



RACE GUIDE

Sunday, December 4th 2016

Hi everyone and welcome to the inaugural Mike Pero Omaha Half Marathon! On behalf of our title sponsor, Mike Pero Real Estate, our event partner Matakana School and the team at Running Events, we are thrilled to bring you this upgraded event, building on 6 years of success as the Omaha Classic. We look forward to welcoming you to Rāhui Te Kiri Reserve in beautiful Omaha for a great race and – for the lucky ones – an outstanding weekend experience.

We are thrilled – and somewhat shocked – to announce that the event is an absolute sell out! In fact, entries for the half marathon and 10K Classic reached their 800 entry capacity several months ago. We have clearly struck a nerve with this new event in a stunning location. The 2016 Mike Pero Omaha Half Marathon will also be doing double-duty as Race Two of the Garmin Half Marathon Series. After a thorough soaking at Race One in Devonport, we are hoping for better weather this time around!

We hope you will love the courses we have put together for you. The half marathon extends the reach of the event right out to beautiful Point Wells, which means two turns on the Omaha causeway and a section on the Matakana-Point Wells cycleway. Irrespective of the distance you are lining up, we are sure you will love the course and have a great day out at the beach.

OK, let's get down to business ...

RACE PACK PICKUP

There is no pre-race pickup for this event. You can collect your race number, timing tag and goody bag from the registration tent on race morning. Please, please, please ... **remember to bring your e-ticket** (on your smartphone or tablet is fine). It makes things so much quicker and easier for everyone. You can easily access your e-ticket from the tiktok online registration system. Just click on the "Athlete Log In" link at the top of any page on the web site and follow the prompts. If you've forgotten your password, you can easily reset it.

Almost half of those taking part are already registered! If you signed up for an Auckland Half Marathon Series Pass then you already have your race number and timing tag. You are ready to just turn up and run. If you have lost either of those items, please get in touch through the Omaha web site contact form and we'll sort out a replacement.

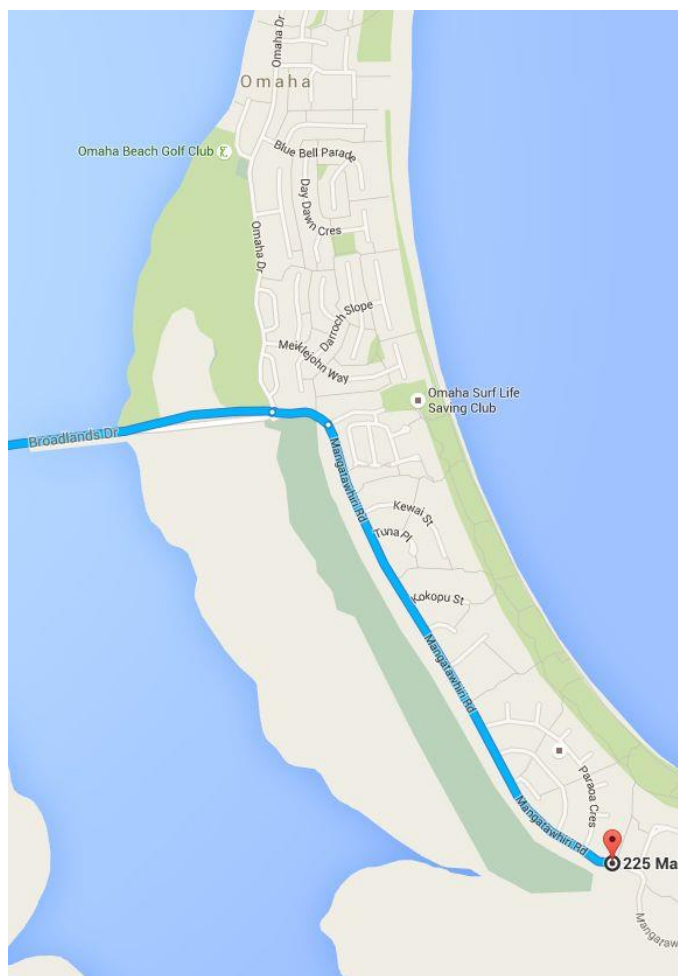
Important! Due to entry restrictions, we cannot allow any 5k participants to upgrade to the 10k or half marathon. However, those in the half or 10k may downgrade at their option.

LATE ENTRY

Due to the wild and crazy popularity of our inaugural race, we have sold all 1,000 start places (and could probably have filled another 500 besides). That means that

unfortunately we are not able to offer any late entries on race day. If you are as bummed as we are that your will miss out, why not come along to the venue anyway and see what all the fuss is about? Cheer on your mates and soak up the atmosphere.

