

46TH ROUND RAROTONGA ROAD RACE

2023 PROGRAM FOR THE WEEK



THURSDAY, 21 SEPTEMBER: FUN RUN

Today's fun run is an opportunity to meet, mix and mingle with race runners, supporters before the main race. All participants are asked to gather at the Nikao Social Centre at 4.30pm for a 5pm start to what will be a scenic fun run course. As this is a fun event - we encourage you to be loud and proud and dress up in whatever tickles your fancy to make your run around Oire Nikao a colourful affair!

Entry fee for the fun run is a gold coin donation and the event is also a perfect opportunity to make any last-minute changes to your race, ask any questions with race managers.

FRIDAY, 22 SEPTEMBER: REST, RELAX

SATURDAY, 23 SEPTEMBER: MAIN 31KM / 10KM RACE DAY

Check in for 31km race opens at the National Auditorium domes from 4.30am with race to start from outside Bamboo Jacks Restaurant at 5.30am.

The 10km race will start from the Moana Sands Lagoon Resort in Tikioki at 7.30am.

Complementary buses will be available at the Domes in the morning to take participants to the 10km race start line with the last bus departing at 7am for Tikioki for the 10km race start at 7.30am. All participants must check in with their race numbers securely fastened before heading to the race start and at the finish line - complementary refreshments will be available for all participants.

SUNDAY, 24 SEPTEMBER: PRIZE GIVING

Sundays are a day of rest in the Cook Islands with limited activities available for visitors. You are welcomed to attend Sunday Church service where you can enjoy the distinctive traditional hymns of the Cook Islands. The Official Prize Giving will start at 6:00pm.

MONDAY, 25 SEPTEMBER: HASH RUN

HASH is one of the oldest surviving running clubs on the island, and one of the longest serving and at times the largest hash club in the Pacific. Not one weekly run or walk has been missed since 1980. The Hash House Harriers wish to welcome all RRRR participants to join in on the celebrations with your best costumed attire from 5pm.

TUESDAY, 26 SEPTEMBER: NUTTERS CROSS ISLAND RUN

The Nutters Cross Island Run is approximately 8.5km that starts at 3pm from Vaimaanga between the popular Wigmores Super Store and Vaima Restaurant and heads over ridges across rugged valleys and riverbeds down to the Avatiu Coastline. The remarks from this run have been branded the most difficult in the country. It is not recommended for the fainthearted. Registration and check in for race will be at the Avatiu finish line.

WEDNESDAY, 27 SEPTEMBER: ROUND ROCK RELAY

Dominated and loved by local groups - Round The Rock Relay attracts a large field of participants from local sports and social groups to government departments. Visitors are encouraged to form a team and join this social event and adopt a theme!

Relay registrations will open at 3pm at the Ngatangia Sports Field for a 4pm relay race start.

ACCOMMODATION IN RAROTONGA

Before booking accommodation check out our special rates for the 2023 RRRR at selected Resorts & Holiday Homes. Book with us, receive free return airport transfers, we meet you on arrival with flower lei, bottle of water & welcome bag. Email us your flight details and we can send a quote, small deposit required with final payment 45 days before arrival.

MEITAKI FOR YOUR SUPPORT



46TH ROUND RAROTONGA ROAD RACE 2023

INTERNATIONAL REGISTRATION

RACE WEEK: 21ST – 27TH SEPTEMBER

(Registration closes on Friday 15th September 2023)

Last name: _____ First name: _____
Gender: ☐ Male ☐ Female Age on race day: _____
Postal address: _____
Country: _____
Email address: _____
Phone/mobile: _____

Office Use Only

RACE #: _____

REF: DMEV117627

Receipt: _____

☐ Paid ☐ Evo ☐ Bag
☐ Flight ☐ Register ☐ Income

FLIGHT & ACCOMMODATION DETAILS:

Date of arrival: _____ Flight number: _____ Date of departure: _____ Flight number: _____
If accommodation is not booked with DMCK, please state where you are staying: _____

RACE CATEGORY:

- ☐ RRRR – 31 km Race ☐ RRRR – 31 km Walk ☐ 10km Run ☐ 10km Walk
☐ RRRR - 31 km-by-3 Relay (Please ask for category registration form)

AGE GROUP CATEGORY YOU WOULD LIKE TO ENTER:

- ☐ Open Men ☐ Men 40 – 49 ☐ Men 50 – 59 ☐ Men 60 – 69 ☐ Men 70+
☐ Open Women ☐ Women 35 – 44 ☐ Women 45 – 54 ☐ Women 55 – 64 ☐ Women 65+

Entry for the race is restricted to participants aged 16-years and over.

RACE REGISTRATION PACKAGES:

☐ Race Registration Full Package – \$230 NZD

Includes race entry, race number, finishing medal, commemorative t-shirt, e-finishing photo and prize giving dinner.

Size: ☐ Small ☐ Med ☐ Large ☐ XL ☐ XXL ☐ XXXL

☐ Race Registration Only – \$150 NZD

Includes race entry, race number, e-finishing photo and finishing medal.

☐ Support Pack Supporters Registration Package – \$100 NZD

Includes commemorative t-shirt and prize giving dinner.

Size: ☐ Small ☐ Med ☐ Large ☐ XL ☐ XXL ☐ XXXL

EXTRAS YOU MAY WISH TO PURCHASE:

- ☐ Prize Giving Dinner & Show \$65.00
☐ Commemorative T-Shirt \$50.00
Size: ☐ Small ☐ Med ☐ Large ☐ XL ☐ XXL ☐ XXXL

PAYMENT DETAILS: **All credit card transactions incur a %3 fee*

☐ Visa ☐ M/Card ☐ Direct/Deposit

Credit card name: _____ Credit card number: _____

Expiry date: _____ Signature: _____ Total: _____

DIRECT DEPOSIT DETAILS:

Beneficiary: Turama Pacific Travel Group

Bank Name: Westpac New Zealand Ltd, 79 Queen Street, Auckland, New Zealand

Bank Account: 030104 0182507-000 **Swift Code:** WPACNZ2W – Remit (NZ Dollars) (Please email receipt to events@dmck.co.ck).

*Completed forms can be emailed to events@dmck.co.ck which will be followed by a receipt of your payment.

PARTICIPANT DISCLAIMER:

By pre-registering for the Round Rarotonga Road Race - I declare, that I will abide by the rules of the organizing committee and accept that the organizers will not be liable for any loss, damage, action, claim, costs or expenses which may arise in consequences of my participation in this event.

I declare that I will not compete in this race, unless I am in good health and will be competing at my own risk.



FACEBOOK SEARCH:
ROUND RAROTONGA
ROAD RACE