hey legend! You made it ... now what???

> **REFUELLING** / The Refuelling Station is in the blue tents right after the finish line. Grab a cup of water or sport drink and a banana (please, only one per participant). Now you're ready to r-e-c-o-v-e-r!

> **TEAM BUILDING TIME** / Post-finish is a great time to regroup with your team mates and recount your adventures. If your team has a tent then that's usually the focal point for the BBQ and something to drink. And if you don't have a tent, just find a spot on the grass and soak up the atmosphere. Or why not head back to the finish chute and cheer in those hardy warriors still coming in to finish? They will appreciate your support.

> **AWARDS & SPOT PRIZES** / The Awards Ceremony will begin at 7:30pm sharp on the main stage, right in the heart of the event venue. Beautiful wooden trophies will be presented for the top teams overall and in industry categories as well as top individual finishers. Come along to acknowledge some of the great performances of the day and you might just be taking home an iPad or a new pair of running shoes from the spot prize draw. Remember, you must be present in person - and be recorded on the spot prize mats - to be eligible. Keep your race number on you and listen for announcements around 10 minutes before the ceremony kicks off.

> **WINDING DOWN** / After the Awards Ceremony our crew will kick into top gear to get the race site packed down and loaded onto the truck before it gets dark (usually around 8:45pm). Feel free to wind down with your team mates and head off under your own steam. If you rented a tent from us, we'll come looking for it a little after 8pm.

Important! All teams should be aware that the event does not have an alcohol license.

KEEPING SAFE

The safety of everyone involved in the event; participants, contractors, crew and the public, is our number one priority and we expect all participants to act in support of this.

> **ON COURSE** / You must remain fully engaged in your environment at all times whilst participating. Look out for unexpected obstacles such as road medians, uneven surfaces, pedestrians or stray vehicles. Even when the road is closed, we cannot guarantee it will be traffic free. If you see a competitor in distress, stay with them and send a message to the next marshal.

> **MEDICS** / The amazing team from St John will provide medical cover for our event. If you are feeling unwell as you finish, look out for their treatment area right after the finish line.

> **FEELING UNWELL?** / If you are experiencing cold, flu or other infectious symptoms, we ask that you please stay home. Remember that you have up to 3 weeks to complete the event virtually and still earn that beautiful finisher medal.

> **UNSURE IN CROWDS?** / The mass participation aspect is very much a part of our event but if you are nervous or unsure in crowds, just hold back on the start line for a few minutes and you'll find the crowds disperse quickly and you can still participate.

IF THERE IS A LIFE THREATENING EMERGENCY,
ASK SOMEONE TO CALL 111

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