

Arrowsmith Thee Ride

A must for the bucket list

Arrowsmith Thee Run

A High Country Marathon (Any tougher it would rust)

In association with Big Al's Snowsports

Sunday 28th March 2010



With a money back guarantee, barring bad weather if you can honestly say you didn't enjoy the views we will give you your money back

Details

A 42.2 km MTB Ride/Race and High Country Marathon on Mt Arrowsmith Station starting and finishing at the woolshed. Heading up the Cameron River nearly to the source, up and over a saddle into the South Ashburton River then a blast down the river bed over another small saddle and then back across the paddocks to the woolshed. Starting at the woolshed you bike or run along the road for approx 1.5 km then turn left onto the farm track this starts the biggest climb of the day. If you enter in the Race category you will need to have a good level of fitness to keep up. Once on the ridge line you head up the Cameron Valley then over a saddle into the South Ashburton the area at the top of the saddle can be exposed in bad weather so you need to carry Cold weather gear. The start of the descent into the South Ashburton is steep there is a couple of switchback corners where care needs to be taken. At the bottom you Turn Left and head down the riverbed half way down you have to cross a boulder scree some of the top riders will be able to ride it but most Rec riders will have to walk (Please get through this area without delay this is a active shingle scree and you should be alert to the possibility of falling rocks) head on down the river there is a small climb as the river goes into a gorge you follow along the side of the gorge for while them climb up to the saddle and back across the paddocks to the finish at the woolshed to the smell of the sizzling Westmeats ribeye steaks cooking. The top race riders will take 2.10- 3.30 hrs Recreational riders 4.30- 6.30 hrs. This course is more suited to a soft tail if you have the choice.

Any questions please contact Simon Hampton
email methvenrace@xtra.co.nz
phone (03) 302 1822.
www.multisportevents.co.nz

Comments from a rider in 2006

I just thought I'd email to check you were going to run the event again this year and say thanks for 2006. The reason is that the 06 ride was the highlight ride for me last year - I've been riding and racing off and on for 17 years now and still do a few of the interesting, longer epic races each year as well as quite a few high country rides so I can comment with some experience

Why is Thee Ride so good?

- Real spectacular back country riding with superb views - there are quite a few hyped up so called 'mountain' races but Thee Ride actually measures up
- An epic climb, but at the start which is good and not overwhelmingly demanding
- Great downhill followed by the super fast but bumpy blast down the valley (fun boulder garden to cross as well)
- Technically challenging enough to match the demand for fitness but not impossible for newer riders
- The best part? You can ride the course as I did and not enter the actual race
- I rode hard but without the extra race pressure and enjoyed every minute
- A good old fashioned and relaxed after-ride and meal based in the wool shed - you gotta love it

My only question is why some lesser rides attract thousands when Thee Ride is so much better? I'd like to see you with a few more riders just to help ensure you continue to run such a great event. I look forward to coming down again this year.

Entry Details

(Please print clearly and tick boxes as required)

Name:

Address:

Phone:

State any medical conditions you have that we should know about:

E-mail

Gender Male Female

MTB Race Category Entry Fee \$60.00 Open Vet 40-49 Classic 50+

MTB Recreational Entry Fee \$60.00 Recreational Ride

Thee High Country Marathon \$60.00 Open Classic 50+

Engraved Medal \$15.00 Each Quantity _____

T-Shirts \$25.00 Each Quantity _____

Total \$.

Late Entry Fee \$20 applies after 22nd March 2010)
-Late entries could miss out on their Steak at the B.B.Q.

