



Sun 21 March 2010

Mt Lyford Village, Mt Lyford, North Canterbury

Five adventure events to choose from ... running and walking sections including Junior Challenge section. An event for the whole family...

Vasque - Mt Terako Extreme Challenge

"New Zealand's most challenging adventure run"

This is adventure running at its very best ... in fact this is extreme adventure running! Over a course of 20km with a 2040m climb, much of the route follows the mountain ridge. The Vasque Mt Terako Extreme Challenge is for experienced adventure racers and mountain runners only.



This year there is a \$500 prize for the first male and female runners to break the Vasque Extreme record with a time of 2:45:00 or less for men and 3:30:00 for women.

Mt Lyford Alpine Resort Classic Challenge...

9km with a 865m climb. This challenge is Canterbury's premier adventure race, designed for experienced runners or walkers and new comers to adventure mountain racing. A good level of fitness is required for this challenge.



SWAZI Farmers Challenge...

This challenge follows the same route as the Mt Lyford Alpine Resort - Mt Lyford Challenge. To qualify for the SWAZI Farmers Challenge you must work on a farm that provides over 75% of your yearly income. Prizes will be awarded to the first male and female farmers in both the running and walking sections.



De Kikker Vijver Lodge Bushline Challenge...

4km with a 400m climb. The De Kikker Vijver Bushline Challenge is designed for newcomers to adventure mountain racing. Average fitness required.



SWAZI Junior Challenge...

3km with a 130m climb. This is a great way to introduce 7 - 14 year olds to adventure racing. This cross-country challenge is run on well formed tracks.



Paper Plus Merivale Schools Challenge

What a great opportunity for your school. There are 1st, 2nd and 3rd place Paperplus Merivale vouchers based on the number of people who select to support your school. Children, parents and adults connected to your school and competing in any of the Mt Lyford Challenge Races will be counted towards your school. Note: You must register your connection to the school before the first race starts.



Race Programme Sunday 21 March 2010

All races start and finish at the Wandle picnic area 5 minutes walk from the Toll Gate on Mt Lyford Ave just above the Mt Lyford Village in North Canterbury.

7.30am Registration opens all races

Vasque Mt Terako Extreme Challenge

8.00am Race brief / Registration close

8.30am Race Start

Mt Lyford Alpine Resort Classic, SWAZI Farmers, De Kikker Vijver Lodge and Bushline Challenges

10.45am Race brief / Registration Close

11.00am Race Start

SWAZI Junior Challenge

1.15pm Race brief / Registration close

1.30pm Race Start

Prize giving

2.15pm At the Toll Gates

General Race Information

All routes are marked with dazzle and discs in areas where route finding is difficult.

As a guide, 95% of runners will walk most of the up-hill sections!





Vasque - Mt Terako Extreme Challenge

20km 2040m climb - "New Zealand's most challenging adventure run"

This is adventure running at its very best... in fact "This is the most technically challenging adventure run in New Zealand". Are you looking for a technical race that includes scree slopes, boulder hopping, bush routes, ridge running, creeks, waterfalls and an element of navigation? We believe that the Terako Challenge is the only short course in New Zealand offering all these elements. Run over a course of 20km with a 2040m climb, much of the uphill route follows the mountain ridge with the downhill through bush, creek valleys usually inaccessible to the public. The Vasque - Mt Terako Challenge is for the experienced only. If you are an adventure racer, rogainer, orienteer, mountain runner or 'fast trampers' you will love the challenges this race offers.

This race is for experienced adventure and mountain runners only. The route includes slope screeing; running over a very sharp, rocky and exposed ridge; and running on unmarked river beds.

Minimum age of racers is 16 years. Vasque - Mt Terako Extreme Challenge Participants must carry: SWAZI base layer top and bottom or equivalent; a waterproof jacket; hat, mittens; crepe bandage; survival blanket; at least 1 litre of water; compass, and a whistle. We will supply you with a route map. A gear check will be undertaken before the race brief. If you do not have the right gear for the Vasque - Mt Terako Extreme Challenge you will not be able to take part.

Note: You will take the same route as the Mt Lyford Alpine Resort - Mt Lyford Challenge up to the second check point.

