



### **Important Event Information - John West Dual - Saturday 6th April 2024**

We want to ensure you have the best possible experience on event weekend and this beast of an event requires a beast of an event information email! So please grab a coffee and take 5 mins to have a good read through all the information below.

## **BIOSECURITY**

Both Motutapu and Rangitoto Islands are pest free and your vigilance helps them to remain that way.

Please check your bags, tents, and all gear you are bringing on to the island, for unwanted pests, ants and seeds.

All bags and containers should be able to be closed/sealed. Once packed, keep bags closed and zipped up tight. Remember to recheck your bag on the morning of departure.

- **Food** - Pack all food in sealed containers free from insects. Please no supermarket style open bags.

- **Check** for mice, insects, seeds & soil - remove if found. Check your bags, camping gear, footwear and clothing.

- **Footwear** - Check laces & seams for seeds. Check boot treads for soil & seeds. Clean if required.

- **Clothing** - Check pockets for seeds and clean if required.



[www.doc.govt.nz/pestfreehaurakigulf](http://www.doc.govt.nz/pestfreehaurakigulf)

All people, bikes and gear will be checked by DOC and Auckland Council Biosecurity teams with their pest detection dogs. Please give the dog teams space to work.

## **PRE EVENT REGISTRATION**

Date: Thursday 4th April 2024

Time: 12noon - 8:00pm

Location: Event Space, 70 Hamer Street, Auckland CBD

At Registration you will collect your race number with timing chip, John West race pack, ferry tickets (including spectator tickets if applicable) and any merchandise ordered.

## **MOUNTAIN BIKERS**

This registration is compulsory for mountain bikers and must be attended.

You are required to register and bring MTBs to the Registration Venue on the Thursday as mountain bikes are transported to Motutapu Island on Thursday evening.

(Except those out of towners who have already gained prior approval for alternative arrangements)

Friends or family members are welcome to drop bikes and collect your registration on your behalf.

Please ensure bikes are spotlessly clean and free from any traces of mud. These will be inspected at drop off and your wheels will then be rolled through SteriGene disinfectant.

## **RUN / WALK PARTICIPANTS**

All event participants will be required to register on Thursday if at all possible.

For those people who live out-of-town, or who definitely can't register on the Thursday, you will be able to get your event ferry ticket at Fullers Terminal in Auckland City (or Devonport) on the morning of the event, and then register over on the island for your event to collect your race number and race pack.

Friends or family members are welcome to collect your registration on your behalf.

## **MOUNTAIN BIKE COLLECTION POST EVENT**

Bikes are transported off the island on Saturday night and will be available for collection in the same location you dropped them off.

Sunday 7 April 9:00am - 1:00pm at [Event Space, 70 Hamer Street, Auckland CBD](#)

Bikes that are not collected by 1:00pm Sunday will incur a \$50 transportation fee.

Bikes cannot be taken on passenger ferries on Saturday afternoon without prior approval. If you have special circumstances, and are unable to collect your bike on Sunday, please email [julianne@totalsport.co.nz](mailto:julianne@totalsport.co.nz) and we will allocate the limited number of bikes spaces available on a first come first served basis. Once again these are restricted to only people from out of town, or who have special circumstances which means there is no way they can collect their bike on Sunday.

---



## **WIN A GO PRO HERO 12 WITH JOHN WEST!**

For a chance to win a GoPro HERO 12 join in the fun with our photo contest!

Collect your race bag from Pre Registration, share a photo of you & your race bag on Instagram and tag #JOHNWESTNZ to be in with a chance to win!

The most fun photo wins!

(eligible for John West Dual entrants only, winner announced on race day)

---

## **Ferry Transport Information**

Ferries depart from: Fullers Ferry Terminal, Quay St, Auckland CBD and Fullers Ferry Terminal, Marine Square, Devonport.

All services to/from the island will include Devonport.

