

# Mitre 10 Te Anau 10km: 0950

Welcome everyone and thank you for coming.

The purpose of this event is to raise funds for the Fiordland Trails Trust to develop and maintain the Trust Trails, including the Lake2Lake Trail that is the course today, also to get people out and about in nature and to have a great day.

Many thanks to Mitre 10 Te Anau for the 10km Event Sponsorship and thank you to all the volunteers we would not be able to run this event without them.

The race starts at 10.00 at Queens Reach

Course follows the Lake2Lake Trail towards the Control Gates and to the Finish at Marakura Yacht Club There are 7 marshals on course as well as a Sweeper. There are aid stations at the Control Structure and Finish! The trail has some areas with loose gravel – please take great care on any slopes and near the edge of the trail. The trail is open to other users, please use the trail respectfully to avoid any collisions. Please keep to your left of the trail at all times.

The trail follows the banks of the Waiau River. This is a swift flowing river, stay on the trail and avoid going over the edge on the river side. All competitors need to assist any others in difficulty. Stay on the trail as many of banks near the river are undercut and unstable

The finish line will approach fast, as you come out from the native bush into the Yacht Club.

Please ensure you carry sufficient water with you or a personal reusable cup for the aid stations. Carry adequate clothing for the weather conditions. Check you all have your race number which includes the transponder.

Joceyln and Neil is here today from Mitre 10, They will be your starters today.

## *STAY SAFE – BE OBSERVANT*

In emergencies use common sense, offer assistance, apply first aid and contact medical center or 111 if needed. Competitors are expected to offer assistance to others and to communicate any issues to marshals.

If you drop out of the event then please return to the Finish Line or the nearest Marshall.

Please report all medical incidents/ accidents or near misses to the finish team.

Now can I ask you to form up at the start line, We ask that any sub 45 minute runners make their way to the front. Then next the 45-55 minute runners. The 55-65 and so on