GETTING TO THE EVENT



If you are coming from Auckland, beautiful Omaha is 70km north of the Harbour Bridge, which takes less than an hour to drive outside peak hours. The race venue for the 2016 event is Rahui Te Kiri Reserve at the southern end of Omaha. Set your GPS to 225 Mangatawhiri Rd, Omaha and it will take you right to the front gate.

Important! See our parking map and notes below for information on parking. After 7:30am, you will not be able to proceed south on Mangatawhiri Rd past Paraoa Cres.

PARKING

Important! We cannot stress how important it is for this event for competitors to be aware of the parking limitations we have on the peninsula and to park in an orderly fashion. BE READY to walk for up to 20 minutes if you arrive later in the morning and have to park near or to the north of the surf club.

The primary reason that the event is limited to 1,000 entrants this year is to ensure we can get all competitors safely parked without causing any inconvenience for the local residents. We ask (plead!) that all competitors take note of the parking information now posted on the event web site (and summarised below) and arrive at the venue with a clear plan of where to park and how long it will take you to reach the event venue. Please be aware that all events will start precisely on time.

There are five primary parking options to select from. Your selection will largely be determined by how early you plan to arrive at the race site but **we advise ALL COMPETITORS to allow AT LEAST FIFTEEN MINUTES** in their race morning plan to get from their vehicle to the race venue.

CAR PARK OPTION 1

The most desirable parking on race day is right in the Rahui Te Kiri Reserve – our race venue. We can fit approximately 200 vehicles into the western side of the reserve and a sealed parking area opposite the entrance. We expect this parking to fill very early with half marathon competitors.

CAR PARK OPTION 2

Option 2 is to park on the non-seaward side of Mangatawhiri Road and in designated parking areas on Tohora Cres. No parking is permitted on the seaward side of Mangatawhiri Rd and no access is available to Paraoa Cres. Mangatawhiri Rd will be blocked for competitors north of Paraoa Cres just prior to 7:30am.