From the start point, follow the track and road for approx 400m until you come to 4WD track heading off to your right. Take this track that leads up the grass ridge until you get to a small section of bush. Go through the bush and once out of the bush keep following the foot track until it flattens out. From this point you will see the track into the bush on your left. Once out of the bush you will soon come to a small lake [Lake Crystal]. From here turn right and follow the marked track that takes you up the mountain to a small saddle / fence line. Follow the fence line on your right until you see the markers taking you into the bush. Keep following the track through the bush all the way up to the bush line. (On your way through the bush you will go through a small clearing.) There is a check point once you come out of the Bushline. From this checkpoint follow the dazzle trail up the mountain. The track soon gets to the ridge. [If you did not already know it at this point... you are on the Hill from Hell!!!]. Follow the ridge until you come to an old fence line on your right, follow this fence line. **[Keep the old fence line on your right at all times.]** Follow the dazzle all the way to the second check point which is at the saddle. **You must visit this check point where your number will be recorded. You must be at this check point within 1 1/2 hours. If you take longer than 1 1/2 hours to get to this check point you will need to take the Mt Lyford Resort - Mt Lyford Challenge route.**

NOTE: From this point your route diverges from the Mt Lyford Alpine Resort - Mt Lyford Challenge route.

From the saddle keep going up the mountain following the ridge/old fence. **It is important to keep the ridge/old fence on your right at all times.** There is no formed track on the ridge and in some parts extreme caution needs to be taken crossing over rocky outcrops. The ridge is undulating. Follow the ridge for approx 2.5km. After approx 2.5km there is a small scree slope down to your right. [This point will be marked with an orange stake] Follow this down to the saddle. Once at the saddle, head up the ridge to the cairn [small pile of rocks] at the very top of Mt Terako. On this cairn there is an item that needs to be remembered - you will be asked what this item is at the finish. From the top of Mt Terako head down the scree face to the ski field lodge. Please be very careful coming down here as there are 1 or 2 small bluffs. **Make sure you visit the check point at the ski lodge. The marshal at the ski lodge will record your number.**

From the ski field lodge head down the road for 1.5km until you get to the next check point. **You must be at this check point within 3 hours. If you are not you will not be able to continue on the Mt Terako Extreme Challenge. The marshal at this check point will record your number.** From here head down into the Lottery stream, follow the stream for about 4 km till you get to the next check point. **The marshal at this check point will record your number.** Its then up the Dutch Steam for a 3km 670m climb to the next checkpoint.

The route through both the Lottery and Dutch steam is not marked and extreme caution as needed as you are travelling in a river bed for much of the time.

There are a number of hazards including very slippery rocks, rough ground, tree falls and especially on the Dutch Stream route there are a number of water falls to navigate around [up to 4mts high]. Be very careful at all time, watching for loose rocks; if you are travelling in a group make sure there is plenty of gap between each runner.

Once you come out of Dutch Stream head up the marked ridge till you get to the next checkpoint which is located at the top of a large scree slope. We call this Avalanche Face! **The marshal at this check point will record your number.**

Follow the markers over the edge and down the scree face. At this point, spectators at the start and finish areas get a full view as you run down the slope.

Safety: This scree slope is steep; please take care when you go down. If other runners are with you make sure you go down side by side with 1 - 2m's between you.

Once at the bottom of the scree turn down the road for 30m until you get to the markers that lead you off road.

From here you will follow markers that take you into the bush track. This bush track is well marked but not well formed. It is very uneven under foot. After crossing the Wandle Stream the track continues for another 100m until you reach the road. Once at the road look down the road and 30 m below you, you will see the entrance into *One Ball track* on your left. Make sure you turn right onto the track (downhill) as there is a track heading left (uphill) - this is the wrong way. Follow *One Ball track* all the way down to Lake Crystal. [You passed this on your way up] From the lake go back down the track you came up, following the same route all the way back to the finish.

Remember that the roads will all be open and there will be traffic on the road.



Register online : www.paardekooper.co.nz



Mt Lyford Alpine Resort Classic Challenge

9km 865m climb

Please note the route is the same for both runners and walkers. Minimum age of racers is 13 years.

From the start point, follow the track / road for approx 400m until you come to 4WD track heading off to your right. Take this track that leads up the grass ridge until you get to a small section of bush. Go through the bush and once out of the bush keep following the foot track until it flattens out. From this point you will see the track into the bush on your left. Once out of the bush you will soon come to a small lake [Lake Crystal]. From here turn right and follow the marked track that takes you up the mountain hill to a small saddle / fence line. Follow with the fence line on your right until you see the markers taking you into the bush. Keep following the track through the bush all the way up to the bush line. (On your way through the bush you will go through a small clearing.) Once out of the bush follow the dazzle up the mountain. **[NOTE: You must be at the bush line within 55 minutes. If you arrive after this time you will be diverted to the Bushline Challenge route which will take you to the finish.]** The track soon gets to the ridge. [If you did not already know it at this point... you are on the Hill from Hell!!]. Follow the ridge until you come to an old fence line on your right, follow this fence line up. **[Keep the old fence line on your right at all times.]** Follow the dazzle all the way to the check point which is at the saddle. **You must visit the check point where your number will be recorded. At the checkpoint, turn left** and head down the gully to the building by the small lake [Lake Stella].

