



# 11th Annual MEGA walk for Canteen

## FACT SHEET

### Entry Info

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<b>Date</b>	Sunday 4 November 2018
<b>Who can enter</b>	There is no age limit. Children under the age of 14 must have an adult with them at all times. We want everyone to be involved in this awesome event and we don't mind how you do it! So bring along the kids with their scooters or bikes, Grandma on her mobility scooter and even the dog (if he is good on the leash and doesn't mind crowds). One year we even had a pony come along!
<b>Fees</b>	See <a href="#">Fees</a>
<b>Start Points</b>	See <a href="#">Distances and Start Times</a>
<b>Finish Line</b>	<p>Mitre 10 MEGA, Napier</p> <p>Join in the fun at the finish line! We will have activities for children, spot prizes and plenty of entertainment including a live band. There will be a sausage sizzle, ice creams and other food trucks to satisfy all those post-race cravings!</p> <p>Enjoy the satisfaction of completing your event as well as supporting a great local charity. Finish Line activities will run from 9.30-1.00pm.</p>
<b>Competitions</b>	<p>To add a bit more fun to the event we are running some extra competitions on the day. All prizes are still to be confirmed.</p> <p>Prizes will be presented at the Prize Giving at 12.20pm at the finish line.</p> <ul style="list-style-type: none"><li>▪ 1<sup>st</sup> male and female over the finish line to complete the 28km</li><li>▪ Fancy dress - Prize for the wackiest costume worn on the course <i>(You will need to be at prize giving to qualify).</i></li><li>▪ Largest corporate team – The local business with the largest number of participants on the day.</li><li>▪ Largest Whanau team – The family that has the largest number of family members participating on the day.</li></ul>

- Registrations** Registrations open 01/10/2018. You can register either online at [www.megawalk.co.nz](http://www.megawalk.co.nz) or in store at either Mitre 10 Mega Hastings or Napier.
- Race Packs** As part of the entry fee, all entrants receive an event pack containing a Hi-Vis Vest, CanTeen Bandana & other goodies that have been provided by local businesses. You can bring along your own drink bottle. There will be refreshment stops with water filling facilities and toilets at regular intervals See [course map](#)
- Race packs will be given out at the time of registration in-store. For online registrations, you can collect your race pack and/or bus pass from in-store anytime up until the event or on the morning of. Please bring your Trident email confirmation receipt along for collection.
- Fundraising** Help raise more money for CanTeen. Ask family and friends to sponsor you in your chosen event. Just tick the box on your registration form and you will receive an official fundraising form. After the event just drop off your funds to the service desk at Mitre 10 MEGA Napier or Hastings.
- Last year's fundraisers added over \$1200 to the kitty!
- Transport** We will have buses running from Severn Street (opposite Mitre 10 Mega Napier) to Mitre 10 Mega Hastings before and after the race. Please park along Severn Street—***no parking will be permitted in the Mitre 10 MEGA carpark***. Bus passes are \$4.00 each which is payable upon registration.
- Pre-event**
- Departing 6.45am Napier to Hastings – MEGA WALK starting point
  - Departing 8.15am Napier to Awatoto – HALF MEGA starting point
  - Departing 9.45am Napier to Ocean Spa - SHORT MEGA starting point
- Post Event return to start points 12.45pm and 1.45pm ONLY**
- Mitre 10 MEGA Napier carpark to Hastings Mitre 10 MEGA
  - Mitre 10 MEGA Napier carpark to Ocean Spa & Awatoto
- Buses will depart from beside the finish line at Mitre 10 MEGA Napier.
- If you think you may not be able to complete the event before 1.30pm when the last bus departs, it is suggested that you only take the morning bus to your start point.
- Medical Assistance** We have Nurses available travelling in the Mitre 10 Trade Utes along the course and stationed at the finish line. If you require medical assistance at any point, any one of our volunteers will be able to contact a nurse for you.