Internet banking: BNZ 020868008882897 (please put your name as a reference)

-Please make cheques payable to **Methvenrace Account** and send to **Simon Hampton, No 12 R D, Rakaia 7782.**

TERMS AND CONDITIONS:

In return for Arrowsmith thee Ride permitting me to participate in the event I agree that: 1.I agree to abide by the Event Rules and with the directions of the officials and their personnel. I agree to display the sponsor's stickers on my equipment, to wear the sponsors bib and to allow the organisers and sponsors to use photographs, video and film of me taken during the event to advertise their products or to promote the event at no cost to the organisers and sponsors. - 2.I understand that participation in this event is at my own risk and I accept full responsibilities for obtaining adequate skills to negotiate and avoid the hazards on the course. - 3.I will comply with all the directions given on the entry form, confirmation letter, race pack information and pre-race briefing. - 4.I am fully responsible for my personal belongings at the event. - 5.I am in sound physical condition and health, capable of safely competing in the event, and am not aware of any medical condition to the contrary. - 6.I shall advise the organizers of any existing medical condition that may affect me and I consent to receiving any medical attention which the organizers or officials deem necessary in the circumstances. - 7.By competing, I accept all risks flowing from my participation which could result in loss of life or permanent injury or damage to property. Accordingly, I release all persons or corporations associated directly, or indirectly with the conduct of the event from all claims, demands and proceedings arising out of my participation, and I hereby indemnify them against all liability for all injury, loss or damage arising out of or connected with any act or omission by me in the course of my participation in the event. This release shall extend to and include promoters, sponsors the organisers of the event and their respective directors, partners, managers, officers, agents, contractors, employees and volunteers including medical and paramedical personnel appointed for the event, the owners, licensees and occupiers of land upon which the event or any part of it is conducted, any statutory body or local authority having control over any land upon which the event is conducted or which is directly or indirectly with the event in any manner whatsoever. This release and indemnity continues forever and binds my heirs, executors, personal representatives and assigns. - 8.Refunds will be at the Race Directors discretion. - 9.The Organiser reserves the right to re-classify competitors.

I have read, understand and accept the Event Rules and Conditions of Entry set out above:

Signed DATE / / 2010

Programme

Registration: Sunday the 28th March 7.30am – 10.30am inside the Mt Arrowsmith Woolshed it is approx .5 km past the Lake Heron Camping Ground.

High Country Marathon Race Briefing 8.10 am outside the woolshed

High Country Marathon Race start 8.30 am

MTB Race Briefing 10.15 am

MTB Race start 10.30 am

42km Recreational Ride Start Time 8.30 am to 9.30 am you will be able to leave when you choose there will be a written briefing you will have to read and sign before you can registrar. No 42km Recreational riders will be allowed to leave after 9.30 am

Finish All riders and runners will get a steak sandwich, prize giving start will be between 3.00 and 3.30pm.

Support Crews

The start and finish area is right on the shores of Lake Heron so things to pack are a fishing rod, swimming togs, kayak, row boat. Sail vessels or motor boats are not permitted.

Come out with the family and stay the night, on a nice day you can't find a better place talk to Eric or Salley for camping info.



Rules and Regulations

- N.Z. Safety Standards or USA Z90.4 approved cycle helmets must be worn throughout the race.
- Do not drop rubbish. Dropping of rubbish is likely to prejudice the running of this event in the future and will be cause for instant disqualification. If you take it in please take it out!
- Competitors should carry at least two 750ml water bottle on the ride.
- All competitors are responsible for the equipment they use in Arrowsmith Thee Races They must ensure that it is safe and serviceable.
- Due to the area Thee Ride and Thee Run goes through, it will be compulsory for competitors to carry a waterproof jacket, spare polypropylene or wool hat, top and bottom and survival blanket. Competitors will also have to carry a small first aid kit which must contain a roll of 2cm strapping tape, a roll of 5cm wide crepe bandage, a triangular bandage or a roll of vet wrap.
- Minimum age of 18 years on race day will apply. Exceptions may apply to children that are accompanied by their parent or guardian. (Applications from parents or guardians will be accepted at the sole discretion of the Race Director).
- All competitors with existing medical conditions that may effect them during the race must notify the race director in writing before the event begins.

General Information

- For accommodation in Methven go to www.methven.net.nz
- Accommodation is available at the Lake Heron Camping Ground \$5.00 per night, it has toilets and fresh water. The Woolshed is available at \$8.00 per person per night, if you are wanting to stay please contact Eric or Salley Smith (03) 303 9090.
- Distances - Methven to Lake Heron Camping Ground approx 70km (12km as shingle road).
- In the event of bad weather and the event being cancelled a partial refund will be made at the organizers discretion.

