



**CARGOPLUS**  
**COASTAL**  
**CHALLENGE**  
**URBAN ADVENTURE**

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Hi «FirstName»,

Event week is finally upon us, and we can't wait to get this North Shore classic underway!

We are extremely privileged to have the continual support of [Cargo Plus](#) as naming rights sponsor – [click here](#) to meet the team, and keep an eye out for them on the course this Saturday!

Thanks so much to those of you who made a donation to Hospice when entering, and those who are ['Running for Hospice'](#). Now is the time to call on friends, family & workmates for donations.

### **Firstly - A MUST READ FOR FIRST TIMERS**

CONGRATULATIONS on signing up for the unique urban adventure that is the Coastal Challenge. We promise you a memorable event experience like no other – time to get excited!

A word of caution – unlike other running and walking events, this event will take you over nothing but coastline i.e., beaches, rocks and you'll be wading through a bit of water as well (don't worry the shoes will dry out pretty quickly!). If you're taking on the longer distances (Mid & Full Monty), there are a couple of swims in the mix too.

There is plenty of helpful info [HERE](#), discussing everything from top tips, how to prepare, to suitable shoes, etc. and you can see how much water interaction to expect [HERE](#).

### **RACE BRIEFING**

Please read the race briefing notes prior to event day. It includes lots of important information, such as specific event hazards, race rules, course marking, incidents on course, etc.

Race Briefing: [ParticipantBriefing Online Coastal Challenge 2024.pdf](#)

### **NO DETOUR**

We indicated in a previous email that there was potential for a detour around the closed section of the coastal path between Milford and Takapuna. After assessing the coastal/rock hopping bypass around this closed section at the same tide height we will have on event day, we have determined it is safe to take this route and is no different from other parts of the course. Part of the adventure!

### **REGISTRATION**

Registration is done at your start location – **there is no Registration available at event base**. Registration will open 1.5hrs before your start time. Please see start locations and times below.

No need to print anything out, just give our friendly registration staff your name and collect your race number with timing transponder, and any reusable cups ordered.

If you need to make any last minute changes to your registration, please contact Christine at [registrations@totalsport.co.nz](mailto:registrations@totalsport.co.nz) **before Thursday 22<sup>nd</sup>**. Changes can also be made at your start location on Saturday morning if absolutely necessary.

### **SPECIFIC START LOCATIONS**

- **Full Monty Run (33km) Individual & Teams** – Middle of Arkles Bay, Whangaparaoa.

- **Mid Monty Run (22km)** – The Southern end of Long Bay.
- **Mini Monty Run/Walk (17km)** – The Northern end of Browns Bay Beach (next to the boat ramp / police station).
- **Bay Scrambler Run/Walk (11 km)** – The Northern end of Milford Beach (Milford Reserve).
- **Beach Hopper Run/Walk (6km)** - The Southern end of Takapuna Beach (end of Hauraki Road).

## GETTING TO YOUR START LOCATION

### Bus Transport

If you have booked a bus when registering, you will catch this bus from the Event Base at the Windsor Reserve – [click here](#) to view the bus pick up location and times.

We may have tweaked the pickup times since you signed up, so please double check below.

- Full Monty Bus (33km) Individual & Teams – departure time 6:40am
- Mid Monty Bus (22km) – departure time 8:50am
- Mini Monty Bus (17km) – departure time 9.50am
- Bay Scrambler Bus (11 km) – departure time 11:00am
- Beach Hopper Bus (6km) - departure time MIDDAY

### Parking

There is no designated parking for this event; however, there is unmetered street parking on the major roads in the area; King Edward Parade (east of Buchanan St), Queens Parade (west of Anne St) or up on Calliope Rd. You may also find street parking on the residential streets outside of the centre. Please be sure to check parking signs and comply with the parking rules posted.

If you will be parking in Devonport, arrive with plenty of time and expect a 10-15 minute walk from your parking space to the finish line/bus pick up location.

[Click Here](#) to view some alternate modes of transport to and from Devonport.

### Driving to your Start

You may drive directly to your start location if you wish, however there is limited parking at each of the start points.

**\*Note: Buses DO NOT return to start line(s) after the event** - if you drive yourself, you will need to arrange a lift back to your car.

