

Gutbuster Stair Challenge



Date: Sunday 13 February

Contact: NZMG Office: 03 474 1429 or 0800 303 500, dunedin@nzmg.com

FACILITIES:	There are no toilet facilities on site – the closest public toilets are at the Beach, approx. 800m away.
MEDALS:	Medals will be presented at the conclusion of the event, with medals being awarded to first, second and third in each gendered age group.
DIRECTIONS:	Assemble at the bottom of Jacobs Ladder, outside #24 Valpy Street, St Clair.
PROGRAMME:	10:45am Sign In & Briefing 11:00am start (staggered start)
FIRST AID & SAFETY EQUIPMENT:	First aid will be available, with a medic on site if required. You may run up the stairs but MUST place a foot on each stair.
REFRESHMENTS:	A water station will be located at the bottom of the steps, providing water only.
SPORTS SPECIFIC INFORMATION	First competitors in each age category to finish will win medals. (Net time). You will complete five laps of Jacobs ladder, which consists of 286 steps. You should try to not stop on the stairs but are welcome to step aside on the flat landings for a break. You may pass people on the stairs, but must touch every step as you are passing, and ensure there is no one on the opposite side – treat it like a road.