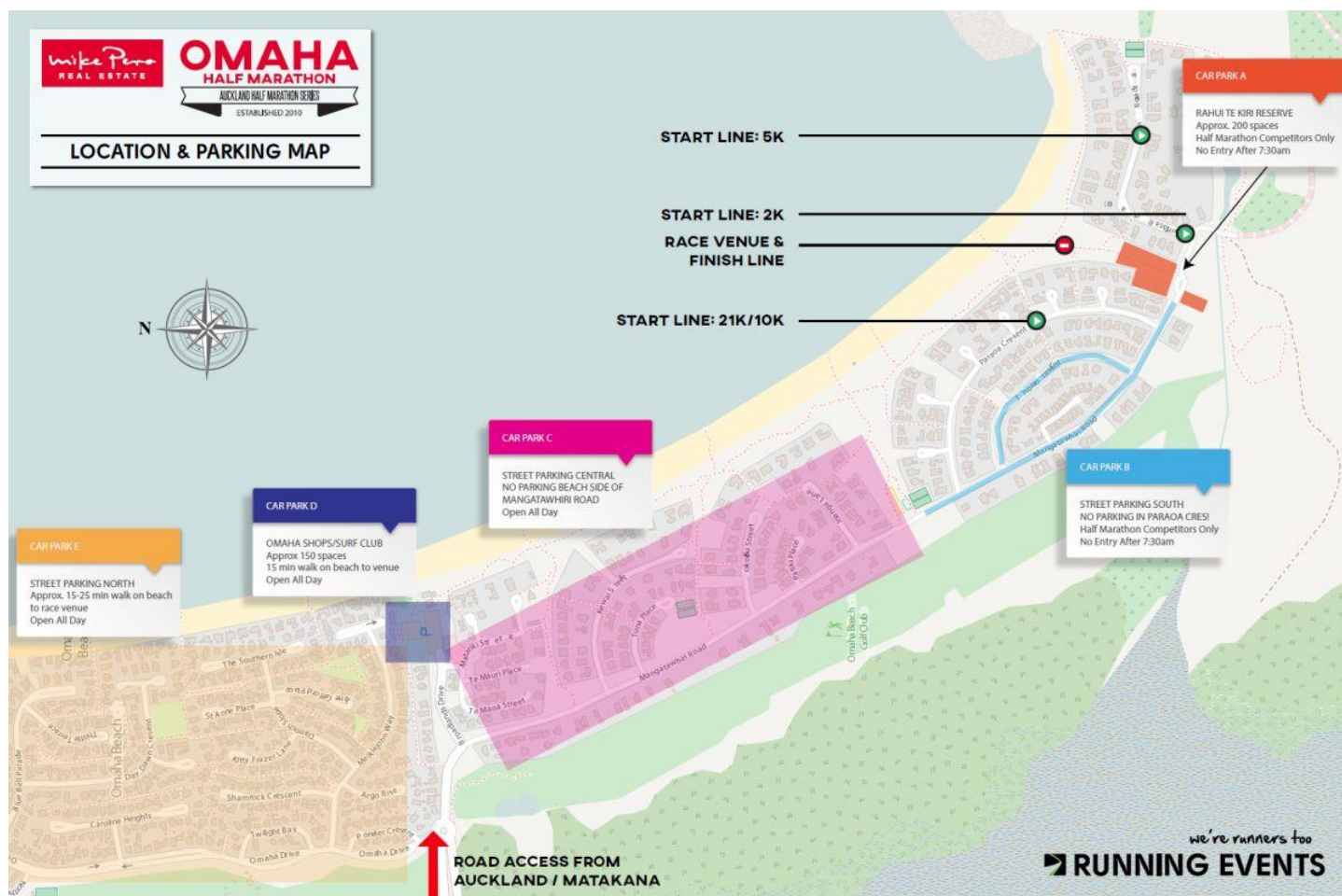
CAR PARK OPTION 3, 4 & 5

For those taking part in the 10K, 5K or 2K, your most likely parking options are in the streets north and south of the surf club and at the main Omaha car park next to the shops and surf club. The main car park can accommodate around 150 vehicles. From any of these areas, you can enjoy a splendid walk to the race site along stunning Omaha Beach. It is an approx.. 15 minute walk from the surf club to Rahui Te Kiri Reserve. Head up off the beach when you hear the PA system.

The parking map is shown on the following page and a high resolution map can be downloaded from the event web site.

TOILETS

Portaloos will be available on the reserve near the finish line. Needless to say, until the time when we are able to supply one loo *per competitor*, there will always be queues as we lead up to a race start. Think ahead, organise



yourself and make sure you “take care of business” nice and early so you aren’t stuck in a long queue with five minutes to the gun, getting stressed out. All races will start precisely on time unless the Race Director deems it unsafe to do so.

For half marathon and 10K competitors, public toilets are available at the Point Wells boat ramp and the Omaha Surf Club. We are also endeavouring to locate some portaloos near the half way mark of the half marathon.

GEAR DROP & KEY CHECK

A gear drop and key check tent will operate on the reserve near the finish line from 6:30am. Ensure all your gear is contained in a single bag. Write your race number on the labels provided, secure it around a handle or stick it to the bag and hand it to our friendly crew. When you finish, just show your race number to the crew and they will return your belongings.

If you only have a key to drop off, ask the crew to put it into the key drop plastic container. It is useful, once again, to use a label to number your keys so they don’t get lost.

Running Events operate an “all care, no responsibility” policy on the gear drop and key check so please do not leave anything with us you cannot afford to lose.

TIMING TAG

When you receive your race number, your electronic timing tag will be in a plastic bag stapled to it. Remove it from the bag and tie it into the shoe laces of either foot. Wear it before the start and until after you cross the finish line. If you do not wear your timing tag in exactly this way, you may not receive a time.

Once you cross the finish line, look out for the red “TAG RETURN” flags. Next to them you will find one of our tag return bins. Push your tag through the slot – job done! If, in the euphoria of that finishing moment, you forget to return your tag, please place it in a normal envelope and send it to:

Timing Sports – Tag Return,
PO Box 30-1431, Albany
Auckland 0752

Timing Sports Ltd may charge a fee for non-returned tags.

START TIMES

07:30am – Half Marathon Cruiser Start (2’45”+ runners)
08:00am – Half Marathon runners only
08:03am – Half Marathon competitive walkers *



08:30am – 10K Classic runners only

08:33am – 10K Classic competitive walkers *

09:30am – 5K Fun Run & Walk

10:30am - 2K Kids' Dash

* “Hybrid” run/walkers may start on either gun

Twenty minutes prior to each event, a compulsory safety briefing will take place at the finish line and all competitors must be in position to hear the announcement.

Joy and her wonderful team from The Circuit Room in Matakana will do a warm up for the half marathon and 10K Classic competitors 15 minutes prior to your race start. With ten minutes to go, we will begin the walk to the start line (Paraoa Cres for 21K and 10K, Taumata Rd for 5K and 2K). The walk will take around five minutes to stroll through - don't stress, we will make sure you are there in plenty of time.

Important! The cruiser start is strictly for those in the half marathon who anticipate a finish time of AT LEAST THREE HOURS. This option is not available for those wishing to compete for competitive walk awards. For the safety and enjoyment of all participants, anyone starting on the cruiser start who records a finish time of 2hr 45mins or

less will have their official gun time rounded up to 2:45. This is to ensure the cruiser start is only used by those who really need it so please respect the process as abuse of the system will lead to it being removed from the event.

INFORMATION FOR WALKERS

Those registered in the Competitive Walk option for the Half Marathon or 10K Classic are reminded that they must:

- start on the official walk start gun which is 3 minutes after the main start
- walk at all times during the event. You may not run at any point – no matter how briefly

Please respect those walkers who take their competition seriously ... if you will run - or changed your mind and decided to run - ensure you tell our crew at the finish line so we can move you into the run category.