### **EVENT DAY FERRIES**

Ferry departure times are specific to your event and capacities are strictly managed. You will receive a coloured band with your registration that is your outbound ferry ticket, this will allow you to board only the ferry you have been allocated. You will not be able to switch ferries on event morning, or board another ferry of your choice. There are no exceptions to this rule.

### **FRIDAY NIGHT CAMPING FERRY**

If you have told us you are camping on Friday night, this is the ferry you are allocated to. Because capacities are so tightly managed, this means you do not have a space on a Saturday morning ferry. Which does mean even if it's raining - you are camping in the rain! 😊

If you have not pre-registered on Thursday you will be able to collect your ferry wristband at the Fullers ferry terminal on Friday night, you will then register for your event on Saturday morning at event base.

### **SPECTATOR FERRY TICKETS**

The time selected at time of booking is the ferry you will be issued a ticket for. You will be issued a coloured band with your registration pack which is your outbound ferry ticket, this will allow you to board only the ferry you have been allocated. You will not be able to switch ferries on event morning, or board another ferry of your choice.

Spectator tickets will be collected at Thursday registration, or if unable to pre-register, these will be available at the ferry terminals.

### **RETURN FERRIES FROM MOTUTAPU**

Once you have finished your run/walk/ride, head over to the information tent to book your spot on one of the return ferry times. You will be issued another coloured band, which - you guessed it! -is specific to the time you are booking and will not be valid for travel on any other ferry,

Departing Motutapu to Auckland (via Devonport)

Departs 11:30am

Departs 12:30pm

Departs 1:00pm

Departs 1:30pm

Departs 3:00pm

Departs 3:30pm

Departs 4:00pm

Departs 4:45pm

Departs 5:30pm

Return ferries are not bookable before your event. Past experience has taught us that many people will underestimate how long it takes them to complete their event so misjudge their planned departure time! With limited capacities, we don't want someone still running around on course holding a ferry ticket that they aren't going to make it to! This is the fairest way to ensure you all have the best chance of getting on your preferred departure ferry, but please do be aware your preferred ferry time may not be available because of capacity limits.

## CAMPERS

You should have already received a separate email with further camping information, if not you can find a copy of this information online [HERE](#).

---

## JOHN WEST ARE READY FOR THE DUAL!

Joelle Legg is getting ready to hit the course with you all!

John West is thrilled to sponsor the Dual on stunning Motutapu & Rangitoto Islands.



*I love being pushed to step outside my comfort zone & I'm incredibly grateful to John West for providing the opportunity for me to do so once again. It really is countdown time until The Dual, in which I'll participate in the 11km trail run, on the protected island of Motutapu.*

*So far so good in training, but a very important part for me as a Holistic Health Coach is ensuring I'm adequately fuelled for both training and my recovery, aligning with John West helps that flow! My current go to is the John West Salmon Bowl, due to the convenience factor plus it's high in protein which ticks many boxes for me.*

Time to hit the trail! 🏃‍♀️Jojo

---



## BAREBELLS PROTIEN BARS NOW IN NZ!

We are delighted to announce that Barebells Protein Bars are finally in NZ and we are lucky enough to have them as a sponsor for The Dual! You will get to see how great these taste when you pick up your race pack!



The gooey and chocolatey protein-filled snack bars always hit the spot and with 20 grams of protein and no added sugar, your snack game will go to a whole new level. The perfect addition to your training and race day!

Barebells protein bars (our favourites Cookies & Cream, Caramel Cashew, Salty Peanut and White Chocolate Almond) are available in over 200 New Zealand stores nationwide including Countdown, Chemist Warehouse and Bargain Chemist stores, RRP \$5.99.

So run don't walk to your local retailer and see for yourself why Barebells Protein Bars are the number one protein bar in five countries already!

