

32nd Round Rarotonga Road Race



Programme Overview

Thursday 03 September – Fun Run

You and your team need to be here no later than this date.

This is the 5km fun run where everyone is encouraged to dress up and have fun!

There will be a full briefing of the week's program before the fun run kicks off. Briefing will take place at 5pm and Race packs will be available after the Fun Run

Friday 04 September – Rest Day

This is a free day – take the opportunity to discover more of Rarotonga.

Saturday 05 September – Main Event

Race Day – The 31km race will start from the Punanganui Cultural Market in Avarua at 5:30am and the 10km race will start in Muri at 7:30am.

For those staying at the Edgewater Resort, a complimentary coach will be ready to depart for the Start Line at 4.30am. Race Numbers and Final Registration checks will be conducted from the Corporate Marquee prior to the race. Refreshments & light snacks will be supplied in the corporate tent for all runners & supporters after race. The 2009 Round Rarotonga Road will start at 5.30am.

Sunday 06 September – Prize Giving Dinner

This is a day of rest in the Cook Islands with limited activities available. We recommend that everyone attend a Sunday church service where you can enjoy the distinctive traditional hymns of the Cook Islands.

The Official Prize Giving Ceremony and Dinner will kick off at 6.30pm. See Registration forms for Official Categories.

Monday 07 September – Hash House Harriers Birthday Run

The local Hash House Harriers scheduled birthday run will get underway at 5.30pm. There will be a theme – the louder the better – Everyone can join in!

Tuesday 08 September - Round The Rock Relay

The relay will start at 4pm with each team having 5 or 10 members each. Again this is a fun event and all teams are encouraged to adopt a theme. There will also be Sausage sizzle BBQ and non alcoholic drinks will be served after the event.

Wednesday 09 September - Nutters Cross Island Run

This run starts at 4.30pm from the site of the Royal Takitumu Hilton Resort and heads over mountain ridges, across rugged valleys and riverbeds down to the Avatiu Coastline. This run is not for the fainthearted and with the record still unbeaten at 45 minutes, promises to be an exciting challenge. If you think you can beat it, give it a go. All participants are asked to be at the Market by 4pm – A complimentary bus will transport everyone to the Start Line.

Accommodation & Transfers 7 Night Package

| The Edgewater Resort & Spa | Single | Double / Twin | Triple | Child U12yrs |
|--------------------------------------|-------------|----------------|-----------|---------------------|
| Garden / Garden Superior Room | | | | |
| TOTAL | \$ 1,392.00 | \$ 755.00 | \$ 702.00 | \$ 12.50 |
| Extra Night | \$ 196.00 | \$ 98.00 | \$ 97.00 | |
| Beachfront Room | | | | |
| TOTAL | \$ 1,630.00 | \$ 825.00 | \$ 780.00 | \$ 12.50 |
| Extra Night | \$ 230.00 | \$ 115.00 | \$ 108.00 | |
| Beachfront Deluxe Room | | | | |
| TOTAL | \$ 1,903.00 | \$ 962.00 | \$ 872.00 | \$ 12.50 |
| Extra Night | \$ 269.00 | \$ 134.50 | \$ 122.00 | |
| | Quad | Six Pax | | Child U12yrs |
| 3 Bedroom Garden Villa | | | | |
| TOTAL | \$ 766.00 | \$ 520.00 | | \$12.50 |
| Extra Night | \$ 106.00 | \$71.00 | | |

Note: All costing is based on per person rate and in NZD\$. Extra person \$ 96.00 per night.

Car & Bike Hire

| Island Car & Bike Hire | Daily | Weekly |
|-----------------------------------|----------|-----------|
| Scooters & Motorcycles | | |
| Suzuki semi-Automatic | | \$ 100.00 |
| Suzuki GN125cc Motorbike | | \$ 120.00 |
| Cavallo 125cc Automatic | | \$ 120.00 |
| Vehicles | | |
| 3 door small car | \$ 35.00 | \$ 245.00 |
| 4 door medium car | \$ 40.00 | \$ 280.00 |
| 4 door sedan | \$ 48.00 | \$ 336.00 |
| Nissan Convertible | \$ 40.00 | \$ 280.00 |
| Coach - 7 seater | \$ 59.00 | \$ 413.00 |
| Coach - 8 seater | \$ 64.00 | \$ 448.00 |

Registration Cost

International Registration

- Race Entry
- T-shirt
- Finish Photo
- Prize giving Dinner
- Voucher booklet
- Round the rock relay
- Hash House Harriers Birthday Run
- Fun Run participation

Early registration - before 20 July 2009 = NZ \$190.00 pp

Late registration - after 20 July 2009 = NZ \$210.00 pp

International Supporters Registration

- T-shirt
- Prize giving Dinner
- Voucher booklet

Registration = NZ \$95.00 pp

Registration & Arrival Details

(Registration Date closes on the 20th September 2007)

Last Name _____
First Name _____
Male Female Age on Race Day _____
Postal Address _____

Country _____
Email Address _____
Phone _____
Fax _____

Category/Event You Would Like To Enter:

RRRR - 31km Race RRRR - 31km Walk
 10km Run 10km Walk

Age Group Category you would like to enter in:

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

Accommodation

(Please select if you would like us to include accommodation with your Registration Costs)

Edgewater: Garden Beachfront Beachfront Deluxe
Club Raro: Garden Poolside Lagoon Front
Bedding configuration: Single Double Twin Triple

Transfer Details

Date of Arrival _____ Flight Number _____
Departure date _____ Flight Number _____

Personal Background Information

Best Time (31kms) hrs _____ mins _____ secs _____
Member of a Club No Yes
Club Name _____
Email Contact _____
T-Shirt Size Small Med Large XL XXL
I wish to pay by Bankcard M/Card Visa Cheque
Credit Card Name _____ Card Number _____
Expiry Date _____ Signature _____



Please complete and send along with your accommodation and arrival details to:

Round Rarotonga Road Race

P.O.Box 240, Rarotonga, Cook Islands

C/o - Destination Management Cook Islands

Phone (+682) 23 026 Fax (+682) 22 036

Email: events@dmck.co.ck

* A \$125 deposit is required at the time of booking with full payment due 30 days out from arrival.

MEMBER OF
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