



2024



A Rotary Club of Howick
COMMUNITY EVENT



BACKGROUND

The event originated in 2005 as the Crawford Medical Walk for Health. Crawford Medical Centre in Howick recognised the need for an annual event of this kind to promote exercise for our physical wellbeing and health.

Ten years ago Crawford invited the Rotary Club of Howick to be the hosts and continue to make it the premier fun event for the whole community to take part in and enjoy. Howick Rotary believe it to be a great draw card for runners, walkers and their families to enjoy the scenery and history of Howick and is unique to the area.

The entry fee per participant (\$12 adults, \$6 primary and intermediate children) will go towards the local Howick Coastguard organisation to enable them to continue to expand their vital service.



2024



ALL PROCEEDS TO



REGISTER
ONLINE
[howickfunwalkrun
.co.nz](https://howickfunwalkrun.co.nz)

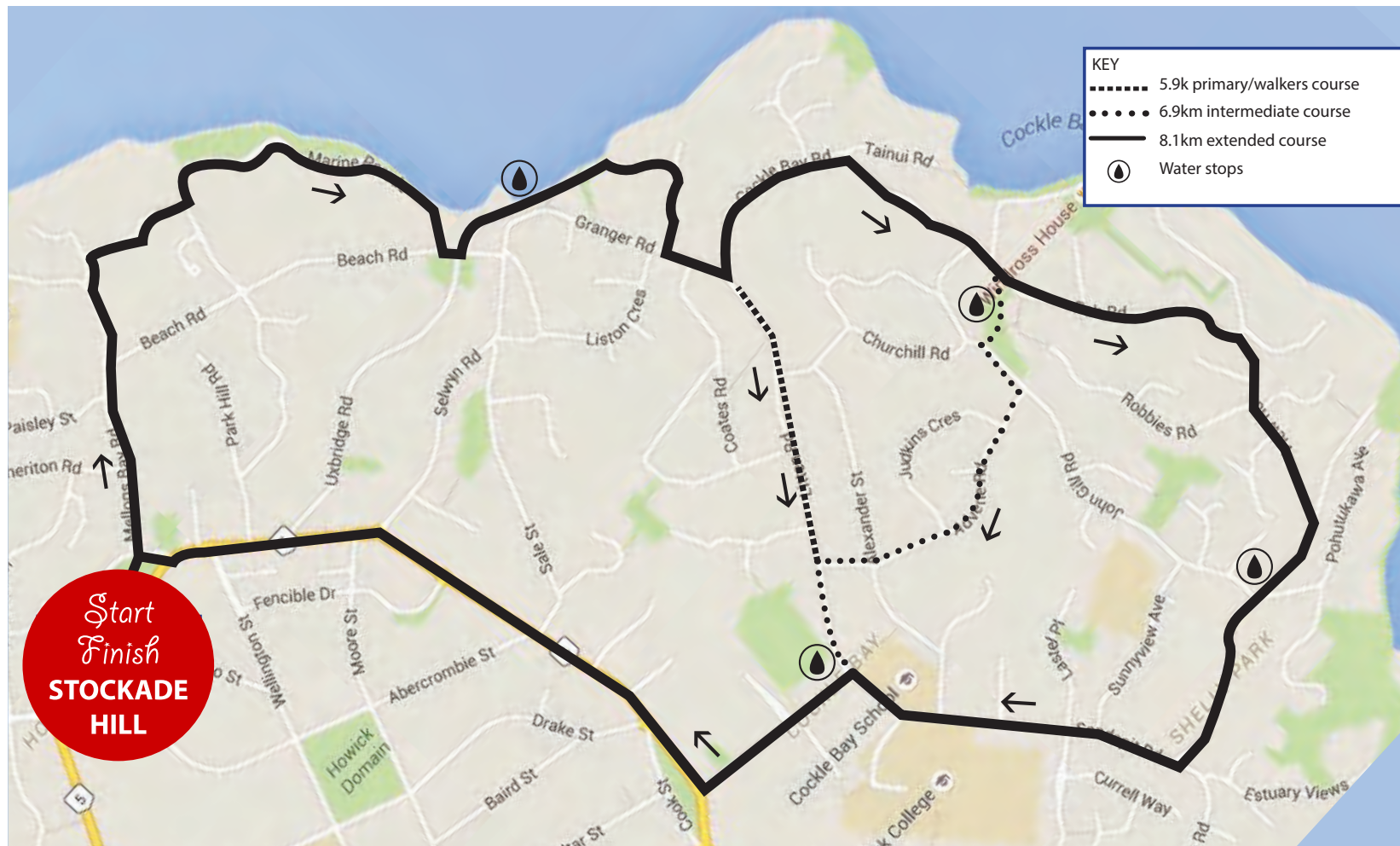
SO WHEN IS IT HAPPENING?

9am Sunday 24 March

The start and finish are on Stockade Hill in Howick with plenty of room for large numbers and great views over Howick and out to the Hauraki Gulf. Stockade Hill has been booked through the Auckland Council along with space for signage.



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SO WHERE'S EVERYTHING?

Site Plan



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WHAT'S IT ALL ABOUT?

There are three exciting routes:

- 5.9km short course
- 6.9km intermediate course
- 8.1km extended course

People can enjoy the scenery and experience a different view of Howick and Cockle Bay from all the courses.

Participants can register before the event either online at www.howickfunwalkrun.co.nz or on the day after 8am.

Before the walk starts, an MC will go over the order of proceedings, health and safety requirements and information on the spot prize draws.

After the walk, participants and families can relax under one of the many trees on Stockade Hill and enjoy music, food and prize draws. It's a day designed for the whole family to enjoy.



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WHY SUCH AN EVENT?

This is an event that encourages people of all ages and abilities to improve their health and wellbeing through exercise, fresh air and good fun. It is unique to the area and offers something for all and at the same time benefiting Howick Coastguard for the purchase of vital safety equipment.

The Howick Community Fun and Walk & Run is an annual event which people in our community will look forward to each year and have on their calendars



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PUBLICITY & SPONSORSHIP

The event will be publicised six weeks in advance through the Howick & Pakuranga Times, Stockade Hill sign, Howick Community Radio, Eventfinda and NewstalkZB Community Radio, mall pull-ups and other selected media.



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