

Kapiti Running and Tri Club

Kapiti Expressway Relay

8.15am Sunday 19th September 2021

The Kapiti Expressway relay is a 4 person fun relay from Paekakariki to Pekapeka along the walkway / cycleway beside the Kapiti expressway.

It is intended the event will be a social occasion and teams may consist of male, female or mixed and of any age over 10 years old. If teams contain juniors who cannot run the complete leg there are points on each where runners can be changed. However the runner completing the leg must wear the team number .

The race will start just inside the gates at Queen Elizabeth park Paekakariki finishing at Pekapeka road near the entrance to Harrisons garden centre .

Leg one . Paekakariki to Poplar Ave Raumati South 5.7km

Leg two. Poplar Ave to Kapiti Road Paraparaumu 4.8km

Leg three Kapiti Road to Te Moana Road Waikanae 5.9km

Leg four . Te Moana Road to Pekapeka 5.8km

To avoid runners crossing busy roads the legs will finish on the south side of each road and the next leg runner will be signalled to go by the time keeper stationed at the change over .

The race will be limited to 30 teams .

There is a small entry fee of \$5 per team. This can be paid on the day..

Teams need to report to the start before 8.0am to collect race numbers and confirm team entries.

There will be 4x \$25 coffee vouchers from Harrisons café as prizes . 1 will go to the first team to finish and the other 3 drawn from other finishers. These vouchers must be redeemed on the day.

To enter email your team to Peter.ellis@xtra.co.nz. With a team name and contact email. Only the first 30 teams will be accepted.

Peter 0274471883

Kapiti Expressway relay 2021. Facts you should know.

The Kapiti expressway relay is a fun event for teams of 4 runners running from Paekakariki to Pekapeka .

SAFETY. Runners taking part run at their own risk ... each leg has been arranged so runners do not cross roads at the change over. Each leg finishes on the south side of the road and the next leg starts on the north side.

Legs 3 and 4 do involve crossing some minor roads **RUNNERS MUST GIVEWAY TO ALL VEHICLES ON THESE ROADS.**

TRANSPORT. Part of relay running is coordinating your travel between legs. This may take some thought. Runners will in the main take about a minimum of 20 min for each leg. if your next runner is not at the change over they may be annoyed and your team will be losing time while waiting for them.

Suggestion. **On leg 1** leave plenty of time to get to the start of leg 2 in case you are delayed by trains etc. **leg 2** is the shortest but it could take some time to get to start of leg 3 by road. Parking around Kapiti road could be tricky. I would suggest you park near Resine paints or the small business between BP and the expressway. **Leg 3** is easy use the expressway from Kapiti road to Waikanae plenty of parking on Te Moana road.

Don't forget if your going to the finish you must leave the expressway at WAIKANAE . There is no off ramp at Pekapeka

After the run. The Coffee shop at Harrison will welcome us to stay and have a coffee or two, there are 4x \$25 coffee vouchers up for grabs so 4 teams will get free coffee. ..

Enjoy your run and be safe

Peter Ellis 0274 471 883