Both walkers and runners ... At the building by the lake go to the bottom of the stairs where you will see an item at the top of the stairs. **What is the item?** You need to let the team at the finish know the answer to this question. From here head **down** the road for about 2 km. **[Not up the road past the lake as this is the wrong way and goes to the ski field].** You will come across markings that take you off road.

From here you will follow markers that take you into the bush track. This bush track is well marked but not well formed. It is very uneven under foot. After crossing the Wandle Stream the track continues for another 100m until you reach the road. Once at the road look down the road and 30 m below you, you will see the entrance into *One Ball track* on your left. Make sure you turn right onto the track (downhill) as there is a track heading left (uphill) – this is the wrong way. Follow *One Ball track* all the way down to Lake Crystal. [You passed this on your way up] From the lake go back down the track you came up, following the same route all the way back to the finish.

Remember that the road is open and that there will be traffic on the road.



SWAZI Farmers Challenge

The SWAZI Farmers challenge follows the same route as the Mt Lyford Alpine Resort – Mt Lyford Challenge.



De Kikker Vijver Lodge Bushline Challenge

400m climb

Please note the route is the same for both runners and walkers. Minimum age of racers is 13 years.

From the start point, follow the track / road for approx 400m until you come to 4WD track heading off to your right. Take this track that leads up the grass ridge until you get to a small section of bush. Go through the bush and once out of the bush keep following the foot track until it flattens out. From this point you will see the track into the bush on your left. Once out of the bush you will soon come to a small lake [Lake Crystal]. From here turn right and follow the marked track that takes you up the hill to a small saddle / fence line. Follow with the fence line on your right until you see the markers taking you into the bush. Keep following the track through the bush all the way up to the bush line. (On your way through the bush you will go through a small clearing.) Once out of the bush you will come to a checkpoint. This is your turn around point. Make sure you take in the wonderful views.

Head back down the track following the same route you came up all the way back to the finish.



SWAZI - Junior Challenge

3km 130m climb

Racers must be 6 -14 years inclusive.

From the start line follow the track to the road. Head right up the road. Keep following the road around a couple of bends and you will come to a marshal that will point you up the 4WD track to Lake Crystal. Follow this track until you get to the lake. From the lake follow the markings on the ground to the track that leads down into the bush. After 250m the track will come out of the bush and head down the hill. It is quite steep down this part of the track so please watch your footing. The track leads back into the bush for a short while. After coming out of the bush, stay on the formed track that leads down to the road. Once on the road turn right for 200m then turn right onto the track to the finish.

For more information contact:

Paardekooper and Associates - Adventure Racing

Phone 04 562 8259 Fax 04 562 8269

E-mail race@paardekooper.co.nz



Register online : www.paardekooper.co.nz

Photo's

Photos will be taken from a number of points along the race routes. We will have these photos available on the web about 2 weeks after the event. You will be able to download these photos for free. Information on how to download the photos will be sent out after the event.

Fund Raiser

As part of the Mt Lyford Challenge we want to give you the opportunity to support the Life Flight Trust. We have developed an online fund raising page where you can go online and donate to the Life Flight trust. They provide air rescue services and air ambulance services in the Wellington/Marlborough region. Head to <http://www.fundraiseonline.co.nz/Paardekooperadventureruns/> OR you can also choose to add a donation to the box on the entry form, when you register.



Prize Giving

Prizes will be awarded in the following categories:

Category Winners ~ prizes will be awarded to the fastest person in each category.

Spot Prizes ~ will be drawn from pre-registered racers as well as spot prizes drawn on the day.

MSR Extreme Champions ~ \$ 500 awarded by MSR to the first male and female runner in the Vasque Extreme Challenge to complete with a race time of 2:45:00 for males and 3:30:00 for females.



Paper Plus - School Challenge ~ This is a great opportunity for your school. There are 1st, 2nd and 3rd place Paperplus Merivale vouchers based on the number of people who select to support your school. Children, parents and adults connected to your school and competing in any of the Mt Lyford Challenge Races will be counted towards your school. Note: You must register your connection to the school before the first race starts.



Where and when ...

