



**13<sup>th</sup> April 2019**

## **6 Hour Adventure**

The GO-4-12 6-Hour will see competitors from around New Zealand & Australia facing challenging tasks which could include Biking, Trekking, Abseiling, Orienteering, Archery and more.

The event is an authentic adventure race with the core disciplines consisting of mountain biking, walking/running, rope skills and navigation. The race is 6 Hours in duration and the teams of four will face both physical and mental challenges while covering a picturesque course designed by experienced adventure racers. It is a point's race; teams try to collect as many points as possible in allocated 6 hours.

The competitors will be young people who enjoy fun and adventure and are able to mountain bike, kayak and walk for extended periods of time.

### **Event details at a Glance**

- Teams of 4
- Single-gender or mixed
- Eligibility: It's open to all NZ equivalent school Years 9 and above
- Designed to be fun with lots of different activities, biking, navigation, kayaking.
- \$80 per team member
- Support crew required (at least 1 adult support crew)
- Medals for first in each division.
- Spot prizes

### **There are three categories:**

- Boys
- Girls
- Mixed

### **Times:**

**Saturday 13<sup>th</sup> April 2019**

**7:30 am** Registration and gear check.

**8:45 am** Briefing (gear Checks need to be completed)

The race will commence at **9 am** and conclude at **3 pm** the same day.

**4 pm** Prizegiving

**Fees:**  
**\$80 per team member**

**Entries:** Entries are online through the website <https://go412.co.nz/>

**Rules & Regulations:** go to “Event Info” on the website

**GO-4-12 Adventure 6 Hour Compulsory Equipment**

Please read carefully

Significant time penalties will be applied for breaching any of the following requirements:  
 Compulsory team equipment must be carried at all times by teams.

| <b>COMPULSORY TEAM AND PERSONAL EQUIPMENT</b>   |              |
|---|--------------|
| First Aid Kit (please make sure this is a comprehensive kit – suggestions are listed below) | 1 Per Team   |
| Compass (Silva Style with base plate)   | 2 Per Team   |
| Lighter or waterproof matches   | 1 Per Team   |
| Survival Blanket  | 1 per member |
| Polypropylene top – long Sleeves  | 1 per member |
| Polypropylene bottom – long pants   | 1 per member |
| Fleece Top (100 series weight min) long sleeves   | 1 per member |
| Fleece or woolen hat  | 1 Per member |
| Whistle   | 1 per member |
| Polypropylene or wool gloves  | 1 pair each  |
| Waterproof Jacket (must be seam sealed)   | 1 per member |
| Multipurpose knife (eg Swiss army)  | 1 per team   |
| Cell Phone (fully charged battery)  | 1 per team   |
| <b>Mountain Bike (additional equipment for activity)</b>                                    |              |
| Mountain Bike   | 1 per member |
| Cycle Helmet (Please make sure this suitable for Mountain Biking)                           | 1 per member |
| <b>Trek (additional equipment for activity)</b>   |              |
| Suitable backpack   | 1 per member |

**You should carry out the following Safety Checks on your bike.**

| <b>Mountain Bike</b>                                   |              |
|--|--------------|
| Cycle Helmet – safe to wear and no cracks in the cover | 1 per member |
| Headset is tight                                       | Per bike     |
| Brakes work  | Per Bike     |
| Wheels are safe  | Per Bike     |
| Tires are in a safe condition                          | Per Bike     |
| Nothing is bent on bike                                | Per Bike     |

**Suggested First Aid**

Alcohol wipes (10), Tweezers, Betadine for grazes, Crepe bandages (1x10 cm; 1x15 cm), Saline (30 ml), Triangular bandages cloth (2) (sterile), Pain relief (e.g. Paracetamol), Plastic strip dressing (10–12 band-aids), Antihistamine cream (10), Dressing strip, Non-adherent sterile dressings (3 large), Gauze dressings (6) Wound dressing (size 15, sanitary pad), Disposable CPR face shield, Sticking tape (1 roll), Safety pins, Butterfly closures (1 pouch), Needle, Scissors, Notebook, Pencil, Disposable gloves

What is our vision?

We want to challenge and to grow young people through a quality adventure race, that will inspire trust, teamwork and self-belief in an environment that embodies and promotes holistic growth and healthy competition.

The 6 Hour Adventure Race is designed to be fun and will test and grow teamwork, problem solving and perseverance. The 6 Hour Adventure Race is more physically demanding than the 3-hour event and provides a bridge into the 12 Hour Event. The event was developed as it was identified that 12 hours was a bit daunting for many competitors, so we created an event that can be completed by most active teenagers

**We rely on the outdoor community to support this event for the youth in NZ and Australia. Come and be part of this great event. Contact us to be involved.**

**For more information contact:**

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**<https://go412.co.nz/>**