

JUNIOR TOUGH GUY AND GAL
CHALLENGE
EXTREME OFF ROAD RUNNING EVENT
FINAL COMPETITOR NOTES

Welcome to the Junior Tough Guy & Gal Challenge. We hope that you all enjoy the event; it's going to be loads of fun and an amazing experience. A few final points

Start and Race Briefing

The Start Line is under the finish line. Please be there no later than ten minutes before the start of your event. Start times: 3km Big Rascals: 10.00am, 3km Little Nippers: 10.05am, 1.5km Ankle Biters: 10.10am.

Prize Giving

Prize giving will take place at 12.00pm. There are heaps of great spot prizes but you must be present to be eligible for these.

Online Certificates

Certificates will be available to download from www.eventpromotions.co.nz from the next day after the event.

Finishers Medals

All competitors will receive a stunning finishers medal as a part of their entry.

Timing

There is no official timing, however a timing clock will be displayed at the finish line so you can take your own time.

Purchased Merchandise

All purchased merchandise is to be collected from the Merchandise stand on the day of the event. If you do not collect your merchandise and it needs to be sent out afterwards there will be a \$5 postage fee.

Race Goodies

All competitors will receive a FREE Gourmet Snack Hell Pizza Voucher valued at \$9.50 and their finishers medal at Registration and some yummy Craisins. Water is also available free of charge for competitors.

Hot Food and drinks

There is a wide variety of hot food and coffee available for purchase.

Hazards / Spectator Safety

Due to the nature of the courses, there are many natural and man-made hazards on the course. At many stages the ground is uneven and has the potential for injury. Please be extremely careful of hazards throughout the event. Certain areas of the course are out-of-bounds to spectators; please obey all signs and the directions of marshals at all times. There are a large number of hazards on site including unfenced lakes - please be very careful and keep children supervised at all times.

Footwear – compulsory

Shoes are compulsory for ALL competitors. Due to the nature of the course and the number of competitors spiked shoes are not permitted to be worn and it is highly advised that you tape your shoes onto your ankles as the swamp may gobble them up.

Changing facilities – toilets - showers

Both male and female changing facilities are available. Hot showers are available but please limit your shower to a maximum of two minutes to allow for others. Please use the cold wash down showers before using the hot showers to remove mud. Bring a towel and warm clothes for afterwards.

Bib Number

Your bib number must be pinned to the front of your shirt, please do not cover it with any other clothing or costume. You do not need to hand this in at the finish line.

Dogs

Dogs are NOT permitted at any of the event venues.

Hot Pool – Rotorua only

This is available to all free of charge **BUT** you must have showered or cleaned up prior to entering the pool for health reasons. This will be monitored so please respect the wishes of Lakes Ranch and other pool users.

We hope you have an amazing and memorable day! The Event Promotions Team

