

Start areas & check in times:**5 & 11km run or walk**

Sun 11th from 7.30am
run/walk start area, Pakeho Rd.

30km & 10km Mtb ride.

Under 10's fun ride.
10km run & 15km Mtb ride
Sun 11th from 7.30am.
at Kaiwaka Sports Complex.

Start times & safety briefings:**Pakeho Rd briefings**

Run & walk: 8.45am
Staggered start: 9am

Kaiwaka Sports Complex briefings

Run/bike: 9am briefing Start: 9:15am	30Km Mtb 9:15am briefing Start: 9:25am	Under 10's fun bike ride 11.30	10km Mtb briefing 9.15am start 9.30am
--	---	--	--

Bike Transport to Transition Area.

If you would like us to transport your bike to the Transition Area, please drop it at the Sports Complex before 8.30am.

Ways to enter:

1. Post entry form to Cheryl Anderson, 233 Baldrock Rd, RD2, Maungaturoto 0587
2. Scan form and email it to Cheryl at kaiwakasports@gmail.com
3. Leave form at Jaques Four Square, Kaiwaka

Free camping available at the KSA Complex

Pool available for swimming.

Free drop off service to the marshalled bike transition area

**For more info see www.kaiwakasports.co.nz
or phone Cheryl on 09 4312 051 or 027 3462 702**

Registration available on Friday evening, this is your last chance to register:

Fri 9th 6.30pm to 8pm
Kaiwaka Sports Complex

Drink stations/toilets/St John:

At start/finish areas, transition and on the course

Parking:

1. Kaiwaka Sports Complex.
2. Junction of Pakeho & Baldrock Rds.
3. Baldrock Road Transition Area

Road safety & general info:

Always follow marshal's instructions.
Cycle helmets must be worn.
U15's accompanied by an adult.
No animals.
Pushchairs allowed only on 5km walk.
Appropriate footwear to be worn.

Prizegiving:

12.30pm at the Kaiwaka Sports Complex.

You must be present to collect your prize with the exception being the Volunteers Prize Draw

Ways to pay:

1. Cash
2. Cheque payable to KSA
3. Bank Direct 060365002247200 (use ref: TOTR & your full name)

Event:

5km or 11km walk/run

30km mountain bike ride

10km mountain bike ride

Individual run & bike

Team run & bike (2 persons)

Under 10's fun bike ride

Entry fee:

\$20 adult & \$10 child (under 15)
pre-schoolers free

\$35

\$25

\$35

\$55

Free

Please use your name and phone number as your reference on all methods of payment, thanks!



Total \$.....

NO entries on the day. No refunds.

Full name:

1.....
2.....
3.....
4.....
5.....

Run/bike team full names:

1.....
2.....

Contact details:

Postal address.....

Phone numbers

Email address.....

I declare that:

I understand that there are risks involved and I realise the dangers in an event such as this.

I fully assume the risks of participation.

I understand and agree that situations may arise beyond the control of the Kaiwaka Sports Association and I agree to participate as to not endanger myself or others.

I consent to receiving necessary medical treatment from St Johns Ambulance

I agree to not hold the Kaiwaka Sports Association responsible for any liability whether or not by negligence for any loss, injury or death sustained by me or my group.

I authorize my image and voice to be used without payment in any media pursuant to the Privacy Act 1993.

I agree to comply with all rules and instructions.

I am authorized to sign this on behalf of all participants and I have made them aware of these conditions.

Signed.....date.....