- Prize giving will be held at the toll gate [start / finish area] at **2.15 pm**.
- You must be present at the prize giving ceremony to claim your prize. No prizes will be sent out.
- A local group will be selling BBQ food at the start / finish area from 11am. Please make sure you bring some cash along. This is a chance to support the local community and to have a great lunch at the same time.
- After the prize giving you can enjoy meeting up with other participants over a drink at the Mt Lyford Lodge [back down the road 3km].

Accommodation

We encourage you to come up the night before the event and enjoy the hospitality of the area, as well as being close to the start / finish area. There are 2 options listed below for accommodation in the area.

- Your own log cabin in the Mt Lyford village phone Claudine 03 315 6523 or e-mail concreation@clear.net.nz . She has a number of log cabins sleeping from 4 people – 10 people right in the village just 1km from the start / finish area. All the log cabins have their own cooking facilities.
- Mt Lyford Lodge phone 03 315 6446 or visit their website www.mtlyfordlodge.co.nz . They have different types of rooms available from motel rooms, family rooms and bunk rooms and are just 4km from the start / finish area. The Lodge is offering a package for this event that includes accommodation, breakfast and the use of their spa to relax in after the race. They will also have showers available on the day @ \$ 5.00 per person (please bring your own towel). The lodge has a restaurant on site.



Register online : www.paardekooper.co.nz

RACE INFORMATION AND RULES

1. Entry is limited: Entries close 1 March 2010. From 2 March – 20 March, a late entry fee of \$10 will apply to all challenges with the exception of the Junior Challenges which will incur a \$5 late fee. Late entries will be accepted on the day up to: 8:00am for the Vasque Mt Terako Extreme Challenge; 1.15pm for the SWAZI Junior Challenge; and 10.45am for all other challenges if places are available. Please note the Vasque Mt Terako Extreme Challenge is limited to just 150 people. A late fee for on the day registrations of \$15 will apply to all challenges with the exception of the Junior Challenges which will incur a \$5 late fee
2. Registration on the day: You need to register on the day and can pick up your race number from the registration area Start / Finish area close to the Toll Gate above the Mt Lyford Village. Registration will be open from 7.30am. No race numbers will be handed out after: 8.00am for the Vasque Mt Terako Extreme Challenge; 1.15pm for the Junior Challenge; and 10.45am for all other challenges.
3. Running and Walking Categories: The Mt Lyford Resort Classic, SWAZI Farmers and De Kikker Vijver Lodge Bushline Challenges have both running and walking sections. The Vasque Mt Terako Extreme Challenge does not distinguish between runners and walkers. (You are allowed to walk the uphill sections if you wish!)
4. Race briefing: You must be present for race briefing at 8.00am for Vasque Mt Terako Extreme Challenge; 1.15pm for Swazi Junior Challenge; 10.45am for Mt Lyford Resort Classic, SWAZI Farmers and De Kikker Vijver Lodge Bushline Challenges.
5. First Aid: There will be limited first aid available at the start/finish and at Lake Stella.
6. Water: There will be limited water available at the start and finish. You must provide for and carry your own water and food.
7. Race Numbers: Your number must be visible at all times. Race numbers will be recorded at the checkpoints noted below.
8. Checkpoints for Vasque Mt Terako Extreme Challenge: At the saddle by the top of Mt Lyford, ski field road / Lottery Stream, Lottery Stream / Dutch Stream junction and Dutch Stream / Avalanche face.
9. Checkpoints for Bushline Challenge: Bush line.
10. Checkpoints for Mt Lyford Alpine Resort Classic and Farmers Challenges: Bush line, at the saddle by the top of Mt Lyford.
11. Please note we do not have exclusive use of the tracks or the road. Be courteous to other users.
12. We respect the environment and ask that you read the 2 documents on "Stop the spread of Didymo" and the "NZ Environment Care Code". These are on our website under Mt Lyford Adventure Racing. To help stop the spread of Didymo all competitors and their supporters prior to entering the race area will ensure that footwear, clothing and other equipment are cleaned to prevent the spread of weeds and the aquatic organism 'Didymo'. This includes all items involved in competing in this event. And we urge all competitors and their supporters to thoroughly clean or disinfect all clothing and equipment (including the underside of vehicles that have crossed waterways) before and after this event.