## EVENT START TIMES

There will be a participant briefing 10 minutes before every start at each of the start locations which you MUST attend. [You can view a condensed participant briefing here.](#)

- Full Monty Run (33km) Individual & Teams – start time 8:00am
- Mid Monty Run (22km) – start time 10:00am
- Mini Monty Run/Walk (17km) – start time 11.00am
- Bay Scrambler Run/Walk (11 km) – start time MIDDAY
- Beach Hopper Run/Walk (6km) - start time 1.00pm

## TEAM RELAY

The team relay is a great option for this event, and we are happy to have a good number of teams taking part this year!

Team transition points are where team members swap out and hand over the race number to the new runner. Your race number contains your team timing chip which acts as your “relay baton” - don’t forget to hand it over to the next person!

You have the choice of which of the designated transition points each team member changes at. Head to the aid station you will find at each of the locations - you cannot change at random points along the course.

Transition Points:

#1 Long Bay, [southern end of beach](#)

#2 Browns Bay, [opposite 21 Manly Esplanade, Browns Bay](#)  
#3 Milford Beach, [Milford Reserve, northern end of beach](#)  
#4 Takapuna Beach, [end of Hauraki Road](#)

Teams must have your own transport organised along the coast. **We recommend all team members go to Arkles Bay together on the event morning to register - this is where you will collect your team race number.**

That vehicle then navigates the coast with the team swapping in one runner and picking up the last one (you should easily have enough time to drive between each of the relay change points doing this, as long as each runner is ready to go in the car).

## GEAR BAGS

You may take a gear bag to your start line: collect a tag from the Registration Desk and label your bag with your race number. We will transport it to Event Base where you can collect it from the Gear Tent at Windsor Reserve once you have finished your event.

## SPECTATORS

The beauty of this event is the number of spectator viewing spots along the North Shore coastline. The best places to view would be at one of the start locations which double as aid stations - They will be a hive of activity. [Click Here to view an overview of all courses.](#)

## AFTER YOUR RUN OR WALK - CELEBRATE!

### FOOD & DRINK

Relax in the beautiful Windsor Reserve with a cold [Speight's](#) or [R-Line](#).

[Rapid Relief Team](#) will be giving every finisher **one free sausage** in line with the [events roots](#) - bring some cash for additional sausages/burgers (with vege options) should one not fill the void – donation only, all of which will go directly to [Harbour Hospice](#).

## PRIZEGIVING

Will be held at the Windsor Reserve (event base) at **2.30pm**. Merit trophies will be awarded for the winners (i.e. 1<sup>st</sup> Male and 1<sup>st</sup> Female) in each event, plus plenty of spot prizes up for grabs. We will collect the tear off strip on your race bib shortly before prizegiving, so hang onto these – you must be present to win!

## R-LINE

We are thrilled to have R-Line Electrolyte Drink as our Official Hydration Partner this year! R-Line will be providing Electrolyte Drink at the aid stations and event base to help keep you energised and hydrated.

You can grab an R-Line's Starter Pack right now which contains a bottle of concentrate, a free 10ml dispenser pump and sports drink bottle. The perfect combo to keep you hydrated!

Check it out at: [R-Line Starter Bottle Pack \(New\) | R-Line Electrolyte Drink](#)

## EVENT TEES

If you purchased one of these when registering online, you can collect this from the merch tent at the event base after you have finished your event.

We will have a limited number for sale at the finish line for **only \$40** – bring some cash!!

[Click here](#) to view the design. Quantities are very limited so get online and order one prior to event day if you don't want to miss out!

## THANK YOU

Our thanks to Rotary, Westlake Boys High School, Orewa Surf Life Saving Club, and PEAK Safety, who will all be supporting you as you move down the coast.

## SAFETY BRIEFING

[Click Here](#) to view the pre event safety briefing – our priority is keeping you safe, so make sure you are aware of the potential hazards on course.

FAQ's: If you still have an unanswered question, [click here](#) to view our frequently asked questions.

Registration queries: Contact Christine at [registrations@totalsport.co.nz](mailto:registrations@totalsport.co.nz) before Thursday 22<sup>nd</sup>.

Event queries: Contact Mark at [markf@totalsport.co.nz](mailto:markf@totalsport.co.nz)

News and updates: Visit the [Coastal Challenge Facebook Page](#)

We can't wait to share this beautiful slice of New Zealand coastline with you!

*Mark Fordham and the Total Sport team*

## TITLE SPONSOR



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