---

### EVENT DAY PARKING

The best parking for heading to the CBD Ferry Terminal would be [Downtown Carpark](#). Open 24/7 at the weekend and with a maximum daily charge of \$15 and only 5 minutes walk to the ferry terminal. You can find further information on the Downtown Carpark [here](#).

### CUPLESS EVENT

We take waste seriously and are working hard to reduce our environmental impact. We have removed disposable cups from all aid stations. Please remember your reusable cup, hydration pack or water bottle to fill up! We will have collapsible silicone cups available at registration for \$5.

### START TIMES

All events start and finish at Home Bay. There will be a compulsory safety briefing 10mins before each start, please ensure you attend these.

EVENT	TIME
34km MTB	9:00am
22km MTB	9:30am
31km Run/Walk	10:00am
Half Marathon Run/Walk	10:30am
11km Run/Walk	11:00am
6km Run/Walk	11:30am

## CUT-OFF TIMES

All participants on all courses must be finished by 5:00pm as the last ferry departs Home Bay at 5:30pm sharp! Please see cut off timings online [HERE](#).

## PRIZE GIVING

Prize giving will be held at 1:45pm at event base. Prizes are awarded to Male and Female winners in each event. There will also be a bunch of awesome spot prizes supplied by our generous sponsors!



Thanks to John West we have a Garmin smartwatch, JetBlack resistance trainer, hydration vest, plus \$200 shoe vouchers to give away!

## CONCERT & ENTERTAINMENT

The DUAL concert is free for all event participants, so please stay and enjoy the afternoon with us!

Once again we have the fabulous Love Jones bringing their unbelievable vocals and Paul's epic guitar talent right to our stage.

Just remember to grab your return ferry ticket from the info tent if you intend to stay until the end.



## KIDS ACTIVITIES

We have a whole host of fun activities to help keep our future athletes entertained on event day. With face painting, treasure hunt, games and a kids dash we're sure they'll find something to enjoy! Check out the full schedule online [HERE](#).

## FOOD & BEVERAGE OPTIONS

Gourmet Shuttles will be on site with a range of food truck options for you to refuel after your event! Bacon/egg rolls will be served from 6:30am and the full day menu, which includes nachos, gourmet burgers, kebabs, fish & chips and quesadillas will be available until 7:00pm.

Hero Coffee will be set up and ready to pour at 7:30am.

Our good mates at Speights will have a complimentary cold beer waiting for you at the finish line and the Motutapu Restoration Trust bar will be open at event base 10:00am - 5:30pm if you would like further refreshments while you enjoy the concert!

## GEAR STORAGE

There will be a gear tent facility on the island to store your bags whilst out on course, so feel free to take anything you need for the day - plus togs and a towel for post event dip!

## SPORTS LAB MASSAGE

The experts in Physio, Podiatry and Massage, the Sports Lab team bring a wealth of knowledge beyond the essential post-run rub down. However, they also do that rub down REAL well! 😊

Treat those tired legs to a post event massage to speed up your recovery – \$25 for 15 minutes.

## RESULTS & PHOTOS

A live results link will be updated online [HERE](#) before event day, and on our Facebook page.

The team from Photos4Sale will be on course and at the finish line capturing all the magic of the day! Their unique Pay What You Want initiative means you can decide what these memories are worth to you. Photos will be available Monday following the event.

We look forward to seeing you out there on the magical Motutapu and Rangitoto Islands.

Julieanne, Mark and the Total Sport Team

Registration Queries: Contact Christine at [registrations@totalsport.co.nz](mailto:registrations@totalsport.co.nz)

General Event Questions: Contact Julieanne at [julieanne@totalsport.co.nz](mailto:julieanne@totalsport.co.nz)

Event News and Updates: Keep an eye on our [Facebook Page](#)

---

### Let's support those who support us!

A huge thanks to all those that continue to play their important part in delivering this beast of an event - our many, many sponsors and partners, suppliers and masses of volunteers, who put in big hours to ensure you all have a great day out 🙏



Incredible Inside