

## **Millbrook Resort 'Gully Trail' Queenstown**

### **Participant Notes**

Please read carefully before the start of the event

We take your safety and the reputation of the event very seriously. For your safety and the safety of others involved, you are required to follow the instructions of event staff at all times.

If you are feeling unwell, please stay home.

- Event check in opens from 7:30am and closes at 9am. All participants must check in and receive their wrist band
- There is onsite parking
- All participants must be present at the Event Safety Briefing at the start of the event – this will happen at the start line 10 minutes before the first wave
- All participants must take their cell phone with them in case of an emergency
- Please save this phone number to your phone, in case of emergency on course and there is no marshal in easy access, please call the Event Team on a special H&S line, 021 119 4383
- First Aid is located in the event village and at Ecards Flat (top of Sawpit Gully)
- No Spectators or supporters are allowed to follow participants at any stage of the event
- ALL New Zealand Road Rules Apply
- ALL roads are OPEN to normal traffic. There are absolutely NO Road Closures
- You must walk or run on the footpath at all times and within the marked course
- Do not cut any corners nor venture off the track as marked
- Knowing the course is your responsibility, please double check the course map – there will be printed version for you at the info tent if you would like to take a map with you
- You must listen to and obey any instructions given by Race Officials and Marshals
- If you are walking or running in a group please do not walk or run more than two abreast
- Please be aware of participants passing you from behind and keep to the left
- For the long course – GIVE WAY to runners coming down hill. The course is narrow. Keep left.
- This track is open to the public, so please beware of Mountain bikes
- Please seed yourself accordingly at the start
- Please ensure you have adequate and suitable clothing (see equipment list below)
- Footwear must be worn
- There will be limited 'pit stops' along the course with snack & drink options – however it is advised that you bring your own bottle, or hydration flask as well as and any course nutrition that you may need. We are a CUPLESS event, so you will need a cup or bottle for the pit stop refreshments. We have these for sale from the check in tent for \$10.

- Please ensure you are physically fit and healthy enough to complete your chosen distance. If you are unsure please seek advice from a medical professional
- If you feel unwell or unfit to compete in the event we strongly advise you to withdraw immediately and seek assistance or professional advice
- You may not compete under another persons' identity as we need to know exactly who is on course if Medical attention is required
- All forms of wheeled conveyance including but not limited to bicycles, inline skates, skate boards, scooters & prams are not permitted
- No pets are allowed to accompany participants on course
- Due to the risk to the individual, the use of any and all portable audio devices, including but not limited to: ipods, mp3, cellphones and walkman devices is discouraged
- All participants under the age of 18 must have the consent of their parent or guardian
- This event does not have official timing, so please bring your Garmin, or other sports watch with you
- Should you wish to withdraw you must notify an event official e.g. marshal or course crew and await instructions
- Participants who require any personal medication or disability assistance devices while participating must carry those items. This is your responsibility
- There is no bag drop at the event so please leave any excess items in your car
- Course cut off time is 1:30pm. Please ensure you are back by this time.

### **Event Schedule**

- 7:30 am – Participant Check in / onsite entries opens
- 9:00am – Participant Check in / onsite entries closes
- 9:20am – Participant Race Briefing
- 9:30am – Event Start (Long Course Runners)
- 9:35am – Event Start (Short Course Runners)
- 9:40am – Event start (Short Course Walkers)
- 11:30am – Big Hill Runners, upper section (above Ecards Flat) course cut off
- 1:30pm – Full course cut off

### **Recommended equipment list**


- Waterproof and Windproof Jacket
- Thermal Base Layer Top (wool or similar)
- Thermal Hat (wool or similar)
- Warm hiking socks (Thorlos or similar)
- Appropriate footwear (LOWA boots or trail running shoes)
- Survival Blanket
- Small Dry Bag to contain items as above
- Whistle. NB – pea-less so works when wet
- Back pack
- Drink bottle, cup for pitstops and nutrition
- Cell phone

This is a recommended equipment list and is only a guideline to what participants should consider taking during the event. It is the responsibility of the participants with equipment that is suitable for the conditions and their ability.

### **What to do if someone gets hurt:**

Should you encounter an incident on course, please follow these steps:

- Stop – do not place yourself in danger
- Try to communicate with the person
- Assist with basic first aid if you are capable and can do so safely
- Call the race official on 021 119 4383 and follow their instructions
- If there is no cell phone reception, send the next participant through to notify the next event official of the situation and location of the incident
- Stop the next participant and request assistance if required



**We're committed to the Event Sector Voluntary Code – JOIN US**

While we remain in COVID-19 Alert Level system, we will be aligning with the Events Sector Voluntary Code and we are hoping you'll help us by doing your bit to stop the spread of COVID-19.

This includes following best practice expectations, which are based on Ministry of Health guidance to reduce COVID-19 related risks. It will enable our organisation to support the Ministry of Health in contact tracing if an outbreak of COVID-19 were to occur. We've always taken the health and safety of you all as our number one priority, so this is only a touch up on what we already do.

