



THE NEEDLE RELAY TURKEY TROT

Wellington Harrier Athletic Club Inc. invites all walkers to participate in the 'Turkey Trot' walked in conjunction with the Needle Relay, on **Saturday 13th August 2022**

WHAT IS A TURKEY TROT?

It's an event where **you** estimate your time for the distance (5km) and results are decided on how close you finish to your estimate. **The catch is that nobody is allowed to wear a watch, use timers on their phones or receive side line advice on their progress times!**

The event is great fun for competitive and recreational walkers. We'll even admit 'Nordic Walkers' if they want to try. All finishers receive the traditional walker's peanut slab.

The event will finish before the runners start, so that the keenest of you can join a relay team as well; or at least get out and support them!

THE IMPORTANT STUFF.....

THE RACE

A 5km walk for all ages

Walk north on the footpath beside Evans Bay Parade for 2.5km, turning around at the city end of Weka Bay. Walkers remain on the footpath at Cog Park and walk around the outside of the park. Remain on the footpath at ALL times.

RACE HQ:

The Wind Needle (Zephyrometer), Corner of Cobham Drive and Evans Bay Parade, Wellington.

ENTRY:

Register with Geoff Henry at Race HQ, by recording your name and estimated time from 10:00 am onwards. Clubs will be invoiced for the \$8.00 fee after the event. Visitors and non-club athletes pay at registration.

START TIME:

10:30 am

JUDGING:

Walkers will not be judged, but the race manager will be watching for 'running'. He will also be happy to offer any comments on style (if asked).

PRIZE GIVING:

At the finish line by the Wind Needle, as soon as the last walker finishes (approximately 11.30am)