

Frost Buster 08

Saturday 18th Oct 2008 a three stage Multisport & Duathlon Race

Individuals and Teams

Rego from 8.30am . Briefing 10.15am .Race start 10.30am

Great way to start spring for the serious Multisporters and the perfect Race for first timer's to try their hand at Multisport

Details 8.5 km run, 25 km Road cycle, 13 km River Kayak.

Or Duathlon 8.5 km run, 28km Road cycle, 2 km run.

The Run 8.5km

Starting and finishing at the corner of McLennans Bush and Rosehill Roads the run takes you in a circle Approx 3 km shingle road, 1.5 km up Pudding Hill stream, 2 km through the Awa Awa Rata Reserve, 2.5 km Shingle Road to the finish this is a really cool run the fastest time will be around 38 min, first time Wanabe Multisporters around 55 to 60 min.

The Cycle 25km or 28km(Duathlon)

For the Multisporters Cyclist's head down McLennans Bush Road turn left onto Arundel Rakaia Gorge Road for approx 7 km then turn left onto Blackford Road for 6.5km where they will turn around and head back down to turn left onto Arundel Rakaia Gorge Road again which they will follow for approx 3.5 km to the Kayak transition in the Rakaia Gorge Camping ground.

For the Duathlon competitors Cyclist's head down McLennans Bush Road turn left onto Arundel Rakaia Gorge Road for approx 6 km then turn right onto Mt Hutt Station Road for approx 2.5 km then left onto Rakaia River Road for 13.5 km then turn left onto Rakaia Barrhill Methven Road for aprox 800 meters finishing at the Run transition

The Kayak 13km or 2km Run (Duathlon)

For the Multisporters Kayakers will start on the South side at the Rakaia Gorge Bridge team Kayakers will have to tag their cyclist in the camping ground then run 150 meters to their kayak.(Kayakers will not require a grade two ticket but river paddle experience and self rescue procedures will be a must) the kayak leg is much the same as the Brass Monkey course.The finish line will be close to the Kayak get out!

For the Duathlon competitors approx 2 km run down Lowes cutting to finish in the river bed somewhere close to the kayak get out.

This will be race 1 in the 2008 Canterbury Multisport Champs

More info will be posted as we get it

Hope to see you there.

www.multisportevents.co.nz