If you've yet to see the Events Sector Voluntary Code, you can view it here.

<https://www.majorevents.govt.nz/assets/Major-Events/new-zealand-event-sector-voluntary-code.pdf>

What is the one thing we are encouraging you to do?

- Scan the QR code using the NZ COVID Tracer App and follow good hygiene principles such as sneeze into your elbows and wash your hands.

So how are we doing our part?

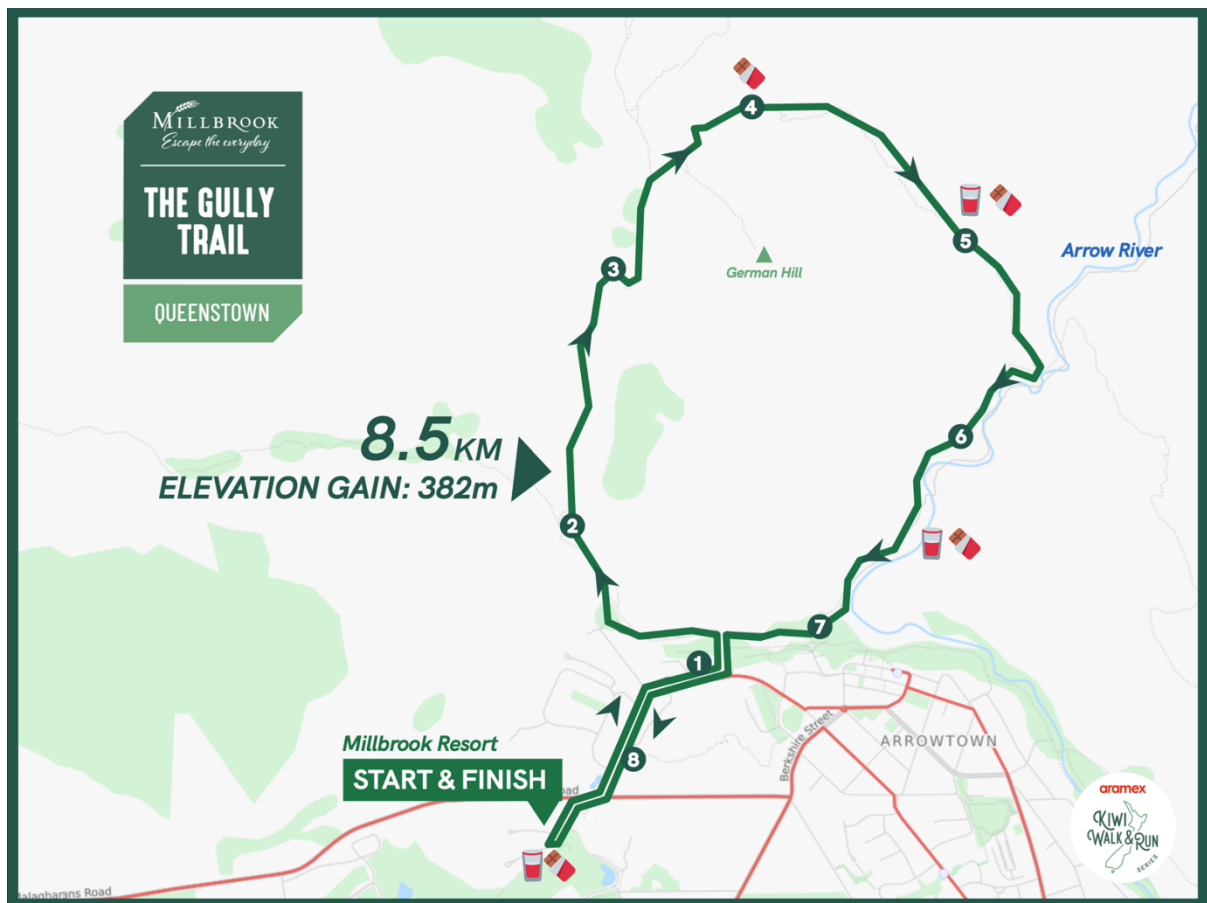
- QR Codes will be made available at all key locations at the event
- There will be hand sanitiser onsite
- We will provide contact details for participants to the Ministry of Health, should they request them within 4 weeks of the completion of the event

## Course Maps:

### The Gully Climb:

Exit Millbrook Resort and cross Malaghans Road onto Manse Rd. Keep left on the footpath. Head north and cross the Rd to the other side of Manse Rd as directed. At Tobin's Track entrance, cross the Rd to the left and head down into the track. Hop over the little stream. When you get to the gravel rd, turn left. Follow directions onto the Sawpit Gully Trail. Follow the signs and marshals around the Sawpit Gully Loop. Exit the Sawpit Gully Via Tobins Track and follow the same way back to Millbrook Resort. There are pitstops on entry and exit of the Sawpit Gully.

Distances are approx. As trail walking and running can never be 100% accurate, depending on what exact line you take around the track.