CONDITIONS OF ENTRY

1. Participants in this event and agree to compete at their own risk.
2. Age limits: Vasque - Mt Terako Extreme Challenge - Participants must be at least 16 years old at race day. Mt Lyford Alpine Resort Classic and De Kikker Vijver Lodge Bushline Challenges - Participants must be at least 13 years old. SWAZI Junior Challenge - Participants must be at least 6 years old and less than 15 years of age on race day.
3. The organisers reserve the right to refuse entry to individuals they deem not capable of safely completing the event.
4. Participants who encounter a fellow participant who is injured or in serious difficulty are obliged to provide help and/or support until event officials are notified and suitable assistance given.
5. Please note for safety reasons no iPods or MP3 players are allowed.
6. For all events participants must carry their own water / refreshments as well as suitable clothing for the weather on the day.
7. Special Conditions for Vasque - Mt Terako Extreme Challenge: Participants must carry: Swazi base layer top and bottom or equivalent; waterproof jacket; hat, mittens; crepe bandage; survival blanket; at least 1 litre of water; compass, and a whistle. We will supply you with a route map. A gear check will be undertaken before the race brief. If you do not have the right gear for this extreme category you will not be able to take part. Racers need to be at the Ski field road / Lottery Stream check point within 3 hours. If you are not within this time frame you will need to follow the road back to the finish. If you do not make this cut off time you will be noted as "Did not finish". The Vasque - Mt Terako Extreme Challenge goes over a very exposed ridge and unmarked river beds. Participants may only take part in this event if they skilled and experienced in mountain conditions.
8. Special Conditions for Mt Lyford Alpine Resort Classic and SWAZI Farmers Challenges: You must reach the bush line with 55 minutes to qualify for these races.

If you do not make this time you will be diverted to the De Kikker Vijver - Bushline Challenge Route.

9. All racers: If you do not complete your course you must still report back to the start / finish area so we can record you as having come back.
10. Entry as a Walker: If you enter as a walker you may only walk, you may not run or jog on any part of the course. Running or jogging will lead to disqualification.
11. The dropping of litter and waste of any kind during the event is prohibited and may lead to disqualification.
12. This event is run with the consent of the land owners and with a concession from DOC for the Mt Terako race going over Snowden Reserve. No dogs allowed on any of the races.
13. Participants must obey instructions of event officials, and stay on deemed routes at all times. Failure to do so will lead to disqualification.
14. You are responsible for your own safety at all times. The roads are open at all times throughout the race – please be aware of traffic.
15. Neither the organisers, sponsors, land owners, nor any other party associated with this event, shall have any responsibility to participants or their associates for losses or injury which may occur as part of this event.

CANCELLATION POLICY

1. All prices are in \$NZ.
2. All cancellations must be advised in writing
3. No refunds will be made for cancellations advised 21 days or less before the race. If cancellation is requested prior to this, the race fee less a \$20 administration fee will be refunded.
4. In the event of extreme weather conditions, where unacceptable damage to the track may occur or other factors beyond the control of the organisers, the organisers reserve the right to substitute an alternative run of similar distance. In this case the entry fee will not be refunded. If the event is cancelled entirely, the organisers will make the maximum refund possible to participants. Any refund in this circumstance is at the discretion of the organisers.

PRIVACY AND EMAIL POLICY

1. Your personal information will not be shared with other parties.
2. However, the organisers reserve the right to use your name, photograph, voice and any written feedback provided by you without payment in any capacity relating to this event. Results of the event will be posted on the race website.
3. By registering for this event you give permission for your name to be added to our Adventure Racing promotional database. From time to time you will be emailed newsletters about Adventure Racing. If at any time you wish to stop receiving these newsletters, you can do so by using the unsubscribe function in the email.

ENTRY TERMS AND CONDITIONS

1. Entry into the event acknowledges that I have read and agree to the race information, rules, and conditions of entry.
2. I acknowledge that there is a degree of risk related to the event and understand that I participate at my own risk. I confirm that I have trained sufficiently for the category that I have registered for.
3. I have read the Cancellation Policy and I agree to pay the event fees and accept that these fees may be non-refundable.
4. I agree to follow the instructions of the Mt Lyford Challenge organisers and race officials.
5. I assume full responsibility for my personal possessions and equipment that I bring to this event.
6. I have read and agree to the Privacy Policy.

MT LYFORD CHALLENGE DISCLAIMER

On acceptance of my entry, I hereby agree to the exclusion of liability to the event, event directors, officers, contractors, sponsors, volunteer groups, landowners, and individuals from all claims for injuries and or damage (whether fatal or otherwise) I may suffer from participation in this event. I also release and forever discharge the above groups from all actions, suits, proceedings, claims, demands, penalties and fines that may arise from my participation in this event. I agree to comply with the rules and conditions of the Mt Lyford Challenge and intend competing entirely at my own risk.

Entry into the event acknowledges that you have read and accept these conditions of entry.

For more information contact:
Paardekooper & Associates - Adventure Racing
Phone 04 562 8259 Fax 04 562 82 69
E-mail race@paardekooper.co.nz



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