

# IMPORTANT INFORMATION

The Rescue Run is a high intensity adventure race that combines a variety of physical and mental challenges. This includes, but isn't limited to running, climbing, carrying, tests of memory, problem solving, recollection and execution of emergency procedures and exposure to water, simulated smoke and other emergency training apparatus.

With each of the invited school limited to only one team of six, it is therefore imperative that the most qualified students be selected to give your team the best chance of winning.

While it is a race, with the final 'time' being the metric deciding the winner there is also a points system attached that penalises teams with additional time for failures to complete these mental aspects of the race within the parameters set by the challenge's respective emergency service team. To this end we have found that teams that contain a diverse range of competitors are, on average, more successful. The winning team last year didn't come within the top five in running course, but made back their deficiency by excelling in the race's challenges.

To make your selection process here are some of the challenges that will appear during the race. Additionally, there is also a brief FAQ overleaf.

## The Run

15km within Woodhill forest the surrounding beach and forest.

## The Challenges

Memory games - Runners will be tasked with recalling icons hidden around the course.



# FAQ

## **How much does it cost?**

Nothing! Well, kinda. A Youth Division team registration is \$1200+GST but this is covered by our generous sponsors

## **Who can do it?**

While we would love for everyone to come and do the Rescue Run, there are a few limitations to ensure the event is as fun, but safe as possible. Firstly, you have to be over the age of 16. You also need to have a reasonable level of fitness as the course is 15kms of adventure and challenges.

## **How does the school decide who is on the team?**

That is up to the school's discretion depending on how many kids want to be involved, levels of fitness etc. We can assist the schools by providing ideas around this.

## **What are the prizes?**

There are a variety of prizes up for grabs for both schools and the teams. School prizes include a Cisco Spark board (\$13k RRP), Cisco Meraki Security Package (\$5k RRP), Canon Photography Package (\$2.5k RRP) plus more! Team prizes include an Iphone (TBC) and vouchers from our generous supporters.

## **What are the fundraising targets?**

We ask that each team pledges to raise \$5,000 for Youthline. This money will go a long way to keep the essential services from Youthline afloat so they can focus on the important task of helping youths at risk.

## **Why can't all Auckland secondary schools compete?**

This is the first year we are doing The Rescue Run Youth Division, and as such we want to see if this is a format that we are able to roll out around the country in future years. As such we only have the capacity for a maximum of 20 teams. With that in mind, we created the first year as an invitational event. Schools were selected on a number of merits, to ensure that we had a fair cross section from all areas, deciles, and classes.

## **How hard is the course?**

In total the course is 15kms long with a variety of physical and mental challenges that the people at our emergency services have designed to simulate real life disasters and challenges. You will need a reasonable level of fitness to get through this however most people of average fitness will be able to complete the course.

## **Who is Jake Bailey?**

Jake Bailey is the inspirational former head boy at Christchurch Boys High School who was diagnosed with stage 4 Burkitt's Non-Hodgkin's Lymphoma and only given weeks to live. Jake went on to deliver an emotional speech to his classmates which went viral. Jake went into remission and since then, has made it his life mission to inspire young people to live their lives to the fullest.