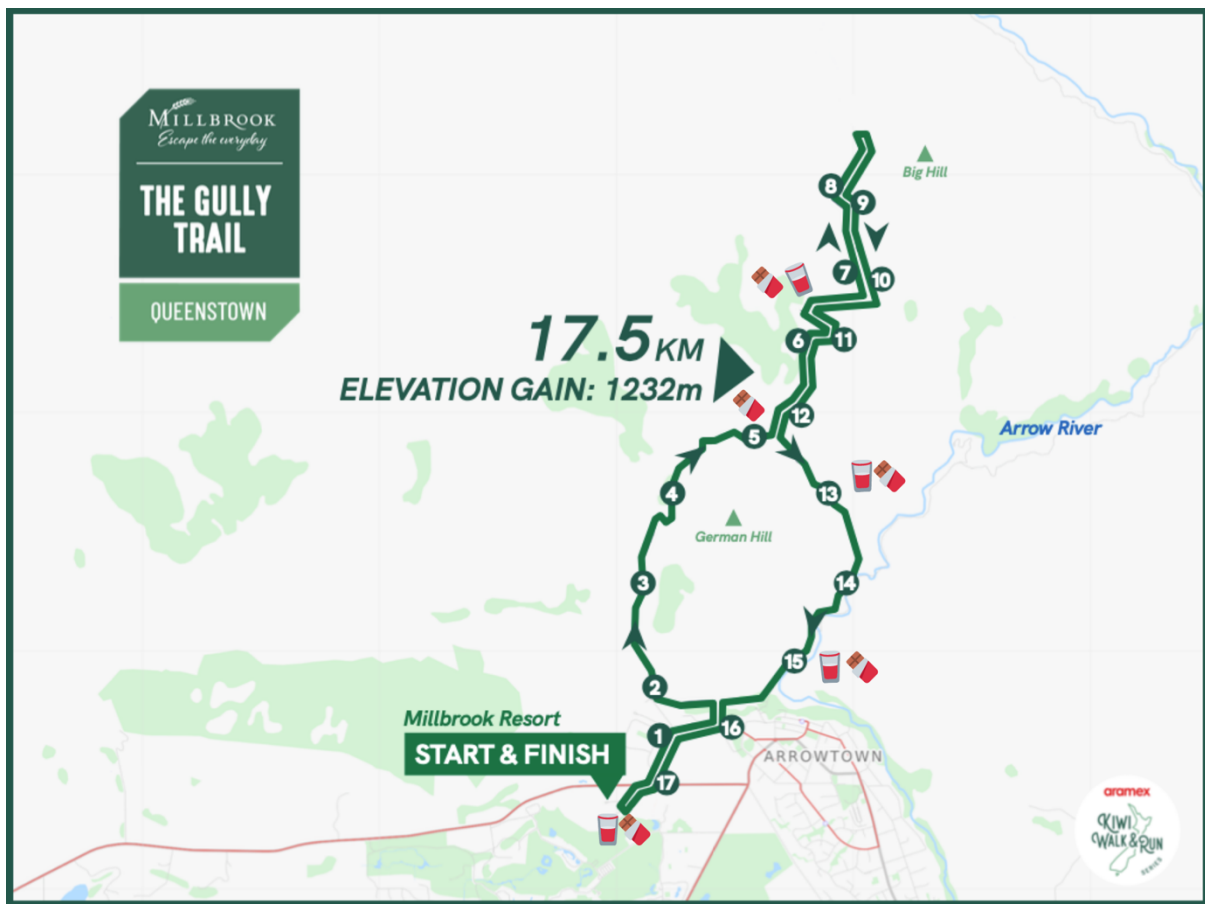


### Big Hill Track:

Exit Millbrook Resort and cross Malaghans Road onto Manse Rd. Keep left on the footpath. Head north and cross the Rd to the other side of Manse Rd as directed. At Tobin's Track entrance, cross the Rd to the left and head down into the track. Hop over the little stream. When you get to the gravel rd, turn left. Follow directions onto the Sawpit Gully Trail. At the top of Sawpit Gully, follow the signs to Big Hill. Head to the turn around point at the top. This will be marked.

When back at Echards Flat, follow the signs and marshals around the Sawpit Gully Loop. Exit the Sawpit Gully Via Tobins Track and follow the same way back to Millbrook Resort.

Distances are approx. As trail walking and running can never be 100% accurate, depending on what exact line you take around the track.



### A note from our Title Sponsor:

Aramex New Zealand is proud to be the naming rights sponsor of the 2021 Kiwi Walk & Run Series. What a terrific initiative, inspiring kiwis to get out and enjoy this beautiful country of ours. With 18 Regional Franchises and more than 250 courier franchisees delivering around New Zealand every day, Aramex is part of your local community. You may have known them in the past as Fastway Couriers. Now part of the global Aramex group, they deliver across town and around the world. Make sure you look out for the red Aramex cart on the course and stop by to pick up some sweets to deliver you to the finish line.