## Fees

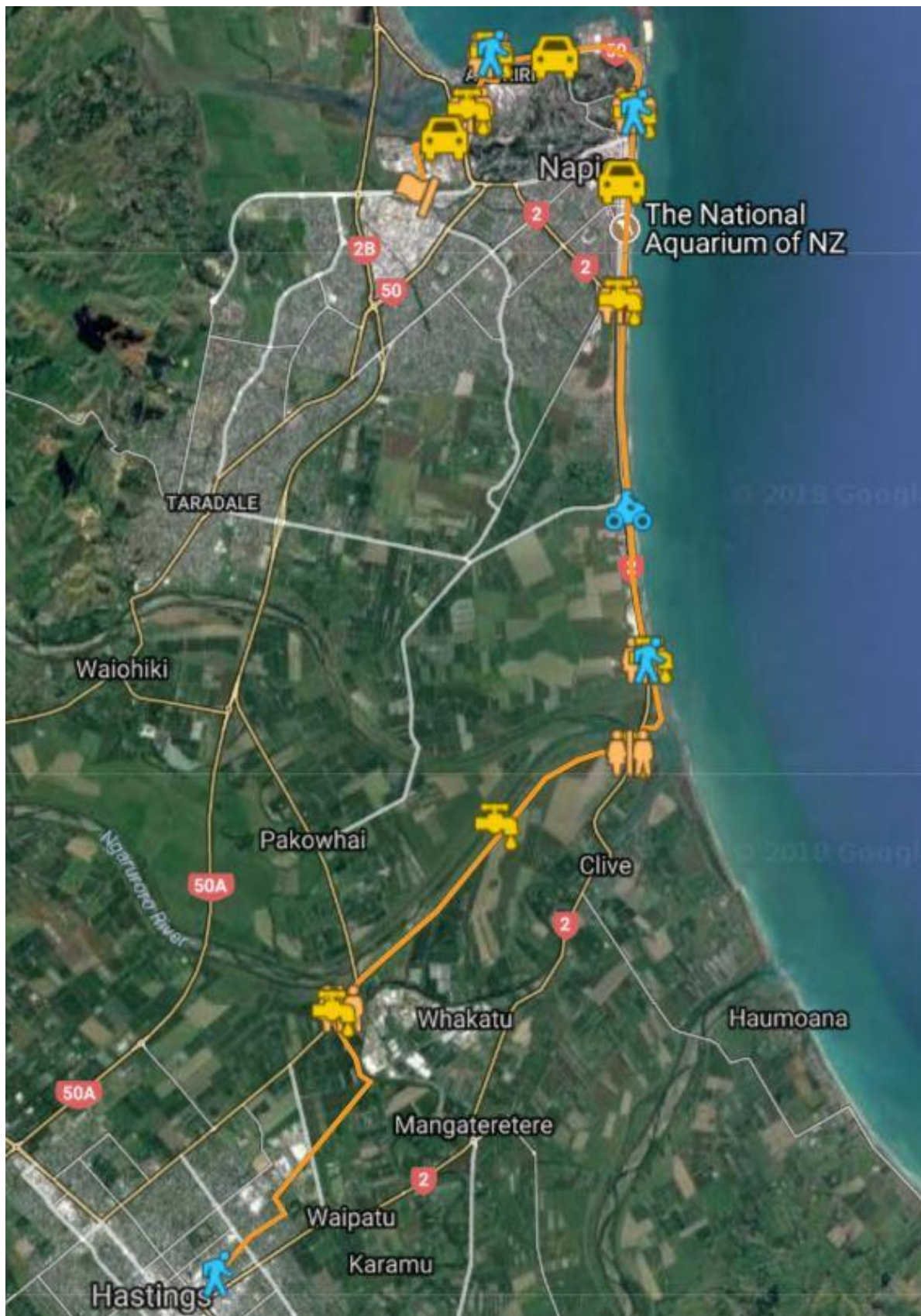
CATEGORY	INCLUSIONS	ENTRY FEE
Family Pass	2x Adults 2x Children (14 & under)	\$40.00
Group Pass	4x Adults	\$60.00
Large Team Pass	Up to 20 Adults (minimum 4)	\$15.00 per person (minimum \$60.00)
Individual Pass	Per Adult Per Child (14 and under) Per Senior (65+)	\$20.00 \$10.00 \$10.00
Bus Pass	Per person	\$4.00

## Distances and Start Times

EVENT	DISTANCE	START POINT	START TIME
MEGA	28km	Mitre 10 MEGA Hastings	7.30am
Half MEGA	15km	Awatoto	9am
Short MEGA	6.5km	Ocean Spa	10.30am
MEGA Meander	3.5km	Perfume Point	11am

## Course Map

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We want you, your family and your friends to have an amazing day and to keep you safe. There a few important rules you need to know that will help all of us to do that.

## Race Briefing

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Date of Event: Sunday 4 November 2018  
Venue: Mitre 10 MEGA Hastings to Mitre 10 MEGA Napier using walkways and pathways.  
Event Contact: Jeanette Cooper 0274170671

Thank you for taking part in this year's Mitre 10 MEGA Walk. It is important that you read this briefing to ensure your own safety. It is important that you listen to the verbal Race Briefing five minutes before the start of your event just in case something has happened that you need to be made aware of.

- Please make sure you run/walk on the footpaths, walkway, limestone track and grass verge when you are participating. No roads are closed and you must keep off the road where ever this is possible.
- There are some major roads where Traffic Management has been put in place to ensure your safety when you are crossing. You must cross at these designated points and abide by marshals' instructions.
- There will be directional arrows all along the course, and kilometre markings from the halfway point (Awatoto) to the finish line. Marshals are placed at strategic areas. Please look for these arrows and abide by marshals' instructions.
- If you are injured or cannot continue there will be nurses on quad bikes who are able to assist you. They will be on the course in the Awatoto/Marine Parade area. There will be a Ute following behind the last walker packing down the course and this Ute will also have a nurse.
- If you withdraw from the course please let someone know at either an aid station, start point or tell the tail end marshal who will be on a bike.
- Aid stations will be provided along the course and they will have water for you but you are strongly urged to carry your own drink bottle and fill this at the aid stations.
- Please ensure you have filled in your emergency contact sticker and placed it on the inside of your MEGA walk vest or personal clothing.
- If you need assistance and it's urgent contact the Race Director, Jeanette Cooper on 0274170671

## Terms and Conditions

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By signing the registration, you, and all sub-entrants, agree to read the race rules, listen to the briefing and comply with the rules and instructions of this race. You will be competing at your own risk and consider that you are capable of completing this event. You agree to complete and attach the emergency contact sticker provided. You waive all claims against the organisers, promoters and/or sponsors. You agree that any information supplied, or photographs/videos taken may be used by Mitre 10 or associated sponsors for legitimate and reasonable promotion purposes. You consent to Mitre 10 collecting information about you for the purposes of event administration. This consent is given in accordance with the Privacy Act 1993.

We would like to thank the following sponsors for their support of the MEGA Walk 2018:



**Always.**





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**KIWICARE**<sup>®</sup>



**STEELFORT**

**SELLEYS**<sup>®</sup>  
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Waste Management



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