Walkers, if you accidentally start with the runners, you will be placed in the run section of the event. This is final and un-reversible so please start appropriately.

COURSE SAFETY

It is compulsory for all participants to attend, listen to and heed the advice of the safety briefing. Above all else,

however, please understand that no roads are closed during the event. You have sole responsibility for your own safety, do not leave any pavement, cross any road, pass any driveway unless you deem it is safe for you to do so.

Please remember the golden rule ... Always give way to vehicles. No matter who has right of way, vehicles always win.

COURSE NOTES

The 2016 Omaha Half Marathon and 10K Classic feature a counter-clockwise route around the entire Omaha peninsula. The half marathon is extended with an out-and-back section across the Omaha causeway to Point Wells.

All competitors should seed themselves appropriately at the start line and use the first 5 minutes of the event to slot in amongst your peer pace group. Early on you will enter the track around the lake. It is beautiful – but it is also narrow and overtaking will be tricky. If you are aiming for a PB, make sure you use the early stages of the race to get yourself in the right position in the field. If you are a gun runner, don't start at the back!

The 5K features a shortened loop around the southern end of the peninsula, starting in Taumata Rd.

The Kids' Dash will start at the end of the reserve on

Taumata Rd. Kids will dash to the end of Taumata Rd and then join up with the dune path. At half way, they will run past the race venue and we hope to see a big crowd cheering them. They carry on until we send them down a path away from the beach and into Paraoa Crescent. This will take them back to the reserve entrance and then they have 250 metres of dashing to the finish line.

AID STATIONS

Aid stations are spaced approximately every 3km. All aid stations will serve water and r-line sport drink. The approximate locations of the aid stations are:

- 21K: 2.5k, 6k, 10.5k, 15.5k, 19k
- 10K: 5k, 8k
- 5K: 3k

A refuelling station is available after you finish – see below.

THE FINISH

We have a fantastic finish setup for you this year. The last 250 metres is through beautiful Rahui Te Kiri Reserve, heading directly for the sea, on the concrete and boardwalk path. Raise your arms in triumph – you made it!

Kids – because we know you will be **absolutely knackered** – we'll have a lolly just for you guys as you cross the finish



line.

FINISHER MOMENTO

We wanted to provide a unique memento of your achievement to every single finisher on race day – irrespective of the distance they took part in. We wanted something that fits with the beach and bach lifestyle which Omaha is famous for, so we hope you like your unique **retro finisher fridge magnet** as much as we do. We are quite sure you will have seen nothing quite like it before!



As this event is a qualifying race in the Garmin Auckland Half Marathon Series, each competitor finishing the half marathon distance will also receive a Garmin Auckland Half Marathon Series finisher token. Collect all four tokens from



the four qualifying events in a single season and you will receive the Auckland Half Marathon Series Grand Slam mega-medal, the most outrageously over-the-top piece of bling in the history of running! Check out halfmarathonseries.co.nz for more info.

REFUELLING STATION

Once you have exited the finish area, look out for the blue "REFUELLING" flag, marking the refuelling station. Water, bananas and R-Line sport drink are available for everyone. Please help us - and the planet - by **only taking one cup** and using the billys to refill if you need more. We will also have banana boxes next to our rubbish bins for your food waste.

FOOD & DRINK

Viet Q will be on hand to provide some alternative cuisine for hungry participants and their supporters. To keep the caffeine levels charged up, Espresso-on-the-Go will on site.

AWARDS CEREMONY & PRIZES

The Awards Ceremony will take place on the main stage inside the reserve at 11:00am sharp.

Beautiful glass trophies will be awarded to:

- Top 3 men and women overall in the Half Marathon, 10K Classic and 5K Fun Run & Walk
- Top 3 men and women in the Half Marathon Competitive Walk and 10K Classic Competitive Walk
- Top 3 boys and girls in the 2K Dash for 7 & Under and 8 & Over age groups.

We also have many wonderful spot prizes to give away including Mizuno running shoes, prizes packs from SportsLab and Outwear and two Garmin Forerunner GPS watches. The grand spot prize of a 50 inch big screen JVC TV will be drawn last. Remember - **you must be present in person** when your name is called to claim your prize.

RESULTS

Preliminary results will be available via our facebook page on Sunday afternoon. Like our page now for immediate notifications and early access:

<http://facebook.com/omahahalfmarathon>

Results will be posted to the event web site on Monday morning. If you see any issues with your results or believe there may be an error, please use the web site contact form

and we'll get into it.

THANKS TO OUR SPONSORS

Without their help and support, the Omaha Half Marathon would not be able to operate. Please support those who support you and our sport ...

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