



BRIEFING for 10km RUNNERS

Vinaka vakalevu for taking on the Namosi 10km!

Please read the information below carefully.

An online briefing will be held on Wednesday 28th June at 6pm for anyone that wishes to ask any questions about the course or the arrangements. See below.

Topic: Namosi Marathon - Runners Briefing

Time: Jun 28, 2023 06:00 PM Fiji Islands, Marshall Islands

Join Zoom Meeting

<https://us06web.zoom.us/j/81628393565?pwd=WVdiWmVUWTBWcS9XN1lzZTczLzRsdz09>

Meeting ID: 816 2839 3565

Passcode: 906726

GENERAL POINTS

- Keep yourself hydrated. Eat and drink before you get hungry or thirsty, don't start out too fast – there are some big hills and there is no harm in walking!
- See below for the elevation profile for this race. The last 2km has some pretty nasty hills so you might want to save some gels / sweets / sugar to get you to the finish.
- Please make sure your race number is pinned to the front of your running vest
- Please respect and show your appreciation to our marshals and volunteers who are implementing our race instructions. A simple "thank you" means a lot to those who contribute to your run.
- All 10km runners **are required to make their own way to the start at Namosi Secondary School**. Vehicles can be parked at Namosi Secondary School. Please do not leave any valuables in the vehicles as race organisers are not responsible for any losses.
- The 10km starts at 7am from Namosi Secondary School. Please arrive in plenty of time. We suggest leaving Suva at 5am to avoid rushing.
- Namosi Secondary School is on google maps and runners are asked to drive via the most direct route via the Namosi / Nabukavesi junction (near Kila World). A 4WD is advisable. Please car pool to reduce the number of vehicles on the road.
- Please **DO NOT** drive via Sawani. This is the race course and we are trying to minimise all traffic on the course for those running the full and half marathon.

- If you have friends running the full and half marathon they **are required to join the buses organised to get you to the start line in order to minimise traffic on the road.**

TOILETS

This is a trail run. There are toilets only at the 10km race start (Namosi Secondary School), and a little further along at the 35km mark. If you need to go to the toilet elsewhere, please move off the road out of sight, try to be discreet, and properly cover any mess! Please do not litter!

You may also of course ask anyone you pass if you can use their toilet :-)

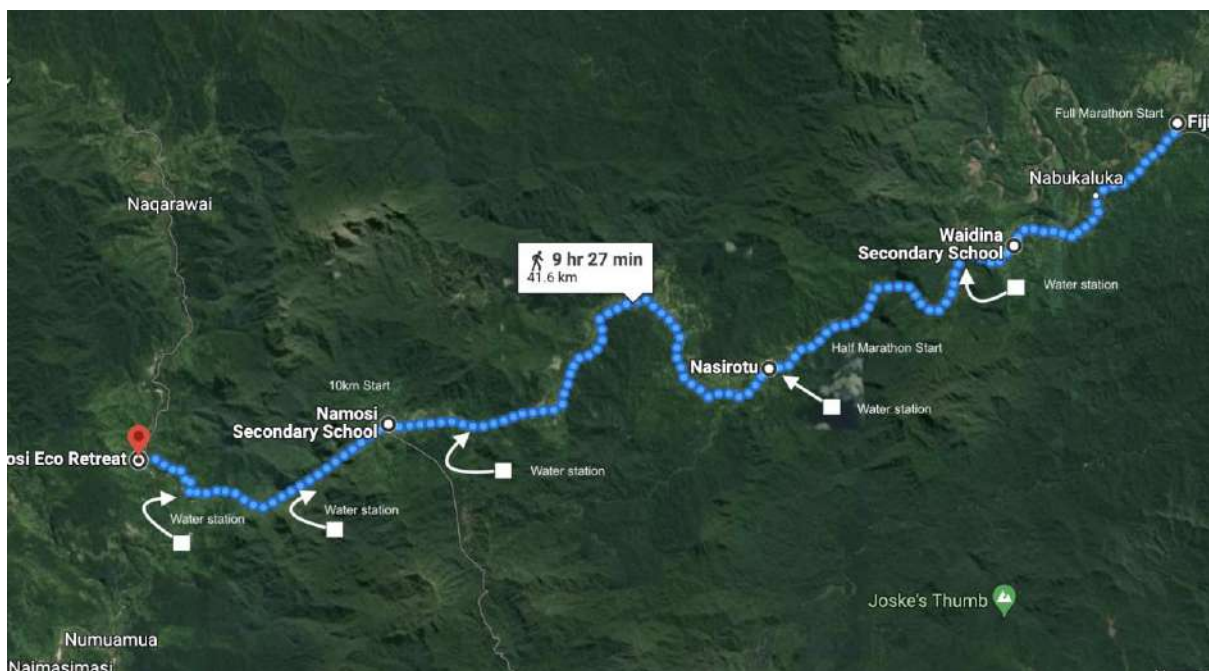
WATER STATIONS

There are two water stations on the 10km course. If you think you'll need water for the last 5km please bring a camelbak or equivalent to run with.

1 at 3km Gasudrau House

1 at 5km - Junction to Namuamua feeder road

Full course map.



COURSE

Stay on the road and follow any signs and instructions from the marshals.

Please pay attention to the terrain, especially in the rain – there are some steep hill sections and gravel may become slippery.

Please be mindful that the road is not fully closed for the event, so private and passenger vehicles that will also be using the road.

Cut-off time to finish the course is 1pm.

HEALTH AND SAFETY

This is an event with risks. You are in charge of your own safety. This is a time to leave egos at home, and try to enjoy the race and its beauty without putting yourself or others at risk.

If you are feeling unwell, please move to the side of the road and rest. Drink water.

If you require assistance, please notify the nearest runner or marshal, bearing in mind that the marshal stations are spaced approximately 5km apart.

In case of an emergency, we will get local emergency assistance to you as soon as possible.

A paramedic support vehicle (Volunteer First Responders) will be based at the Nabukavesi/Namosi Road junction close to the 10km start.

We do have roaming medical personnel on the course, and there will be cyclists and vehicles passing along the course as well. They will obtain help if needed. They are not at every water station and cannot be everywhere at once. Please understand that you may need to wait for someone to come to you.

AWARDS

All finishers will receive a completion medal! There will be prizes for the first 3 in each race category – men/women full, half and 10km.

FINISH AREA

We will have some food available for purchase at the finish line so please pack a \$10 note within your belongings! You may swim in the river after you finish running before rewarding yourself with brunch! You may pre-order lunch for \$30 with Danny Jason at the Namosi Eco Retreat.

<https://www.namosieco.com/en/contactus>